

Student name: _____

Which of the following best defines health psychology?

using psychological theories and principles to tackle problems in the areas of mental health, education, product design, ergonomics, and law

understanding the psychological influences on how people stay healthy, why they become ill, and how they respond when they get ill

applying the principles of biology in order to study the anatomy of a human being

diagnosing, preventing, and treating a disease without including the option of surgery

The World Health Organization's 1948 definition of health

does not include mental health.

does not include social health.

defines health as the absence of disease.

encompasses social, mental, and physical health.

A health psychologist who designs a media campaign to get people to improve their diets focuses on

health promotion and maintenance.

prevention and treatment of illness.

the etiology and correlates of health, illness, and dysfunction.

the health care system and the formulation of health policy.

Health psychologists who study the psychological aspects of prevention and treatment of illness may work with individuals who are already ill to

develop new recommendations for insurance providers.

help them in following their treatment regimen.

develop lifestyle interventions that target health behaviors.

advise them about career paths in the health services field.

A local community center is offering low-cost water aerobic classes to senior citizens. This can best be described as

evidence-based medicine.

continuity of care.

effective marketing.

health promotion.

_____ refers to the origins or causes of illness.

Etiology

Epidemiology

Oncology

Pathology

Which of the following is studied by health psychologists to analyze the health care system and formulate health policy?

classification of occupations that are highly stressful and can adversely affect people's health

exercise patterns and dietary interventions that help to promote good habits and develop a healthy lifestyle

the behavioral and social factors that contribute to health, illness, and dysfunction such as alcohol consumption and smoking

the impact of hospitals and physicians on people's behavior to develop recommendations for improving health care

According to the humoral theory of illness, disease occurs when

God punishes one for wrongdoing.

evil spirits enter a body.

bodily fluids are imbalanced.

there is a cellular disorder.

According to the humoral theory of illness, a person with a passionate temperament is experiencing an imbalance in

blood.

black bile.

yellow bile.

phlegm.

According to the text, what was the leading cause of death in the United States in 2020?

risky behaviors such rash driving

heart disease

influenza and pneumonia

diabetes

According to the humoral theory of illness, black bile is associated with

an angry disposition.

a passionate temperament.

sadness.

a laid-back approach to life.

The _____ model assumes a mind–body dualism to understanding illness.

common sense

health belief

biopsychosocial

biomedical

The humoral theory of illness was replaced by the science of _____ during the Renaissance.

biotechnology

organic chemistry

molecular biology

cellular pathology

How was the rise of mind–body dualism an advantage over prevailing beliefs in the Middle Ages?

It emphasized environmental factors.

The physical body could now be examined scientifically.

The mind and body were now viewed as one.

This approach emphasized doctor-patient communication.

The biomedical model maintains that

psychological and social processes are relevant to the disease process.

disease results when the four humors or circulating fluids of the body are out of balance.

health and illness are consequences of biological, psychological, and social factors.

all illness can be explained on the basis of aberrant somatic bodily processes.

Sigmund Freud's work on _____ presented that specific unconscious conflicts can produce physical disturbances that symbolize repressed psychological conflicts.

etiology

conversion hysteria

chronic illness

epidemiology

In the context of psychosomatic medicine, Flanders Dunbar and Franz Alexander maintained that conflicts produce anxiety, which becomes unconscious and takes a physiological toll on the body via the

cardiovascular system.

autonomic nervous system.

immune system.

muscular system.

Which of these disorders would a psychosomatic clinician be most likely to diagnose in the early 1900s?

colitis

tuberculosis

diphtheria

diabetes

The belief that profiles of particular disorders are caused by emotional conflicts is the basis of the

theory of biophysics.

field of psychosomatic medicine.

biomedical model.

tools of neuroscience.

Which of the following statements is true about the biomedical model?

It focuses on behaviors that promote health rather than emphasizing illness over health.

It recognizes healthcare providers as a powerful influence on patient health.

It assumes that psychological and social processes are relevant to the disease process.

It reduces illness to low-level processes such as disordered cells and chemical imbalances.

Dr. Karumbe is a health psychologist who studies the relationship between positive interactions in close relationships and biological processes, such as the physiological stress response. Which model does Dr. Karumbe most likely endorse?

the biopsychosocial model

the communal coping model

the biomedical model

the mind–body dualism model

Which of the following is emphasized by the biopsychosocial model?

Psychological conflict is sufficient to produce certain disorders.

Certain biological disorders can be related on a consistent basis to specific personality types.

Certain disorders are best treated medically; however, other disorders are best treated using psychotherapy.

Health is achieved by being attentive to biological, psychological, and social needs.

Acute disorders are

short-term illnesses that are usually amenable to cure.

typically co-managed by the patient and the practitioner.

the major causes of death and illness in the United States.

slowly developing diseases with which people live for many years.

_____ is an example of a chronic illness that is a main contributor to disability and death in industrialized countries.

Influenza

Pneumonia

Cancer

Tuberculosis

Which of the following statements is true about chronic illnesses?

They are rapidly developing diseases.

They are diseases in which social factors are implicated as causes.

They rarely affect relationships with a partner.

They are curable.

Which of the following statements, if *true*, will support the argument that health care delivery has a substantial social and psychological impact on people?

Few people in the United States have direct contact with the health care system as a recipient of services.

Health psychologists know what makes people satisfied or dissatisfied with their health care.

Health psychology rejects the notion that people's risky health behaviors can be modified before they become ill.

Health psychology mainly emphasizes cure rather than prevention to reduce the dollars devoted to the management of illness.

According to the U.S. Census Bureau, in 2011, _____ million Americans had no health insurance.

15.3

26.7

49.9

54.6

Behavioral interventions, particularly those that target risk factors such as diet or smoking, have contributed to the decline in the incidence of some diseases, especially

Addison's disease.

autoimmune thyroid disease.

coronary heart disease.

undifferentiated connective tissue disease.

Which of the following statements is true about theories?

Theories usually generate nonspecific predictions.

Theories rarely provide guidelines for how to do research and interventions.

Theories are untestable.

Theories that are simple and useful are considered the best.

Janelle is diagnosed with a lump in her gallbladder that must be surgically removed. Her doctor and the hospital psychologist explain the procedure, the difficulties, and the benefits of undergoing the surgery. Janelle is aware of the extent of pain she might experience, and she will

be taught techniques to manage the pain. Now that she is informed about the procedure, which of the following is Janelle most likely to do?

improve her adjustment toward the procedure

feel anxious about the procedure and volunteer to join randomized clinical trials

ask for a substitute psychologist to work with the doctor

withdraw from the procedure and seek alternative therapy

Most of the research in health psychology is guided by
practical problems.

proven theory.

government agencies.

clinical trials.

Which of the following statements best defines a theory?

a combination of results from different studies that identify how strong the evidence is for a particular research finding

a proposition made based on a researcher's belief that provides a starting point for further investigation

a set of analytic statements that explain a set of phenomena, such as why people practice good health behaviors

a creation of two or more conditions that differ from each other in exact and predetermined ways

Much research in health psychology is

experimental.

descriptive.

meta-analytic.

quasi-experimental.

A researcher creates two or more conditions that differ from each other in exact and predetermined ways in

descriptive research.

a longitudinal study.

a theory.

an experiment.

An experiment conducted by a health care practitioner to evaluate treatments or interventions and their effectiveness over time is called a

retrospective design.

prospective research.

randomized clinical trial.

correlational study.

Dr. Genwali developed a study to test whether eating one serving of dark chocolate each day for 4 weeks improves mood in adults reporting high levels of stress. Dr. Genwali has assigned participants arbitrarily to one of two conditions: eating dark chocolate or drinking a glass of water (control condition) at 7:00 p.m. Dr. Genwali's study is best described as a(n)

randomized clinical trial.

retrospective study.

observational trial.

correlational study.

Which of the following happens in a randomized clinical trial?

A target treatment is compared against an inert treatment.

It is difficult to determine the direction of causality unambiguously.

The same people are observed at multiple points in time.

Researchers attempt to reconstruct the conditions that led to a current situation.

_____ means that medical and psychological interventions go through rigorous testing and evaluation of their benefits, usually through randomized clinical trials.

Holistic health practice

Alternative medicine

Psychosomatic medicine

Evidence-based practice

Sam is a student in health psychology who recently conducted a study looking at the relationship between feelings of social connection and visits to the campus healthcare center. This study is an example of

correlational research.

prospective research.

retrospective research.

applied research.

A major disadvantage of a correlational study is that

it is not empirically testable.

only one variable can be examined at any given point in time.

the direction of causation is unclear.

it studies issues when variables cannot be manipulated experimentally.

Using a _____ design can remedy some of the problems with correlational research.

prospective

cross-sectional

meta-analytic

retrospective

_____ research looks forward in time to see how a group of people change, or how a relationship between two variables changes over time.

Correlational

Prospective

Retrospective

Applied

A researcher intervenes in the diet of one community and not in another and over time looks at the difference in the rates of heart disease between the two communities. This is an example of a(n) _____ study.

mixed-model

retrospective

correlational prospective

experimental prospective

In a(n) _____ study, a researcher measures the diets that people create for themselves and looks at changes in rates of heart disease as determined by how good or poor the diet is.

retrospective

mixed-model

experimental prospective

correlational prospective

A prospective approach where the same people are observed at multiple points in time is known as

correlational research.

longitudinal research.

cross-sectional research.

quasi-experimental research.

Which of the following best describes a retrospective design?

looking backward in time in an attempt to reconstruct the conditions that led to a current situation

looking forward to see how a group of people change, or how a relationship between two variables changes over time

measuring whether a change in one variable corresponds with changes in another variable

solving practical problems in society by using empirical methods

_____ is the study of the frequency, distribution, and causes of infectious and noninfectious diseases in a population.

Ethnicity

Etiology

Ethnology

Epidemiology

_____ refers to the number of cases of a disease that exist at some given point in time.

Morbidity

Mortality

Pathology

Etiology

The number of new cases of a disease that exist at some given point in time is called
plague.

mortality.

prevalence.

incidence.

The number of deaths due to a particular cause is known as

homicide.

obliteration.

mortality.

morbidity.

Which of the following is the primary concern for health psychologists?

development of superior quality medication

access to follow-up care after a medical procedure

rate of mortality in a given population

health-related quality of life

Functional magnetic resonance imaging is a scientific tool that permits glimpses into

the brain.

the endocrine system.

the circulatory system.

DNA molecules.

_____ is an intervention that provides virtual medical visits and is good for treating modest health issues.

Chemotherapy

Hospice care

Lay referral network

Telemedicine

Which of the following is made available to people with hypertension so that they can monitor their blood pressure successfully?

ventricular assist device

ambulatory monitoring device

IAP monitoring device

implanted neural device

_____ combines results from different studies to identify how strong the evidence is for a particular research finding.

Cross-sectional analysis

Retrospective research

Prospective research

Meta-analysis

Meta-analysis is a powerful methodological tool because

- it uses a broad array of diverse evidence to reach conclusions.
- it attempts to reconstruct conditions that led to a current situation.
- it analyzes how a relationship between two variables changes over time.
- it measures whether a change in one variable corresponds with changes in another variable.

A _____ is responsible for assessing where patients go once they are discharged from a medical setting.

physical therapist

dietician

social worker

nurse practitioner

The main function of a physical therapist is to

- provide psycho-educational counseling to patients who suffer from chronic illnesses.
- assess where patients need to go after discharge based on their psychosocial needs.
- conduct dietary interventions for patients suffering from chronic illnesses, such as cancer, heart disease, and diabetes.
- support patients in regaining the use of limbs and functions that may have been compromised by illness.

World Health Organization (1948) defined health as "a complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity."

true

false

Health psychology is one of the most important developments within the field of psychology in the past 50 years.

true

false

Health psychologists analyze and attempt to improve the health care system and the formulation of health policy.

true

false

The view that biological, psychological, and social factors are all involved in any given state of health or illness is called the common sense model of illness.

true

false

Women live longer than men in all countries except those in which they are denied access to health care; however, women are more likely to have a disabling condition, have more illnesses, and use health services more.

true

false

The biopsychosocial model emphasizes the importance of an effective patient–practitioner relationship.

true

false

The Division of Health Psychology was formed in 1978 within the American Psychological Association (APA).

true

false

The health care industry is closely monitored and well-managed as substantial increase in health care costs have led to tremendous improvement in basic indicators of health.

true

false

Experiments have ceased to remain the mainstay of science, because they typically provide less definitive answers to problems than other research methods.

true

false

Morbidity may be expressed in two ways: as the number of new cases or as the total number of existing cases of an illness.

true

false

The biomedical model fails to recognize social and psychological processes as powerful influences over bodily states as it assumes a mind–body dualism.

true

false

Epidemiologists not only study who has what kind of cancer but also address questions such as why certain cancers are more prevalent than others in particular geographic areas.

true

false

Guided interviews and narratives can provide insights into health processes that summary statistics may not provide.

true

false

Explain the principles that characterize psychosomatic medicine. In what ways has it influenced the practice of health psychology?

Describe the biopsychosocial and biomedical models. Explain the advantages of the biopsychosocial model over the biomedical model.

Explain how changing patterns of illness have contributed to the rise of health psychology.

Explain how prospective and retrospective research remedies the problems of correlational research.

Explain the importance of qualitative research in the field of health psychology research.

Answer Key

Test name: CH1 Health Psychology E11

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Short Answer

Short Answer

Short Answer

Short Answer

Short Answer