

Student name: _____

Which of the following describes the process in which one adopts patterns of behavior that lead to greater life satisfaction?

wellness

health

social determination

self-efficacy

Which of the following is considered a social determinant of health?

heredity

employment status

your values

the physical environment

According to the socioecological model of health and wellness, which of the following is a factor in a person's natural physical environment?

air quality

sanitation systems

access to health care services

housing

Which of the following depicts a society that supports equal opportunity for all people to attain their full health potential?

geography

population health

health disparities

health equity

Which of the following statements about cells and genes is FALSE?

The sequencing of bases within a gene is of little significance.

Each cell contains 23 pairs of chromosomes.

Our bodies are made up of about 260 different types of cells.

Each chromosome contains hundreds to thousands of genes.

Deoxyribonucleic acid, or DNA, includes which of the following?

a triple helix

proteins

a nucleus

four bases

When a change occurs in a gene, it is called a(n)

recessive gene.

allele.

mutation.

chromosomal disorder.

Alternative forms of the same gene are called

recessive genes.

alleles.

mutations.

chromosomes.

Genetic disorders caused by multiple genes interacting with the environment are called polygenic.

autosomal.

ecological.

multifactorial.

Genes turn on or off to regulate the activity of mutation.

differentiation.

RNA.

multifactorial disorders.

What is the main purpose of creating a family health tree?

to discover your personal health risks and strengths

to identify environmental factors that influence your health

to illustrate patterns of lifestyle habits in your family

to estimate your life expectancy

Which of the following statements is true regarding family health trees?

Basic information for each relative in the family health tree includes date of birth, major diseases, age, and cause of death.

Results from genetic testing are required to create a family health tree.

Lifestyle habit information should not be included.

A family health tree traces a family's origin.

What information found in a family health tree indicates that a disease might have a genetic link?

presence of a disease in family members with poor health habits

onset of a disease at a late age

appearance of a disease in one family member

a family member with multiple cancers

The Stages of Change Model of health behavior change emphasizes that

change happens as a process.

people change only when faced with an illness.

change occurs only when the environment supports it.

changes are more effective when based on personal perceptions.

The aspect of personal health that is most within your control is

genetic inheritance.

human biology.

environment.

lifestyle.

Adam's sister lectures him daily about the threat his smoking poses to his health. She argues that, if he quits, he would improve both his health and his athletic performance. Adam knows his sister is right, but according to the Stages of Change Model, he will actually quit smoking when he reaches the

precontemplation stage.

contemplation stage.

preparation stage.

action stage.

Mackenzie resolves to start exercising three times a week when her membership at a local gym begins, in two weeks. In which stage of change in the Transtheoretical Model is Mackenzie operating?

contemplation

preparation

precontemplation

action

In which stage of change in the Transtheoretical Model does an individual intend to change a specific health behavior within the next six months?

preparation

contemplation

precontemplation

action

Which of the following statements best illustrates a sense of self-efficacy?

I can do it.

I can't do it.

I must do it.

I should do it.

Which of the following best illustrates a SMART goal?

I will get more exercise in the new year.

I will avoid situations in which I am tempted to eat junk food.

I will make smart health choices in each major life activity.

I will eat my meals on time and limit myself to one snack daily.

Which of the following best illustrates an action step?

Working out will help me lose weight.

Beginning next week, I will work out three days a week.

My workouts will involve weight-lifting.

I hope to start working out every day.

The basic definition of *health literacy* refers to one's ability to
navigate the health care system successfully.

obtain and successfully use health information.

describe symptoms to a doctor.

achieve maximum wellness.

Which of the following statements about health risks is FALSE?

By definition a health risk involves the probability or likelihood of an event occurring.

A health risk is the probability of exposure to a hazard that can result in negative consequences.

All health risks can be avoided.

Health risks include factors such as age, gender, family history, income, and education.

The purpose of making a clinical study *double-blind* is to
reduce researcher bias.

guarantee the results.

disguise the study's sponsors.

make the results depend on the outcomes of other studies.

Which of the following statements is true concerning medical research studies?

Subjects are not randomly assigned to either a treatment group or control group.

To be considered reliable, the same results must be obtained by no other researchers conducting the same study.

Researchers assign participants to either a treatment group or control group in order of when the participants register for the study.

Clinical studies attempt to establish cause-and-effect relationships.

Of the following, the best type of website on which to research health issues is one that is sponsored by a(n)

commercial health organization.

drug company.

educational institution.

individual.

In what type of research do scientists use interviews, surveys, and measurements to study large groups of people?

market research studies

clinical studies

basic medical research studies

epidemiological studies

Which of the following best illustrates a public health measure?

- upgrading the local hospital's dialysis equipment
- preventing the spread of disease-carrying insects
- medical schools competing for research grants
- promoting a new surgical technique

What is the major goal of primary disease-prevention efforts?

- Detect diseases before they become symptomatic.
- Treat a person for particular problems associated with a disease.
- Find a cure for prevalent diseases.
- Inhibit the development of diseases.

Which of the following is NOT a specific national health objective of *Healthy People 2020*?

- Attain high-quality lives free of preventable disease, disability, injury, and premature death.
- Create social and physical environments that promote good health for all.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Focus on promoting health for older individuals.

Healthy

People

2020 places increased emphasis on "health determinants," which target and measure important public health issues.

include both social and environmental determinants.

are based on scientific studies.

are defined as a person's internal sense of control.

Which public health issue is NOT listed as a priority in the Healthy People initiative?

tobacco

oral health

health on school campuses

injury and violence

In general, what can American ethnic minority populations expect concerning their health, as compared to the general population?

lower lifestyle risk factors

equal health benefits from medical advances

higher rates of cancer, infant mortality, and alcoholism

decreased exposure to carcinogens

Health is conceptualized as having several domains, such as physical, mental, social, and spiritual domains.

true

false

Individual choice is the only factor governing a person's ability to live a healthy lifestyle.

true

false

Health disparities occur when all people have the equal opportunity to attain their full health potential.

true

false

Factors such as income level, available health care services, and literacy are examples of social determinants of health.

true

false

In the United States, poor health outcomes are associated with environmental pollution, low educational attainment, and poverty.

true

false

Of our 23 chromosome pairs, 22 are the same for women and men.

true

false

The complete set of DNA is called a person's genome.

true

false

In a person's complete set of DNA, one pair of genomes is labeled with an X or a Y rather than with a number. Females have two X genomes; males have an X and a Y genome.

true

false

Genetic mutations can be beneficial or harmful—or neither—to one's health.

true

false

If an individual receives a faulty, mutated copy of a gene from his or her mother, that person will most likely acquire a genetic disorder.

true

false

Most genetic disorders are caused by single-gene mutations.

true

false

Multifactorial disorders are those caused by the interaction of both environmental and genetic factors.

true

false

A family health tree is also called a *genogram* or a *genetic pedigree*.

true

false

The most relevant information from a family health tree includes age and major diseases, as well as cause of death for deceased relatives.

true

false

A pattern of illness on your family tree means that you will most likely be affected by that disease and should seek genetic counseling.

true

false

When evaluating a family health tree, a family member who has a heart attack at age 70 raises more genetic concerns than a relative who develops colon cancer at age 28.

true

false

Sally's mother was diagnosed with Alzheimer's disease at age 50. Courtney's grandmother was diagnosed with Alzheimer's disease at age 82. Sally's mother's disease is more likely to have a genetic component.

true

false

One key difference between the Health Belief Model and the Stages of Change Model for understanding individual health behavior change is that the Health Belief Model acknowledges the role of perception, while the Stages of Change Model does not.

true

false

The Stages of Change Model emphasizes that change happens not as a one-time event, but as a process.

true

false

Adam is in the contemplation stage of the Transtheoretical Model when he decides that he will stop drinking alcohol at the beginning of next month.

true

false

In the maintenance stage of the Transtheoretical Model for health behavior change, a new behavior has been in place for a minimum of two years.

true

false

For some types of behaviors, the maintenance stage of the Stages of Change Model can be an ongoing, lifelong process.

true

false

Activities such as developing social support systems and establishing goals and rewards help people to move through stages in the Stages of Change Model.

true

false

A successful behavior change plan will include strategies for dealing with potential barriers to change.

true

false

For a person to change a behavior successfully, he or she does not need to have a perceived sense of self-efficacy.

true

false

A signed behavior change contract, with a family member or friend witnessing your new contracted commitment to change, is among the most effective tools for change.

true

false

When implementing a behavior change plan that involves a long-term health goal, you should strictly avoid setting and rewarding interim goals.

true

false

SMART is an acronym for Specific, Measurable, Attainable, Realistic, and Time-bound goals.

true

false

In assessing your health risks, it is important to ignore any emotional reaction you may experience.

true

false

Scientists typically consider the results of a single study to be conclusive and definitive.

true

false

The terms *disease prevention* and *health promotion* mean the same thing.

true

false

The slogan "a society in which all people live long, healthy lives" accurately expresses the general goals of *Healthy People 2020*.

true

false

Healthy

People

2020 includes a focus on health determinants.

true

false

Three of the leading health indicators in the United States—according to *Healthy People 2020*—are substance abuse, immunization, and mental health.

true

false

Community implies as interdependence between people and/or organizations within a defined area.

true

false

Hispanic is considered one of the primary racial/ethnic groups in the United States by the U.S. Census Bureau.

true

false

The terms *ethnicity* and *race* can be used interchangeably.

true

false

Advances in medical technology, lifestyle improvements, and environmental protections have produced significant and equal health benefits for most American ethnic populations.

true

false

Race is a term used to describe a community based on common cultural origins and ancestry.

true

false

Compared to 16 other high-income countries ("peer countries"), the United States has the highest rates of obesity and diabetes.

true

false

In the United States, people in rural areas have a longer life expectancy than those in urban areas.

true

false

The term _____ is generally defined as the active process of adopting patterns of behavior that can lead to improved health and life satisfaction.

_____ health is the study of health outcomes in or between groups of individuals such as college students.

The dimensions of wellness include the physical, the emotional, the intellectual, the spiritual, the interpersonal or social, the environmental, and the _____.

The _____ model of health and wellness addresses the interrelationships that influence your health.

Your health is affected by your _____ physical environment (including schools, sanitation, and transportation) and your natural physical environment (such as air and water quality).

External environmental conditions that can be altered by social and health policies and programs are known as the social _____ of health.

The series of four bases arranged to form a distinct message, located at a certain location along a chromosome, is called a(n) _____.

The tightly-coiled molecule within the nucleus of a cell that contains an entire set of genetic instructions is called deoxyribonucleic acid, or _____.

The two chains that DNA consists of are joined in a double _____ structure.

Of our 23 _____ pairs, 22 are the same for men and women.

Females have two _____ chromosomes; males have only one.

Changes that occur during the process of parents passing genes to their children are called _____.

A single-gene _____, such as whether earlobes are detached or attached, is determined by either a dominant or a recessive gene.

A mutated gene that is not expressed when paired with a dominant or healthy gene is called _____.

A health condition caused by interactions among one or more genes and the environment is called a(n) _____ disorder.

An illustration of an individual's family genetic history is commonly referred to as a family health _____.

To understand why people make the health choices they do, the _____ Model uses the constructs of perceived susceptibility, seriousness of consequences, benefits of action, and barriers to action.

The Transtheoretical Model, one of the widely accepted frameworks for understanding individual health behavior change, is also referred to as the _____ Model.

Often someone will have to try several times to make a change before it sticks. A backslide into a former health state is known as a(n) _____.

In the Transtheoretical Model, a person in the _____ stage intends to change a specific health behavior within the next six months.

In the Transtheoretical Model, a sixth stage called _____ occurs when the new behavior is firmly entrenched in a person's lifestyle.

The term _____ refers to an internal state in which a person feels competent to perform a task.

If you participate in a _____ study, you have received a particular treatment, screening, or diagnostic test in order to identify whether a drug, product, or behavior produces a particular effect.

The _____ People initiative identifies significant preventable threats to health and sets national health objectives aimed at improving the quality of life for all Americans.

The sense of identity that individuals draw from a common ancestry, as well as a common national, religious, tribal, language, or cultural origin, is referred to as _____.

Activities directed towards improving the health of people, or activities employing resources shared by members of a town or region, is known as _____ health.

The more accurate way to view race is as a(n) _____ category, rather than a biological one.

Most ethnic and racial minority populations in the U.S. have significantly higher _____ risk factors, such as high-fat diets, lack of exercise, and more exposure to environmental toxins.

Answer Key

Test name: CH1 Health Psychology E11

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