

Name _____

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 1) The 1948 World Health Organization's definition of health is analogous to a state of wellness. 1) _____

Answer: ☒ True ☐ False

- 2) The World Health Organization defines health as a complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity. 2) _____

Answer: ☒ True ☐ False

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 3) The field within psychology devoted to understanding all psychological influences on health and illness across the lifespan is called 3) _____

- A) health psychology.
- B) comparative psychology.
- C) developmental psychology.
- D) medical psychology.
- E) psychosomatic medicine.

Answer: A

- 4) A health psychologist who designs a media campaign to get people to improve their diets focuses on 4) _____

- A) etiology and correlations of health, illness, and dysfunction.
- B) health promotion and maintenance.
- C) prevention and treatment of illness.
- D) the health care system and the formulation of health policy.
- E) the philosophy of the mind-body relationship.

Answer: B

- 5) A health psychologist who works with people who are already ill focuses on 5) _____

- A) the philosophy of the mind-body relationship.
- B) health promotion and maintenance.
- C) etiology and correlations of health, illness, and dysfunction.
- D) prevention and treatment of illness.
- E) the health care system and the formulation of health policy.

Answer: D

6) Etiology refers to _____.

6) _____

- A) the causes of illness
- B) the effects of stress
- C) healthy behaviour
- D) a special kind of disease state
- E) the prevalence of disease in a population

Answer: A

7) A health psychologist who is interested in the behavioural and social factors that contribute to disease focuses on

7) _____

- A) prevention and treatment of illness.
- B) the biopsychosocial model.
- C) health promotion and maintenance.
- D) etiology and correlations of health, illness, and dysfunction.
- E) the health care system and the formulation of health policy.

Answer: D

8) A health psychologist who studies the impact of hospitals and physicians on people's behaviour focuses on

8) _____

- A) health promotion and maintenance.
- B) prevention and treatment of illness.
- C) etiology and correlations of health, illness, and dysfunction.
- D) social psychology.
- E) the health care system and the formulation of health policy.

Answer: E

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

9) Early cultures took a dualistic approach to the mind and the body.

9) _____

Answer: True ☒ False

10) The ancient Greeks believed that an imbalance of bodily fluids caused illness.

10) _____

Answer: ☒ True False

11) In conversion hysteria, the patient converts psychological conflict into a symptom which then relieves the patient of anxiety.

11) _____

Answer: ☒ True False

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

12) Ancient cultures viewed the mind and the body as 12) _____

- A) separate and autonomous systems.
- B) not much differently than we do today.
- C) an unknown entity.
- D) part of the same system.
- E) somewhat interdependent.

Answer: D

13) According to the humoral theory of Hippocrates and Galen, disease is the result of 13) _____

- A) an imbalance of bodily fluids.
- B) age.
- C) God's punishment.
- D) evil spirits.
- E) cellular disorders.

Answer: A

14) The idea that one's biochemistry may be associated with certain personality characteristics can be traced to the 14) _____

- A) Stone Age.
- B) ancient Romans.
- C) Middle Ages.
- D) ancient Greeks.
- E) Renaissance.

Answer: D

15) In _____, the Church was the guardian of medical knowledge. 15) _____

- A) the Middle Ages
- B) the Renaissance
- C) ancient Greece
- D) the Stone Age
- E) Freud's time

Answer: A

16) Conversion hysteria 16) _____

- A) occurs more often in men than in women.
- B) occurs when unconscious conflict is manifested in a symbolic physical symptom.
- C) occurs when an individual has a head injury.
- D) is now even more frequent than in Freud's time.
- E) is strongly associated with hypochondria.

Answer: B

- 17) The field of behavioural medicine 17) _____
A) focuses mainly on behaviour modification interventions.
B) focuses on objective and clinically relevant interventions.
C) does not recognize biofeedback as a treatment intervention.
D) relies on subjective, verbal interventions.
E) was the basis for the field of psychoanalysis.
Answer: B
- 18) _____ linked specific personality patterns to specific illnesses. 18) _____
A) Cattell
B) Dunbar and Alexander
C) Hippocrates
D) Galen
E) Freud
Answer: B
- 19) Who argued that conflicts produce anxiety, which becomes unconscious and takes a physiological toll on the body? 19) _____
A) Dunbar and Alexander
B) Ancient Greeks
C) Ancient Romans
D) Scholars in the Middle Ages
E) Sigmund Freud
Answer: A
- 20) An example of a disorder believed to be psychosomatic in origin is _____. 20) _____
A) hyperthyroidism
B) measles
C) a tumour
D) yellow fever
E) typhoid
Answer: A
- 21) Which of the following statements best reflects a current perspective of the mind-body relationship? 21) _____
A) Illness is largely a product of one's temperament.
B) Healing relies most heavily on the patient's belief in the physician.
C) Illness results only from a breakdown of organic and cellular changes within the body.
D) Health and healing involves the interrelation of all of the body's systems, and illness arises as a disharmony between these systems.
E) Repressed psychological conflicts can manifest as physical symptoms and illness.
Answer: D

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

22) The biomedical model emphasizes that the disease process is dependent on psychological and social processes. 22) _____

Answer: True ☒ False

23) The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship. 23) _____

Answer: ☒ True ☐ False

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

24) According to your text, all conditions of health and illness are influenced by 24) _____
A) social factors.
B) psychological and social factors.
C) biological, psychological, and social factors.
D) psychological factors.
E) biological and social factors.

Answer: C

25) The fundamental assumption of the _____ model is that health and illness are consequences of the interplay of biological, psychological, and social factors. 25) _____
A) psychosocial
B) psychoneuroimmunology
C) psychoemotional
D) biomedical
E) biopsychosocial

Answer: E

26) The _____ model maintains that all illness can be explained on the basis of aberrant somatic processes. 26) _____
A) psychosocial
B) biomedical
C) psychoemotional
D) biopsychosocial
E) psychosomatic

Answer: B

27) Josh is feeling achy, has a stuffed up nose and a cough, and is feeling very tired. On the basis of these symptoms Josh's doctor tells him he has been infected with a cold virus. This diagnosis is an example of 27) _____

- A) homeostasis.
- B) dualism.
- C) systems theory.
- D) mechanism.
- E) reductionism.

Answer: E

28) The notion that cancer can be cured simply by excising a tumour, most closely resembles the 28) _____

- A) biopsychosocial model.
- B) biomedical model.
- C) pathological model.
- D) psychosomatic model.
- E) mind-body model.

Answer: B

29) A single-factor model of illness assumes that 29) _____

- A) health should be emphasized over illness.
- B) only one factor of an illness can be dealt with at one time.
- C) there is one ultimate cause of all illnesses.
- D) there is only one correct treatment for the illness.
- E) illness can be explained in terms of a biological disorder.

Answer: E

30) The idea that health is the absence of disease most closely resembles the 30) _____

- A) psychosomatic model.
- B) pathological model.
- C) biopsychosocial model.
- D) biomedical model.
- E) holistic model.

Answer: D

31) The biopsychosocial model of health 31) _____

- A) considers both macrolevel and microlevel factors.
- B) emphasizes the social and psychological factors in health.
- C) maintains that biological, psychological, and social factors are all important determinants of health and illness.
- D) views the body as a system of organs that work holistically together.
- E) proposes that complex phenomenon can be reduced down to their simpler components.

Answer: C

- 32) According to the biopsychosocial model, state of health and illness are produced by 32) _____
A) macrolevel processes.
B) microlevel processes and the environment.
C) environment.
D) the interaction of microlevel and macrolevel processes.
E) microlevel processes.

Answer: D

- 33) The _____ maintains that health and illness are caused by multiple factors and 33) _____
produce multiple effects.
A) psychosomatic model
B) reductionistic model
C) biopsychosocial model
D) biomedical model
E) dualistic approach

Answer: C

- 34) Systems theory assumes a principle of hierarchical organization. This implies that 34) _____
A) changes in intermediate levels have the most profound impacts.
B) changes in any one level will affect all other levels of the system.
C) only changes in the highest level will affect all levels of the system.
D) changes in one level will affect only lower levels of the system.
E) an aberration in one level will cause a demise of the system.

Answer: B

- 35) According to the biopsychosocial model, 35) _____
A) individuals with unhealthy habits cannot recover from illness.
B) treatment must focus on biological, psychological, and social factors.
C) patients and practitioner relationship should be strained and formal.
D) a person's lifestyle is not related to illness.
E) an interdisciplinary team approach may lead to conflicting diagnoses.

Answer: B

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 36) The most important factor giving rise to health psychology has been the expansion of 36) _____
health care services.

Answer: True ☒ False

- 37) Morbidity may be expressed in two ways: as the number of new cases or as the total 37) _____
number of existing cases of an illness.

Answer: ☒ True ☐ False

- 38) Although health psychologists have been employed in health settings for many years, they have difficulty establishing their credibility with physicians and other health care professionals. 38) _____

Answer: True ☒ False

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 39) Until the turn of the 20th century, _____ were among the major causes of illness and death in Canada. 39) _____
- A) waterborne parasites
 - B) hereditary disorders
 - C) accidents and homicides
 - D) chronic illnesses
 - E) acute disorders

Answer: E

- 40) Acute disorders are 40) _____
- A) the major causes of death and illness in Canada.
 - B) usually deadly disorders that are difficult to cure.
 - C) typically diseases that are co-managed by patients and their practitioners.
 - D) short-term medical illnesses that are usually responsive to cure.
 - E) serious disorders such as heart disease, cancer, and diabetes.

Answer: D

- 41) Currently, in industrialized countries, _____ is/are the major contributor/s to disability and death. 41) _____
- A) accidents and homicides
 - B) suicide
 - C) acute disorders
 - D) chronic illnesses
 - E) hereditary disorders

Answer: D

- 42) Chronic illnesses 42) _____
- A) are illnesses that are psychosomatic in origin.
 - B) are illnesses in which psychological and social factors play an important role in both cause and management.
 - C) can be cured only if the patient and the practitioner work together as a team.
 - D) are rare in industrialized countries.
 - E) are difficult for patients to manage, but seldom contribute to disability or death.

Answer: B

43) _____ is the study of the frequency, distribution, and causes of infectious and non-infectious disease in a population, based on an investigation of the physical and social environment.

43) _____

- A) Etiology
- B) Morbidity
- C) Immunology
- D) Epidemiology
- E) Health psychology

Answer: D

44) _____ refers to the number of cases of a disease that exist at some given point in time. _____ refers to numbers of deaths due to particular causes.

44) _____

- A) Epidemiology; Pathology
- B) Etiology; Epidemiology
- C) Mortality; Etiology
- D) Morbidity; Mortality
- E) Prevalence; Mortality

Answer: D

45) Which of the following is NOT considered a determinant of health according to a population health approach?

45) _____

- A) Health services.
- B) An individual's financial status.
- C) Social support networks.
- D) Biology and genetic endowment.
- E) Employment/working conditions.

Answer: B

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

46) Public health researchers have the goal of improving the health of the general population through research and interventions.

46) _____

Answer: ☒ True False

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

47) _____ accredits a number of clinical health psychology graduate programs in Canada, thereby setting a standard of training.

47) _____

- A) American Psychiatric Association
- B) The World Health Organization
- C) Public Health Agency of Canada
- D) The Canadian Psychological Association
- E) American Psychological Association

Answer: D

48) Health psychologists typically are employed

48) _____

- A) in all public schools.
- B) only in hospitals.
- C) as clinicians who work with medical patients.
- D) only in industrial or occupational health settings.
- E) only in clinics of psychotherapists.

Answer: C

49) Which of the following is NOT an allied health professional?

49) _____

- A) Physician
- B) Social worker
- C) Occupational therapist
- D) Dietitian
- E) Physiotherapist

Answer: A

50) As an allied health professional Susan has the opportunity to apply the principles of health psychology with her clients. For example, she helps patients with ongoing health issues, help them learn to use adaptive devices and become accustomed to new ways of performing old tasks. Susan most likely works as a(n)

50) _____

- A) Physiotherapist.
- B) Dietitian.
- C) Social worker.
- D) Physician.
- E) Occupational therapist.

Answer: A

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

51) Explain the factors that contributed to the development of behavioural medicine. In what ways has the field of behavioural medicine influenced the practice of health psychology?

Answer: Answers may vary.

52) Explain how current views of the mind-body relationship have been influenced by the growing interest in holistic health and healing.

Answer: Answers may vary.

53) Compare and contrast the biopsychosocial and biomedical models. In your opinion, which model has advantages over the other and why?

Answer: Answers may vary.

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

Answer: Answers may vary.

55) Training in health psychology can lead to opportunities to work in a variety of different fields. Name any three of these fields and provide examples of the roles associated with each.

Answer: Answers may vary.