

1. Justin has been experiencing headaches and gastrointestinal complaints, but his physician hasn't found any physical cause for these problems. This is an example of:

- a. Psychological illness
- b. Psychosomatic illness
- c. Somatization disorder**
- d. Hypochondriasis
- e. Conversion disorder

2. Jasmine has frequently been going to the physician and complaining of headaches. The physician has told her repeatedly that they are most likely due to dehydration; however, she is convinced that she is at risk of a brain tumor. This is an example of:

- a. Psychological illness
- b. Psychosomatic illness
- c. Somatization disorder
- d. Hypochondriasis**
- e. Conversion disorder

3. Damian has recently crashed his bike and is no longer able to move his leg. However, upon examination, his leg is not physically injured in any way (i.e. no sprain, broken bones, etc...). This is an example of:

- a. Psychological illness
- b. Psychosomatic illness
- c. Somatization disorder
- d. Hypochondriasis
- e. Conversion disorder**

4. Which of these personality dimensions do not contribute to an individual's resilience?

- a. High levels of self-esteem
- b. High levels of self-efficacy
- c. Hardiness
- d. Optimism
- e. External locus of control**

5. Which of these statements is false?

- a. The distress associated with illness can lead to psychological disorders
- b. Sick individuals may adopt the identity of 'the sick person'
- c. Two individuals who are equally ill may differ in respect of their apparent wellness
- d. Well-being and illness are two discrete categories that fall on a continuum**
- e. Comorbidities occur with most illnesses

6. Which of these is the best predictor of heart disease?

- a. Depression**
- b. Gender
- c. Sedentary lifestyle
- d. Socio-economic status
- e. Family history

7. What is another way of referring to the susceptibility of an individual or group to develop certain psychological or physical disturbances in response to external or internal triggers?

- a. Vulnerability**
- b. Resilience

c. Comorbidity

d. Risk

e. Predictive medicine

8. What defines an individual's propensity to overcome an illness, as well as the ability of an individual to withstand the effects of stressful events that would ordinarily lead to a pathological condition?

a. Vulnerability

b. Resilience

c. Comorbidity

d. Strength

e. Predictive medicine

9. Which of these is the term used when many illnesses appear to be linked with one another so that when one particular illness occurs, it might be predictive of others developing?

a. Vulnerability

b. Resilience

c. Comorbidity

d. Increased risk

e. Predictive medicine

10. Biomarkers for various diseases can be used to inform the patient of their:

a. Personal risk

b. Genetic code

c. Level of fertility

d. Family history

e. Mental state

11. What is the leading cause of death in western countries (such as the UK, Europe, and North America)?

a. Heart and circulatory disorders

b. Cancer

c. Respiratory disorder

d. Nervous system disorders

e. Suicide

12. When a third variable (e.g., gender) is found to interact with, and affect, either the direction or strength of the relationship between two other variables (e.g., stress and heart disease), the third variable would be classified as what?

a. Mediator

b. Moderator

c. Predictor

d. Dependent variable

e. Interacting variable

13. A particular variable (e.g., stress) is found to be related to a second variable (e.g., inflammation), which, in turn, is associated with an outcome variable (e.g., heart disease). Furthermore, if the second variable (inflammation) were controlled for, the relation between stress and heart disease is reduced. In this instance, inflammation is considered to be a _____.

a. Mediator

b. Moderator

c. Predictor

d. Dependent variable

e. Interacting variable

14. A researcher believes that a sequence of events is related to particular outcomes, and therefore wishes to evaluate the paths through which these instances are related. What kind of analysis would they therefore run?

a. Structural equation modeling

b. Sequential equation modeling

c. Sequential path analysis

d. Structural path analysis

e. Series equation analysis

15. Epidemiological research focuses on?

a. How often and why diseases occur in different groups of people

b. The attributes of diseases that may be life-threatening

c. Epidermal (skin) diseases

d. Only the transmission of infectious diseases

e. Only diseases of aging

16. An index of how many people within a fixed number are afflicted with an illness is called what?

a. Odds ratio

b. Prevalence

c. Incidence

d. Risk

e. None of the above

17. The number of new cases that appear in a population or over a set period of time is called what?

a. Odds ratio

b. Prevalence

c. Incidence

- d. Risk
- e. None of the above

18. The frequency of an illness in a population over a set period of time is referred to as what?

- a. Odds ratio
- b. Prevalence
- c. Incidence

d. Risk

- e. Morbidity

19. What is a case control study?

- a. A study in which individuals with an illness are compared to individuals with a similar illness
- b. A study in which one individual is assessed to identify the factors responsible for the illness
- c. A study in which two groups with similar illnesses are compared to a third group with a different illness

d. A study in which individuals with an illness are compared to another group who does not have the illness

- e. A study in which individuals with an illness are assessed before diagnosis of the illness, and again after receiving treatment for the illness

20. The difference observed between participants within a particular group is referred to as?

- a. Cohort effects
- b. Individual characteristics
- c. Experimental error

d. Variability

- e. Inconsistency

21. As part of program evaluations, small collectives of individuals may be interviewed or assessed with other qualitative approaches. What are these collections of individuals called?

- a. Seminar group
- b. Interview panel
- c. Panel group
- d. Study group
- e. Focus group**

22. In a meta-analysis, what two aspects are assessed to derive an estimate of how meaningful results are from reported studies?

- a. Level of significance and population of individuals sampled
- b. Inclusion and exclusionary criteria
- c. The strength of associations between variables and the population sampled
- d. The effect sizes and number of participants**
- e. Who the researchers were that published the studies

23. Papers that review literature to provide an up-to-date assessment of the published work in a particular field are referred to as?

- a. Dissertation
- b. Systematic review**
- c. Overview report
- d. Summary paper
- e. Meta-analysis

24. What does the power of a test refer to?

- a. How impactful the test is
- b. The ability of a test to handle a certain number of variables or participants

c. How robust the test is to systematic flaws in the data

d. The ability to detect a significant difference

e. An index of how efficient a test is at crunching numbers

25. Norepinephrine, dopamine and serotonin are examples of:

a. Neuropeptides

b. Hormones

c. Neurotransmitters

d. Immune signaling molecules

e. All of the above

26. These types of receptors tell the neuron to slow down the production of the neurotransmitter:

a. Postsynaptic receptors

b. Transporters

c. Regulatory receptors

d. Autoreceptors

e. Inhibitory receptors

27. The process through which a neurotransmitter is transported back into the cell is called:

a. Reutilization

b. Recycling

c. Degradation

d. Diffusion

e. Reuptake