

Chapter 01 What is Health Psychology

Multiple Choice Questions

1. (p. 3) Which of the following best defines health psychology?
- A. Using psychological theories and principles to tackle problems in the areas of mental health, education, product design, ergonomics, and law
 - B. Understanding the psychological influences on how people stay healthy, why they become ill, and how they respond when they get ill**
 - C. Applying the principles of biology in order to study the anatomy of a human being
 - D. Diagnosing, preventing, and treating a disease without including the option of surgery

Level: Conceptual

2. (p. 3) The term health involves:
- A. a balance among physical, mental, and social well-being.**
 - B. the absence of disease or infirmity.
 - C. a reduction in physical pain and social pain.
 - D. surgically treating physical ailments to eliminate chronic pain.

Level: Factual

3. (p. 3) A health psychologist who designs a media campaign to get people to improve their diets is focusing on:
- A. health promotion and maintenance.**
 - B. prevention and treatment of illness.
 - C. the etiology and correlates of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.

Level: Factual

4. (p. 3) According to the psychological aspects of prevention and treatment of illness, health psychologists who work with people who are already ill focus on:

- A. altering their exercise patterns.
- B. helping them in following their treatment regimen.**
- C. developing recommendations to maintain a healthy lifestyle.
- D. advising individuals about career paths that are less stressful.

Level: Factual

5. (p. 3) A health psychologist who is interested in the behavioral and social factors that contribute to disease focuses on:

- A. health promotion and maintenance.
- B. the prevention and treatment of illness.
- C. the etiology and correlates of health, illness, and dysfunction.**
- D. the health care system and the formulation of health policy.

Level: Factual

6. (p. 3) _____ refers to the origins or causes of illness.

- A. Etiology**
- B. Epidemiology
- C. Oncology
- D. Pathology

Level: Factual

7. (p. 3) Which of the following is studied by health psychologists to analyze the health care system and formulate health policy?

- A. Classification of occupations that is highly stressful, and can adversely affect people's health.
- B. Exercise patterns and dietary interventions that help to promote good habits, and develop a healthy lifestyle.
- C. The behavioral and social factors that contribute to health, illness, and dysfunction such as alcohol consumption and smoking.
- D.** The impact of hospitals and physicians on people's behavior to develop recommendations for improving health care.

Level: Conceptual

8. (p. 4) According to the humoral theory of illness, disease occurs when:

- A. God punishes one for wrong-doing.
- B. evil spirits enter a body.
- C.** bodily fluids are imbalanced.
- D. there is cellular disorder.

Level: Factual

9. (p. 4) Each of the four humors has been associated with different personality types, in that blood has been associated with:

- A. a laid-back approach to life.
- B. an angry disposition.
- C. sadness.
- D.** a passionate temperament.

Level: Factual

10. (p. 4) According to the humoral theory of illness, yellow bile is known to be associated with:

- A. a laid-back approach to life.
- B.** an angry disposition.
- C. sadness.
- D. a passionate temperament.

Level: Factual

11. (p. 5) The _____ model assumes a mind-body dualism to understanding illness.

- A. commonsense
- B. health-belief
- C. biopsychosocial
- D.** biomedical

Level: Factual

12. (p. 5) The humoral theory of illness was replaced by the science of _____ during the renaissance.

- A. biotechnology
- B. organic chemistry
- C. molecular biology
- D.** cellular pathology

Level: Factual

13. (p. 5) The biomedical model maintains that:

- A. psychological and social processes are relevant to the disease process.
- B. disease results when the four humors or circulating fluids of the body are out of balance.
- C. health and illness are consequences of biological, psychological, and social factors.
- D.** all illness can be explained on the basis of aberrant somatic bodily processes.

Level: Factual

14. (p. 5) Sigmund Freud described _____ as a specific unconscious conflict that produces physical disturbances, and symbolizes repressed psychological conflicts.

- A. etiology
- B. conversion hysteria**
- C. chronic illness
- D. epidemiology

Level: Factual

15. (p. 5) _____ linked specific personality patterns to specific illnesses.

- A. Dunbar and Alexander**
- B. Kaplan and Stone
- C. Wilhelm Wundt
- D. Sigmund Freud

Level: Factual

16. (p. 5) The belief that profiles of particular disorders is caused by emotional conflict is propagated by the:

- A. theory of biophysics.
- B. field of psychosomatic medicine.**
- C. biomedical model.
- D. tools of neuroscience.

Level: Factual

17. (p. 6) According to the biopsychosocial model, which of the following is a macrolevel process that continually interacts with microlevel processes to influence health, illness and its course?

- A. Cellular disorders
- B. Chemical imbalances
- C. Depression**
- D. Social seclusion

Level: Conceptual

18. (p. 6) Which of the following is emphasized by the biopsychosocial model?
- A. Psychological conflict is sufficient to produce certain disorders.
 - B. Certain biological disorders can be related on a consistent basis to specific personality types.
 - C. Certain disorders are best treated medically; however, other disorders are best treated using psychotherapy.
 - D. Health is achieved by being attentive to biological, psychological, and social needs.**

Level: Conceptual

19. (p. 7) Which of the following is a characteristic of an acute disorder?
- A. It can only be managed, not cured.
 - B. It is currently the main contributor to disability and death.
 - C. It often develops due to a virus or bacteria.**
 - D. It is usually a long-term illness.

Level: Conceptual

20. (p. 7) Acute disorders are:
- A. short-term illnesses that are usually amenable to cure.**
 - B. typically co-managed by the patient and the practitioner.
 - C. the major causes of death and illness in the United States.
 - D. slowly developing diseases with which people live for many years.

Level: Factual

21. (p. 7) _____ is an example of a chronic illness that is particularly prevalent in industrialized countries.
- A. Influenza
 - B. Pneumonia
 - C. Cancer**
 - D. Tuberculosis

Level: Factual

22. (p. 7) Which of the following suggests that chronic illnesses helped in propagating the field of health psychology?

- A. Chronic illnesses often result in problems in family functioning.
- B. Chronic illnesses are short-lived, and its management is simple.
- C. Psychological factors are the sole causes implicated in chronic illnesses.
- D. Chronic illnesses usually have no requirement for lengthy interventions.

Level: Conceptual

23. (p. 8) According to the U.S. Census Bureau, in 2010 _____ million Americans had no health insurance.

- A. 15.3
- B. 26.7
- C. 49.9
- D. 54.6

Level: Factual

24. (p. 9) Judith is diagnosed with a lump in her gallbladder which must be surgically removed. The doctor and the hospital psychologist explain the procedure, the difficulties, and the benefits of undergoing the surgery. Judith is aware of the extent of pain she might experience, and she will be taught techniques to manage the pain. According to Janis and Johnson, which of the following is Judith likely to do?

- A. Improve her adjustment toward the procedure.
- B. Feel anxious and withdraw from the procedure.
- C. Ask for a substitute procedure that might involve lesser pain.
- D. Take a second opinion from another health care provider to verify the facts.

Level: Applied

25. (p. 9) Most of the research in health psychology is guided by _____.

- A. practical problems
- B. proven theory
- C. unproven hypothesis
- D. clinical trials

Level: Factual

26. (p. 9) Which of the following statements best defines a theory?

- A. A combination of results from different studies that identify how strong the evidence is for a particular research finding.
- B. A proposition made based on a researcher's belief that provides a starting point for further investigation.
- C. A set of analytic statements that explain a set of phenomena, such as why people practice poor health behaviors.
- D. A creation of two or more conditions that differ from each other in exact and predetermined ways.

Level: Conceptual

27. (p. 10) Most of the research in health psychology is said to be _____.

- A. experimental
- B. descriptive
- C. meta-analytic
- D. semi-experimental

Level: Factual

28. (p. 10) A researcher creates two or more conditions that differ from each other in exact and predetermined ways in a(n) _____.

- A. descriptive research
- B. longitudinal study
- C. theory
- D. experiment**

Level: Factual

29. (p. 10) An experiment conducted by a health care practitioner to evaluate treatments or interventions, and their effectiveness over time is called a _____.

- A. retrospective design
- B. prospective research
- C. randomized clinical trial**
- D. correlational study

Level: Factual

30. (p. 10) In a randomized clinical trial:

- A. a target treatment is compared against an organically inert treatment.**
- B. it is difficult to determine the direction of causality unambiguously.
- C. the same people are observed at multiple points in time.
- D. researchers attempt to reconstruct the conditions that led to a current situation.

Level: Factual

31. (p. 10) _____ is a medical intervention that goes through rigorous testing, and evaluation of its benefits through randomized clinical trials.

- A. Ethno medicine
- B. Alternative medicine
- C. Psychosomatic medicine
- D. Evidence-based medicine**

Level: Factual

32. (p. 10) A health psychologist measures whether a change in one variable corresponds with changes in another variable in a _____.

- A. correlational research
- B. prospective research
- C. retrospective research
- D. applied research

Level: Factual

33. (p. 10) Dr. Garcia has recently completed a study of personality and physical health. He administered a questionnaire to college students that included a standardized optimism scale and a symptom checklist. He found that participants with higher levels of optimism reported fewer physical symptoms. This is an example of a(n) _____ research.

- A. applied
- B. correlational
- C. prospective
- D. retrospective

Level: Applied

34. (p. 10) A major disadvantage of a correlational study is that:

- A. it is not empirically testable.
- B. only one variable can be examined at any given point in time.
- C. the direction of causation is ambiguous.
- D. it studies issues when variables cannot be manipulated experimentally.

Level: Factual

35. (p. 10) The _____ approach is used to remedy some of the problems with correlational research.

- A. prospective
- B. cross-sectional
- C. meta-analytic
- D. retrospective

Level: Factual

36. (p. 10) _____ research looks forward in time to see how a group of people change, or how a relationship between two variables changes over time.

- A. Correlational
- B. Prospective
- C. Retrospective
- D. Applied

Level: Factual

37. (p. 10) Dr. Rane has been researching on Type II diabetes among children and young adults. He found that overweight and obese children are more likely to develop Type II diabetes. He also studied how these children react to, and manage the disease as they grow older. In this case, Dr. Rane is conducting a(n) _____ research.

- A. meta-analytic
- B. experimental
- C. prospective
- D. retrospective

Level: Applied

38. (p. 10) 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.

- A. mixed-model
- B. retrospective
- C. correlational prospective
- D.** experimental prospective

Level: Factual

39. (p. 10) 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.

- A. retrospective
- B. mixed-model
- C. experimental prospective
- D.** correlational prospective

Level: Factual

40. (p. 11) A prospective approach where the same people are observed at multiple points in time is known as a _____.

- A. correlational research
- B.** longitudinal research
- C. cross-sectional research
- D. quasi-experimental research

Level: Factual

41. (p. 11) Which of the following best describes a retrospective design?

- A. Looking backward in time in an attempt to reconstruct the conditions that led to a current situation
- B. Looking forward to see how a group of people change, or how a relationship between two variables changes over time
- C. Measuring whether a change in one variable corresponds with changes in another variable
- D. Solving practical problems in the society by the using empirical methods

Level: Conceptual

42. (p. 11) Dr. Yee has collected the medical records of thirty women who display symptoms of a chronic illness. She has identified factors in their records that have contributed to the development of their current illness. This is an example of a(n) _____ research.

- A. applied
- B. prospective
- C. retrospective
- D. correlational

Level: Applied

43. (p. 11) _____ is the study of the frequency, distribution, and causes of infectious and noninfectious diseases in a population.

- A. Ethnicity
- B. Etiology
- C. Ethnology
- D. Epidemiology

Level: Factual

44. (p. 11) _____ refers to the number of cases of a disease that exist at some given point in time.

- A. Morbidity
- B. Mortality
- C. Pathology
- D. Etiology

Level: Factual

45. (p. 11) The total number of existing cases of a disease that exist at any given point in time is called _____.

- A. plague
- B. mortality
- C. prevalence
- D. incidence

Level: Factual

46. (p. 11) The number of deaths due to a particular cause is known as _____.

- A. homicide
- B. obliteration
- C. mortality
- D. morbidity

Level: Factual

47. (p. 11) Which of the following is the primary concern for health psychologists?

- A. Development of superior quality medication
- B. Methods to reduce disability
- C. Rate of mortality in a given population
- D. Health-related quality of life

Level: Conceptual

48. (p. 11) Functional magnetic resonance imaging is a neuroscientific tool that permits glimpses into:

- A. the brain.
- B. the abdominal cavity.
- C. the circulatory system.
- D. the DNA molecules.

Level: Factual

49. (p. 11) _____ interventions make use of cell phones, pagers, palm pilots, tablets, and other mobile technologies to deliver interventions; and assess health-related events in the natural environment.

- A. Control-enhancing
- B. Expressive writing
- C. Mindfulness-based
- D. Ecological momentary

Level: Factual

50. (p. 12) Which of the following is made available to people with hypertension so that they can monitor their blood pressure successfully?

- A. Ventricular assist device
- B. Ambulatory monitoring device
- C. IAP monitoring device
- D. Implanted neural device

Level: Conceptual

51. (p. 12) _____ combines results from different studies to identify how strong the evidence is for a particular research finding.

- A. Cross sectional analysis
- B. Retrospective research
- C. Prospective research
- D. Meta-analysis**

Level: Factual

52. (p. 12) Meta-analysis is a powerful methodological tool because:

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

Level: Factual

53. (p. 12) A _____ is responsible for assessing where patients go once they are discharged from a medical setting.

- A. physical therapist
- B. dietician
- C. social worker**
- D. nurse practitioner

Level: Factual

54. (p. 12) The main function of a physical therapist is to:

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

Level: Factual

55. (p. 12) Reese works at the Real Life hospital. She specializes in nutrition sciences, and her primary duty is managing food and nutrition of patients suffering from cancer and diabetes mellitus. Which of the following is likely to be Reese's profession?

- A. Occupational therapist
- B. Dietitian**
- C. Advanced nurse practitioner
- D. Hospitality manager

Level: Applied

True / False Questions

56. (p. 3) 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

Level: Factual

57. (p. 4) According to the humoral theory of illness, phlegm is associated with sadness.

FALSE

Level: Factual

58. (p. 5) Franz Alexander developed a profile of the ulcer-prone personality as someone with excessive needs for dependency and love.

TRUE

Level: Factual

59. (p. 5) The biomedical model emphasizes health over illness.

FALSE

Level: Factual

60. (p. 6) The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship.

TRUE

Level: Factual

61. (p. 7) The division of health psychology was formed in 1978 within the American Psychological Association.

TRUE

Level: Factual

62. (p. 8) 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.

FALSE

Level: Factual

63. (p. 5) One advantage of correlational research is the ability to study health-related variables in situations where the variable cannot be manipulated experimentally.

TRUE

Level: Factual

64. (p. 5) 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

Level: Factual

65. (p. 5) A disadvantage for students who are trained as health psychologists at the undergraduate level is that they cannot pursue medicine in higher education.

FALSE

Level: Factual

Essay Questions

66. (p. 5) Explain the principles that characterize psychosomatic medicine. In what ways has it influenced the practice of health psychology?

Dunbar's and Alexander's work helped shape the emerging field of psychosomatic medicine by offering profiles of particular disorders believed to be psychosomatic in origin, that is caused by emotional conflicts. It is now known that all illnesses raise psychological issues. Moreover, researchers now believe that a particular conflict or personality type is not sufficient to produce illness. Rather, the onset of disease is usually due to several factors working together, which may include a biological pathogen coupled with social and psychological factors, such as high stress, low social support, and low socioeconomic status. The idea that the mind and the body together determine health and illness led to the biopsychosocial model.

Level: Conceptual

67. (p. 5) Compare and contrast the biopsychosocial and biomedical models. Explain the advantages of the biopsychosocial model over the biomedical model.

The biomedical model maintains that all illness can be explained on the basis of aberrant somatic bodily processes, such as biochemical imbalances or neurophysiological abnormalities. The model emphasizes illness over health rather than focusing on behaviors that promote health. The biopsychosocial model maintains that biological, psychological, and social factors are all important determinants of health and illness. Both macrolevel processes and microlevel processes continually interact to influence health and illness and their course. The biopsychosocial model emphasizes both health and illness. Therefore, health becomes something that one achieves through attention to biological, psychological, and social needs rather than something that is taken for granted.

Level: Factual

68. (p. 7) Explain how changing patterns of illness have contributed to the rise of health psychology.

Until the 20th century, the major causes of illness and death in the United States were acute disorders such as tuberculosis, pneumonia, and other infectious diseases. However, the prevalence of acute infectious disorders has significantly declined because of treatment innovations, and changes in public health standards. Nowadays, chronic illnesses such as heart disease, cancer, and respiratory diseases are the main contributors to disability and death, particularly in industrialized countries. These changing trends in disease and health care have contributed to the growth of health psychology, and these trends are expected to keep changing over the next decade.

Level: Factual

69. (p. 9) Explain the role of theory in health psychology. What advantages does theory bring to the field?

A theory is a set of analytic statements that explains a set of phenomena, such as why people practice poor health behaviors. The best theories are simple and useful. The advantages of theory for guiding research are several: Theories provide guidelines on how to do research and interventions, theories generate specific predictions so they can be tested and modified as the evidence comes in, and theories help to tie together loose ends.

Level: Factual

70. (p. 5) Explain how prospective and retrospective research remedies the problems of correlational research.

Correlational research measures whether a change in one variable corresponds with changes in another variable. However, prospective research looks forward in time to see how a group of people change, or how a relationship between two variables changes over time. Health psychologists conduct many prospective studies in order to understand the risk factors that relate to health conditions. A particular type of prospective study is longitudinal research, in which the same people are observed at multiple points in time. Retrospective designs on the other hand, look backward in time in an attempt to reconstruct the conditions that led to a current situation. Retrospective methods were critical in identifying the risk factors that led to the development of AIDS. Therefore, both prospective and retrospective methods prove to be more useful in remedying problems faced with correlational research.

Level: Conceptual