

c1

Student: _____

1. Of all the developments that take place during the second decade of life, the only one that is truly inevitable is:

A.
B.
C.
D.
2. The average girl in the United States reaches _____, the time of her first menstrual period, sometime between the ages of 12 and 13.

A.
B.
C.
D.
3. The physical transformation from child to adult is called:

A.
B.
C.
D.
4. The term *puberty* refers to the period during which:

A.
B.
C.
D.

5. According to the textbook, puberty involves all of the following *except*
- A.
 - B.
 - C.
 - D.
6. Professor Radon is studying the _____ system, which produces, circulates, and regulates levels of hormones in the body.
- A.
 - B.
 - C.
 - D.
7. Which of the following statements about the production of hormones at puberty is *false*?
- A.
 - B.
 - C.
 - D.
8. When levels of _____ and _____ fall below the set points, the _____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.
- A.
 - B.
 - C.
 - D.
9. The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:
- A.
 - B.
 - C.
 - D.

10. Hormones play two very different roles in adolescence. _____ hormones program the brain to behave in certain ways, whereas _____ hormones are thought to stimulate development of the secondary sex characteristics.
- A.
B.
C.
D.
11. Which of the following statements about prenatal development is *not* true?
- A.
B.
C.
D.
12. Which of the following is *not* thought to contribute to the onset of puberty?
- A.
B.
C.
D.
13. Which of the following statements suggests that rising levels of the protein leptin is an important signal that tells the body it is ready for puberty?
- A.
B.
C.
D.
14. Which of the following is *not* part of the feedback loop in the endocrine system?
- A.
B.
C.
D.

15. Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:
- A.
 - B.
 - C.
 - D.
16. The hormonally induced increase in the rate of growth in height and weight is referred to as:
- A.
 - B.
 - C.
 - D.
17. The simultaneous release of growth hormones, thyroid hormones, and _____ stimulates rapid acceleration in height and weight during puberty.
- A.
 - B.
 - C.
 - D.
18. At the time of peak height velocity, adolescents grow at about the same rate as:
- A.
 - B.
 - C.
 - D.
19. The adolescent growth spurt:
- A.
 - B.
 - C.
 - D.

20. Which of the following is *not* characteristic of changes in skeletal structure during puberty?
- A.
 - B.
 - C.
 - D.
21. Who is at the greatest risk of developing body dissatisfaction?
- A.
 - B.
 - C.
 - D.
22. One reason for the difference in the body shapes of the sexes is:
- A.
 - B.
 - C.
 - D.
23. Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:
- A.
 - B.
 - C.
 - D.
24. Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?
- A.
 - B.
 - C.
 - D.

25. The rapid increase in body fat that adolescent girls experience:
- A.
 - B.
 - C.
 - D.
26. According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:
- A.
 - B.
 - C.
 - D.
27. All of the following are reasons that males have greater gains in strength than females during early adolescence, *except*:
- A.
 - B.
 - C.
 - D.
28. Which of the following sex characteristics is the first to develop in boys?
- A.
 - B.
 - C.
 - D.
29. Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?
- A.
 - B.
 - C.
 - D.

30. The first ejaculation of seminal fluid that occurs is:
- A.
 - B.
 - C.
 - D.
31. The first sign of puberty in girls is generally:
- A.
 - B.
 - C.
 - D.
32. Molly's breasts are beginning to develop, she is beginning to grow pubic hair, her skin is becoming more oily, and her body is growing rapidly. These changes are brought about by the secretion of _____ by the _____.
- A.
 - B.
 - C.
 - D.
33. Which of the following female sex characteristics is usually the last to develop?
- A.
 - B.
 - C.
 - D.
34. Which of the following statements about puberty in girls is *false*?
- A.
 - B.
 - C.
 - D.

35. Which of the following statements about the timing and tempo of sexual maturation is true?
- A.
 - B.
 - C.
 - D.
36. Sarah is a junior high student anticipating and preparing for puberty. She wants to know when puberty will start and how long it will take until she looks and is considered an adult. What would you tell her?
- A.
 - B.
 - C.
 - D.
37. Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to be the earliest to mature?
- A.
 - B.
 - C.
 - D.
38. Which of the following can delay the onset of puberty?
- A.
 - B.
 - C.
 - D.
39. Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by:
- A.
 - B.
 - C.
 - D.

40. Which of the following factors have *not* been found to influence the onset of maturation?
- A.
 - B.
 - C.
 - D.
41. According to the textbook, Julie, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with _____, which is compelling evidence that social relationships can affect biological functioning.
- A.
 - B.
 - C.
 - D.
42. Over the past century, the onset of puberty has been coming at an earlier age. This has been referred to as the:
- A.
 - B.
 - C.
 - D.
43. Puberty began for Nancy when she was 9 years old. Her mother began puberty at 11 years. For her grandmother, the onset was at 13 years of age. These changes in the age of onset of puberty over time are referred to as:
- A.
 - B.
 - C.
 - D.

44. Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?
- A.
 - B.
 - C.
 - D.
45. The biological changes that take place during puberty can cause changes in adolescents' behavior in all of the following ways, *except*:
- A.
 - B.
 - C.
 - D.
46. Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?
- A.
 - B.
 - C.
 - D.
47. A research design in which subjects of different ages are assessed simultaneously is called a:
- A.
 - B.
 - C.
 - D.
48. Which of the following statements about hormonal changes of puberty is *true*?
- A.
 - B.
 - C.
 - D.

49. Which of the following statements about adolescent mood swings is *false*?
- A.
 - B.
 - C.
 - D.
50. Which of the following plays the greatest role in the development of depression?
- A.
 - B.
 - C.
 - D.
51. Studies show that adolescent mood swings are most closely related to changes in:
- A.
 - B.
 - C.
 - D.
52. Which of the following statements about the impact of hormones on behavior is *false*?
- A.
 - B.
 - C.
 - D.
53. Given a choice, Mike would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the:
- A.
 - B.
 - C.
 - D.

54. Which of the following does *not* contribute to changes in sleep patterns during adolescence?

- A.
- B.
- C.
- D.

55. The delayed phase preference suggests that:

- A.
- B.
- C.
- D.

56. Researchers have found that, with regard to adolescent sleep patterns:

- A.
- B.
- C.
- D.

57. Which of the following statements about puberty's impact on family relationships is *true*?

- A.
- B.
- C.
- D.

58. According to the textbook, when compared to their less mature peers, adolescents who are physically mature are:

- A.
- B.
- C.
- D.

59. Which of the following girls will experience the greatest menstrual discomfort?
- A.
 - B.
 - C.
 - D.
60. Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report:
- A.
 - B.
 - C.
 - D.
61. Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?
- A.
 - B.
 - C.
 - D.
62. When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?
- A.
 - B.
 - C.
 - D.
63. Suzanne and Greg are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Greg are more likely to:
- A.
 - B.
 - C.
 - D.

64. Which of the following characteristics is *not* associated with being an early-maturing boy?
- A.
 - B.
 - C.
 - D.
65. Mike, an early maturer, is more likely to _____ than Bob, a late maturer.
- A.
 - B.
 - C.
 - D.
66. Early-maturing boys are:
- A.
 - B.
 - C.
 - D.
67. Avram is considered a late-maturing boy. A year after pubertal onset, we would expect Avram to show all of the following advantages over his early-maturing peers, *except*:
- A.
 - B.
 - C.
 - D.
68. During puberty, individuals who mature early are likely to experience which of the following?
- A.
 - B.
 - C.
 - D.

69. Which of the following characteristics is *not* typically associated with being an early-maturing girl?
- A.
 - B.
 - C.
 - D.
70. In America, early-maturing girls are more likely than their late-maturing peers to:
- A.
 - B.
 - C.
 - D.
71. Which of the following was not offered by the textbook as an explanation for the sex differences in the impact of early and late maturation?
- A.
 - B.
 - C.
 - D.
72. Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be *true* for Nadia?
- A.
 - B.
 - C.
 - D.
73. The impact of early maturation on problem behaviors or depression is worse when:
- A.
 - B.
 - C.
 - D.

74. Generalizing from the textbook, the children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature _____ and boys who mature _____.
- A.
B.
C.
D.
75. Follow-up studies of Swedish women who had been early maturers found that as adults they were:
- A.
B.
C.
D.
76. The _____ is the minimal amount of energy one uses when resting.
- A.
B.
C.
D.
77. Which of the following statements about the secular trend is *true*?
- A.
B.
C.
D.
78. Which of the following is *true* about obesity?
- A.
B.
C.
D.

79. Which group is most at risk for obesity?
- A.
 - B.
 - C.
 - D.
80. According to the textbook, in general, the amount of time individuals spend in moderate-to-vigorous physical activity:
- A.
 - B.
 - C.
 - D.
81. Rosy believes that "fat is beautiful" and has a steady diet of fried chicken, French fries, and cheeseburgers. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call:
- A.
 - B.
 - C.
 - D.
82. Which of the following is *not* associated with disordered eating in the United States?
- A.
 - B.
 - C.
 - D.
83. Theresa has been known to go on eating binges and then purge immediately afterward. Theresa is probably suffering from:
- A.
 - B.
 - C.
 - D.

84. Karen has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Karen is probably suffering from:
- A.
 - B.
 - C.
 - D.
85. The potentially fatal disorder in which young women actually starve themselves is called:
- A.
 - B.
 - C.
 - D.
86. Which of the following statements about obesity is *not* true?
- A.
 - B.
 - C.
 - D.
87. Who of the following is likely to gain excess weight during adolescence?
- A.
 - B.
 - C.
 - D.
88. Non-White adolescents are relatively more likely than White adolescents to experience all of the following, *except*:
- A.
 - B.
 - C.
 - D.

89. Who most closely resembles the profile of someone who has binge eating disorder?
- A.
 - B.
 - C.
 - D.
90. Of the following, the biggest threat to adolescents' health is:
- A.
 - B.
 - C.
 - D.
91. Which of the following is *not* associated with the "new morbidity and mortality" of adolescence?
- A.
 - B.
 - C.
 - D.
92. Which of the following statements about health in adolescence is *not* true?
- A.
 - B.
 - C.
 - D.
93. The most virulent threats to adolescent health come from all of the following, *except*:
- A.
 - B.
 - C.
 - D.

94. Current efforts aimed at encouraging healthy behaviors among adolescents involve all of the following, *except*:
- A.
 - B.
 - C.
 - D.
95. Which adolescent is at highest risk for suicide?
- A.
 - B.
 - C.
 - D.
96. According to the textbook, the prevalence of adolescent smoking is a direct function of:
- A.
 - B.
 - C.
 - D.
97. Almost half of all teenage deaths in the United States are a result of:
- A.
 - B.
 - C.
 - D.
98. Graduated driver-licensing programs were designed to:
- A.
 - B.
 - C.
 - D.

99. Based on information presented in the textbook, in the United States today, which of the following strategies would be the least efficient way to promote adolescent health?
- A.
 - B.
 - C.
 - D.
100. According to the textbook, what was the most effective way to reduce adolescent smoking?
- A.
 - B.
 - C.
 - D.
101. Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

102.

Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

103.

Suzanne and Raul are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Suzanne and Raul's development?

104. Paul and Sophia, two adolescents in the middle of puberty, have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Paul and Sophia have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Sophia will experience body dissatisfaction? What about Paul?
105. Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?
106. You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understood the relation between puberty and eating disorders?

107. One of your friends has approached you to ask about the field of adolescent health care. She wants to know what the major issues are and particularly is confused by two terms she has heard, "the paradox of adolescent health" and the "new morbidity and mortality" of adolescence. What do you tell her?
108. Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night, past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

109.

Dr. Brown believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with his conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

c1 Key

1. Of all the developments that take place during the second decade of life, the only one that is truly inevitable is:
- A.
B.
C.
D.
- Steinberg - Chapter 01 #1*
2. The average girl in the United States reaches _____, the time of her first menstrual period, sometime between the ages of 12 and 13.
- A.
B.
C.
D.
- Steinberg - Chapter 01 #2*
3. The physical transformation from child to adult is called:
- A.
B.
C.
D.
- Steinberg - Chapter 01 #3*
4. The term *puberty* refers to the period during which:
- A.
B.
C.
D.
- Steinberg - Chapter 01 #4*

5. According to the textbook, puberty involves all of the following *except*

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #5

6. Professor Radon is studying the _____ system, which produces, circulates, and regulates levels of hormones in the body.

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #6

7. Which of the following statements about the production of hormones at puberty is *false*?

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #7

8. When levels of _____ and _____ fall below the set points, the _____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #8

9. The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #9

10. Hormones play two very different roles in adolescence. _____ hormones program the brain to behave in certain ways, whereas _____ hormones are thought to stimulate development of the secondary sex characteristics.

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #10

11. Which of the following statements about prenatal development is *not* true?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #11

12. Which of the following is *not* thought to contribute to the onset of puberty?

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #12

13. Which of the following statements suggests that rising levels of the protein leptin is an important signal that tells the body it is ready for puberty?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #13

14. Which of the following is *not* part of the feedback loop in the endocrine system?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #14

15. Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #15

16. The hormonally induced increase in the rate of growth in height and weight is referred to as:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #16

17. The simultaneous release of growth hormones, thyroid hormones, and _____ stimulates rapid acceleration in height and weight during puberty.

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #17

18. At the time of peak height velocity, adolescents grow at about the same rate as:

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #18

19. The adolescent growth spurt:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #19

20. Which of the following is *not* characteristic of changes in skeletal structure during puberty?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #20

21. Who is at the greatest risk of developing body dissatisfaction?

A.

B.

C.

D.

Steinberg - Chapter 01 #21

22. One reason for the difference in the body shapes of the sexes is:

A.

B.

C.

D.

Steinberg - Chapter 01 #22

23. Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:

A.

B.

C.

D.

Steinberg - Chapter 01 #23

24. Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?

A.

B.

C.

D.

Steinberg - Chapter 01 #24

25. The rapid increase in body fat that adolescent girls experience:

A.

B.

C.

D.

Steinberg - Chapter 01 #25

26. According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:

A.

B.

C.

D.

Steinberg - Chapter 01 #26

27. All of the following are reasons that males have greater gains in strength than females during early adolescence, *except*:

A.

B.

C.

D.

Steinberg - Chapter 01 #27

28. Which of the following sex characteristics is the first to develop in boys?

A.

B.

C.

D.

Steinberg - Chapter 01 #28

29. Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #29

30. The first ejaculation of seminal fluid that occurs is:

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #30

31. The first sign of puberty in girls is generally:

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #31

32. Molly's breasts are beginning to develop, she is beginning to grow pubic hair, her skin is becoming more oily, and her body is growing rapidly. These changes are brought about by the secretion of _____ by the _____.

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #32

33. Which of the following female sex characteristics is usually the last to develop?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #33

34. Which of the following statements about puberty in girls is *false*?

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #34

35. Which of the following statements about the timing and tempo of sexual maturation is true?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #35

36. Sarah is a junior high student anticipating and preparing for puberty. She wants to know when puberty will start and how long it will take until she looks and is considered an adult. What would you tell her?

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #36

37. Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to be the earliest to mature?

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #37

38. Which of the following can delay the onset of puberty?

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #38

39. Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by:

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #39

40. Which of the following factors have *not* been found to influence the onset of maturation?

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #40

41. According to the textbook, Julie, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with _____, which is compelling evidence that social relationships can affect biological functioning.
- A.**
B.
C.
D.
- Steinberg - Chapter 01 #41*
42. Over the past century, the onset of puberty has been coming at an earlier age. This has been referred to as the:
- A.
B.
C.
D.
- Steinberg - Chapter 01 #42*
43. Puberty began for Nancy when she was 9 years old. Her mother began puberty at 11 years. For her grandmother, the onset was at 13 years of age. These changes in the age of onset of puberty over time are referred to as:
- A.
B.
C.
D.
- Steinberg - Chapter 01 #43*
44. Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?
- A.
B.
C.
D.
- Steinberg - Chapter 01 #44*

45. The biological changes that take place during puberty can cause changes in adolescents' behavior in all of the following ways, *except*:

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #45

46. Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #46

47. A research design in which subjects of different ages are assessed simultaneously is called a:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #47

48. Which of the following statements about hormonal changes of puberty is *true*?

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #48

49. Which of the following statements about adolescent mood swings is *false*?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #49

50. Which of the following plays the greatest role in the development of depression?

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #50

51. Studies show that adolescent mood swings are most closely related to changes in:

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #51

52. Which of the following statements about the impact of hormones on behavior is *false*?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #52

53. Given a choice, Mike would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the:
- A.
 - B.**
 - C.
 - D.
- Steinberg - Chapter 01 #53*
54. Which of the following does *not* contribute to changes in sleep patterns during adolescence?
- A.
 - B.**
 - C.
 - D.
- Steinberg - Chapter 01 #54*
55. The delayed phase preference suggests that:
- A.
 - B.
 - C.**
 - D.
- Steinberg - Chapter 01 #55*
56. Researchers have found that, with regard to adolescent sleep patterns:
- A.
 - B.
 - C.**
 - D.
- Steinberg - Chapter 01 #56*
57. Which of the following statements about puberty's impact on family relationships is *true*?
- A.**
 - B.
 - C.
 - D.

Steinberg - Chapter 01 #57

58. According to the textbook, when compared to their less mature peers, adolescents who are physically mature are:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #58

59. Which of the following girls will experience the greatest menstrual discomfort?

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #59

60. Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #60

61. Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #61

62. When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #62

63. Suzanne and Greg are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Greg are more likely to:

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #63

64. Which of the following characteristics is *not* associated with being an early-maturing boy?

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #64

65. Mike, an early maturer, is more likely to _____ than Bob, a late maturer.

- A.
- B.
- C.
- D.

Steinberg - Chapter 01 #65

66.

Early-maturing boys are:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #66

67.

Avram is considered a late-maturing boy. A year after pubertal onset, we would expect Avram to show all of the following advantages over his early-maturing peers, *except*:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #67

68.

During puberty, individuals who mature early are likely to experience which of the following?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #68

69.

Which of the following characteristics is *not* typically associated with being an early-maturing girl?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #69

70. In America, early-maturing girls are more likely than their late-maturing peers to:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #70

71. Which of the following was not offered by the textbook as an explanation for the sex differences in the impact of early and late maturation?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #71

72. Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be *true* for Nadia?

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #72

73. The impact of early maturation on problem behaviors or depression is worse when:

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #73

74. Generalizing from the textbook, the children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature _____ and boys who mature _____.

A.

B.

C.

D.

Steinberg - Chapter 01 #74

75. Follow-up studies of Swedish women who had been early maturers found that as adults they were:

A.

B.

C.

D.

Steinberg - Chapter 01 #75

76. The _____ is the minimal amount of energy one uses when resting.

A.

B.

C.

D.

Steinberg - Chapter 01 #76

77. Which of the following statements about the secular trend is *true*?

A.

B.

C.

D.

Steinberg - Chapter 01 #77

78. Which of the following is *true* about obesity?

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #78

79. Which group is most at risk for obesity?

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #79

80. According to the textbook, in general, the amount of time individuals spend in moderate-to-vigorous physical activity:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #80

81. Rosy believes that "fat is beautiful" and has a steady diet of fried chicken, French fries, and cheeseburgers. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #81

82. Which of the following is *not* associated with disordered eating in the United States?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #82

83. Theresa has been known to go on eating binges and then purge immediately afterward. Theresa is probably suffering from:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #83

84. Karen has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Karen is probably suffering from:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #84

85. The potentially fatal disorder in which young women actually starve themselves is called:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #85

86. Which of the following statements about obesity is *not* true?
- A.
 - B.
 - C.**
 - D.

Steinberg - Chapter 01 #86

87. Who of the following is likely to gain excess weight during adolescence?
- A.
 - B.
 - C.
 - D.**

Steinberg - Chapter 01 #87

88. Non-White adolescents are relatively more likely than White adolescents to experience all of the following, *except*:
- A.
 - B.
 - C.
 - D.**

Steinberg - Chapter 01 #88

89. Who most closely resembles the profile of someone who has binge eating disorder?
- A.
 - B.
 - C.
 - D.**

Steinberg - Chapter 01 #89

90. Of the following, the biggest threat to adolescents' health is:

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #90

91. Which of the following is *not* associated with the "new morbidity and mortality" of adolescence?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #91

92. Which of the following statements about health in adolescence is *not* true?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #92

93. The most virulent threats to adolescent health come from all of the following, *except*:

- A.
- B.**
- C.
- D.

Steinberg - Chapter 01 #93

94. Current efforts aimed at encouraging healthy behaviors among adolescents involve all of the following, *except*:

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #94

95. Which adolescent is at highest risk for suicide?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #95

96. According to the textbook, the prevalence of adolescent smoking is a direct function of:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #96

97. Almost half of all teenage deaths in the United States are a result of:

- A.**
- B.
- C.
- D.

Steinberg - Chapter 01 #97

98. Graduated driver-licensing programs were designed to:

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #98

99.

Based on information presented in the textbook, in the United States today, which of the following strategies would be the least efficient way to promote adolescent health?

- A.
- B.
- C.**
- D.

Steinberg - Chapter 01 #99

100.

According to the textbook, what was the most effective way to reduce adolescent smoking?

- A.
- B.
- C.
- D.**

Steinberg - Chapter 01 #100

Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

The timing and rate of development varies widely for individuals both within groups and among groups, and helping youngsters understand what they can expect in terms of development and in terms of variation can help them deal with the changes they experience. Timing, though, can have a huge impact on boys and girls, with early-maturing girls and late-maturing boys potentially being especially vulnerable with regard to self-esteem issues, and early-maturing girls having particular problems in terms of problem behaviors, including being at risk for dropping out of school. The direct effects of biological changes during adolescence, primarily from hormonal changes, can increase sex drive and sexual activity; also, changes in adolescents' self-image can affect their behavior and changes in appearance may cause others to react to them differently, such as expecting mature behavior from someone who appears to be physically mature. Despite the popular belief that adolescents are prone to mood swings, these variations are greatly exaggerated and are often due to specific events going on in the adolescent's life. A particular health concern, however, involves changes in sleep patterns—adolescents need 9 hours of sleep a night, and because they are staying up later, they would benefit from waking later and starting classes later, not earlier, than they did in elementary, middle, and junior high school. Many of the problems that occur, especially from being early or late-maturing, are linked either to pre-existing problems from childhood or cultural attitudes and expectations. By understanding and addressing the issues, pitfalls, and factors affecting these aspects of development, adults can help adolescents work through them.

Key Points:

- a) There are differences in the timing and rate of development that may have an impact on adolescents.
- b) Biological changes can affect psychological functioning directly and indirectly.
- c) Moodiness is not as prevalent as commonly believed.
- d) Changes in sleep patterns suggest a need for changes in schedules.
- e) Problems are often associated with childhood problems and cultural contexts.

Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

Maria, an early maturer, is more likely to suffer from low self-esteem and depression than her on-time or late-maturing peers. She may even suffer from eating disorders, panic attacks, social anxiety, or be the victim of rumors and gossip. She might receive more attention from older boys and in turn start participating in deviant activities. John, on the other hand, will not experience as many emotional difficulties as Maria. He may also be quite popular and self-confident as it is likely that he will be tall and muscular before his peers. However, like Maria, he is also more likely to participate in deviant activities such as alcohol and drug use, delinquency, and problems at school. However, it is important to note that the ultimate impact of the timing of pubertal onset will depend on the broader context in which maturation takes place.

Key Points:

- a) Early maturation is more negative for girls and more positive for boys.
- b) Early-maturing adolescents tend to engage in more delinquent activities.
- c) Impact of puberty depends on the broader context in which adolescents live.

Suzanne and Raul are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Suzanne and Raul's development?

Suzanne is likely to experience many positive effects of late maturation. For example, she is more likely to be the thin, "leggy" American ideal, and she will have more time to prepare for puberty than early or on-time maturers (she may even have fewer psychological problems than early and on-time girls). Suzanne is also less likely than early maturers to engage in delinquent behaviors. For Raul, there are greater disadvantages: he will be seen as childish and have trouble being noticed by his peers, especially girls; he will also have less self-confidence than his early or on-time maturing peers. However, it is also likely that Raul will be better able to control his tempers and impulses during puberty (as he will be relatively older and more mature than his early-maturing peers were when they went through puberty).

Key Points:

- a) Late maturation is more negative for boys and more positive for girls.
- b) Late-maturing adolescents tend to engage in less delinquent activities.
- c) Impact of puberty depends on the broader context in which adolescents live.

Paul and Sophia, two adolescents in the middle of puberty, have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Paul and Sophia have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Sophia will experience body dissatisfaction? What about Paul?

The simultaneous release of growth hormones, thyroid hormones, and androgens lead to the adolescent growth spurt, which Sophia will probably experience two years prior to Paul. During peak height velocity, Sophia and Paul will grow at approximately the same rate as a toddler. Much of the height gain during puberty results from an increase in torso length rather than leg length. The sequence in which Sophia and Paul will grow will be pretty comparable: first the extremities (head, hands, and feet), then the arms and legs, followed by torso and shoulder growth. One marker that indicates the termination in growth in height is epiphysis (closing of the ends of the long bones in the body). In addition to sheer changes in height and weight, there are changes in the relative proportion of body muscle and body fat. Paul might decrease in body fat just before puberty, whereas Sophia will probably increase in body fat more rapidly during puberty. Sophia might react to the increase in body fat at puberty by dieting unnecessarily. At the end, Paul will probably finish adolescence with a muscle-to-fat ratio of about 3 to 1, while Sophia will probably be 5 to 4. According to one estimate, about half of the sex difference in athletic performance during early adolescence results simply from the difference in body fat. The rapid increase in body fat that occurs among females in early adolescence frequently prompts young girls to become overly concerned about their weight (even if their weight is within the normal range for their height and weight). Although more than half of adolescent girls diet unnecessarily during this time in response to the increase in body fat, if Sophia matures early, begins dating early, compares herself with her peers, and/or comes from a relatively more affluent family, she will be particularly susceptible to body dissatisfaction. Paul's feelings about how

he looks will probably revolve around how muscular he is and probably won't be affected by comparisons with peers.

Key Points:

- a) Describe the asynchronicity of body growth.
- b) Explain the changes in the relative proportion of body muscle and body fat.
- b) Describe why girls are prone to body dissatisfaction.

Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?

The timing of puberty is highly variable (puberty onset can occur anytime between 7 and 13 in American girls and between 9.5 and 13.5 in American boys). Though the timing of puberty is indeed highly heritable, the environment can also have a substantial impact on pubertal onset. The two most influential environmental factors are nutrition and health. In fact, puberty can be significantly delayed if an individual has a history of nutrient deficiencies, caloric restriction, or chronic illnesses. There are also important familial factors that are related to pubertal onset: puberty tends to begin slightly earlier among girls who grow up in high-conflict families, girls who grow up with a stepfather, girls who were physically or sexually abused during childhood, and among girls who grew up in father-absent households. There is also quite a bit of research that has documented a secular trend—that menarche among American girls has occurred at earlier and earlier ages. The secular trend could be due to better nutrition, better sanitation, and better control of infectious diseases (it is likely not due to variations in genes). Though there is definitely evidence for the secular trend over the last 150 years or so, scientists disagree about whether this pattern has continued in recent years.

Key Points:

- a) Timing of puberty is highly variable.
- b) Timing of puberty is influenced by genetic and environmental factors.
- b) Age at puberty onset has declined over time (secular trend).

You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understood the relation between puberty and eating disorders?

Although a variety of nutritional and behavioral factors can lead to weight gains during adolescence, gaining weight can sometimes result directly from the physical changes of puberty. Not only does the ratio of body fat to muscle increase markedly during puberty, but the body's basal metabolism rate also drops. Normal weight gain and change in body composition which accompanies puberty leads many adolescents, especially girls, to become extremely concerned about their weight. Girls who go through puberty earlier than their peers have an increased likelihood of developing disordered eating patterns. Eating disorders, such as anorexia and bulimia, which promote starvation and dieting, can affect hormone levels that initiate puberty. A consequence of starvation during early adolescence is that pubertal development is severely delayed.

Key Points:

- a) Mention physical changes that could relate to eating disordered behavior (e.g., weight gain caused by drop in basal metabolism rate, ratio of muscle to fat).
- b) Early-maturing girls are at greater risk.
- c) Anorexia nervosa and bulimia can delay pubertal development.

One of your friends has approached you to ask about the field of adolescent health care. She wants to know what the major issues are and particularly is confused by two terms she has heard, "the paradox of adolescent health" and the "new morbidity and mortality" of adolescence. What do you tell her?

Your friend is entering a challenging field in that the "paradox" of adolescent health is that this is one of the healthiest periods in the life span, but many youngsters (1 in 15) has at least one disabling chronic illness, such as mental disorder, respiratory illnesses, and muscular skeletal disorders. Moreover, despite new medical technologies and better health care leading to a reduction of death and disability from disease, the "new morbidity and mortality" of adolescence finds the worst threats to adolescent health come from unhealthy behaviors and risky activity, such as automobile accidents, homicide, and suicide, which are psychosocial rather than natural causes. Minority youth are at particular risk for both the "old" (disease) and "new" (violence/risk-related) health threat, having generally poorer health and less access to medical care and health insurance. Current efforts to reduce health-compromising behaviors and increase health-enhancing behaviors include education about alcohol and other drug use, accident prevention, safe sex, and proper nutrition, and increased access to health care, particularly in school-based health centers, although the results of these programs have been inconsistent.

Key Points:

- a) The paradox is that adolescence is one of the healthiest periods in the life span, whereas nearly 1 in 15 adolescents has at least one disabling chronic illness.
- b) The "new morbidity and mortality" of adolescence suggests that current threats to adolescents' health are psychosocial not natural causes.
- c) The big challenge is to reduce health compromising behaviors and increase health-enhancing behaviors.

Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night, past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

According to research, Maya's sleep pattern is a result of the delayed phase preference in which adolescents' biological clock shifts later. Her circadian rhythm is no longer the same as it was when she was a child. Melatonin, for example, is secreted over one hour later after puberty starts, and therefore causes teens to be sleepier later. Adolescents are more sleep deprived, and this may also be due to more freedom to choose their own bedtime and the external stimuli available to teens today. Research shows, that adolescents who do not get enough sleep suffer from poorer mental health, more delinquency, more frequent injuries, and are overweight. Furthermore, adolescents are better able to fight sleep than are children, and stay up later to watch TV or talk on the phone (environmental distractors). As a result of these changes, Maya would like to sleep later and wake up later, but school prevents her from doing so and subsequently makes Maya sleep deprived.

Key Points:

- a) Mention and define *delayed phase preference*, *circadian rhythm*, and *melatonin* shift
- b) Mention influence of external and environmental stimuli (e.g., artificial light, computers).
- c) Mention early school start times.
- d) Mention sleep deprivation.
- e) Adolescents are better able to fight sleepiness than children, enabling them to stay up even later.

Dr. Brown believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with his conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

I disagree with Dr. Brown's belief that adolescence is a time of storm and stress. All of our hormones are present at birth; the only change is in the amount that they are secreted as we grow. Our endocrine system produces, regulates, and controls the hormones in our body. The endocrine system can be equated to a thermostat—the sex hormones are set at a certain set point that is controlled by the hypothalamus stimulating the pituitary gland to trigger the gonads, which will secrete androgens in males and estrogens in females (males and females have both, but in different amounts). The onset of puberty is triggered by a desensitization of the hypothalamus to the level of hormones it needs to keep it at the set point. When this happens, a higher level is needed to get the hypothalamus at its new "temperature"; this is the feedback loop system that occurs in puberty. It is not the result of new hormones, just a change in the amounts.

Key Points:

- a) Adolescence is not a time of storm and stress.
- b) Description of the endocrine system and feedback loop.
- c) Mention of the desensitization of the hypothalamus.

c1 Summary