

Health: The Basics, 10e (Donatelle)

Chapter 2 Promoting and Preserving Your Psychological Health

1) A term used to encompass mental, emotional, social, and spiritual dimensions of health is

- A) socioemotional.
- B) holistic.
- C) psychiatric.
- D) psychological.

Answer: D

Diff: 1 Page Ref: 28

Skill: Remembering

2) Which of the following is true of psychologically healthy people?

- A) They frequently experience guilt.
- B) They avoid new experiences.
- C) They value human diversity.
- D) They are uncomfortable when put in new social situations.

Answer: C

Diff: 2 Page Ref: 28

Skill: Understanding

3) A mentally healthy student who gets a bad grade on an exam would respond by

- A) becoming withdrawn and avoiding friends.
- B) getting angry at the professor.
- C) drinking for distraction and to relieve tension.
- D) learning from the situation and improving study habits.

Answer: D

Diff: 4 Page Ref: 29

Skill: Analyzing

4) Psychological health is a complex interaction of

- A) personal experiences and thoughts of future events.
- B) opinions and interpretations of past experiences.
- C) thoughts of present and future events.
- D) thoughts, feelings, and personal experiences.

Answer: D

Diff: 2 Page Ref: 28

Skill: Understanding

- 5) Which of the following statements is NOT true about an individual's emotional health?
- A) Emotional trauma can affect a student's academic performance.
 - B) An emotionally healthy person responds appropriately to upsetting events most of the time.
 - C) Emotional health interacts with other aspects of an individual's health.
 - D) An emotionally healthy person keeps emotional responses to themselves to avoid burdening others.

Answer: D

Diff: 2 Page Ref: 29

Skill: Understanding

- 6) Which of the following represents the primary difference between emotional health and mental health?

- A) Emotional health deals with feelings rather than thought processes.
- B) Mental health does not encompass our responses to stimuli.
- C) Mental health does not assume responsibility for our actions.
- D) Emotional health deals specifically with thought processes rather than feelings.

Answer: A

Diff: 4 Page Ref: 29

Skill: Evaluating

- 7) Social bonds can

- A) undermine an individual's sense of authority and self-confidence.
- B) create isolation in the midst of a group.
- C) create feelings of being overwhelmed or overcommitted due to many social demands.
- D) provide a sense of belonging and reassure an individual of his or her worth.

Answer: D

Diff: 2 Page Ref: 30

Skill: Understanding

- 8) Marie's parents have given her money for a down payment on a new car; they are providing her with

- A) obligatory support.
- B) social support.
- C) tangible support.
- D) intangible support.

Answer: C

Diff: 3 Page Ref: 30

Skill: Applying

- 9) The quality of a social bond influences the level of

- A) communication between individuals.
- B) social support received.
- C) intimacy in a relationship.
- D) tangible support demanded.

Answer: B

Diff: 1 Page Ref: 30

Skill: Understanding

10) Lisa believes in a unifying force that gives meaning to her life. Lisa is demonstrating

- A) spiritual health.
- B) social support.
- C) religiosity.
- D) emotional health.

Answer: A

Diff: 3 Page Ref: 31

Skill: Applying

11) Keisha puts herself down all the time. She approaches any challenge with a negative attitude and doubts her ability to succeed. Keisha is displaying

- A) a dysfunctional response.
- B) low self-esteem.
- C) poor self-control.
- D) clinical depression.

Answer: B

Diff: 3 Page Ref: 32

Skill: Applying

12) Spiritually healthy people believe that they are

- A) lacking control over their lives.
- B) practitioners of a religious doctrine.
- C) part of a larger purpose.
- D) nonmaterialistic.

Answer: C

Diff: 3 Page Ref: 31

Skill: Understanding

13) Jose's belief that he can successfully pass his biology midterm is an example of

- A) self-satisfaction.
- B) self-esteem.
- C) self-reliance.
- D) self-efficacy.

Answer: D

Diff: 3 Page Ref: 32

Skill: Applying

14) At the end of each day, Anne writes down five positive affirmations about herself to block out any negative thoughts. Anne is demonstrating

- A) learned helplessness.
- B) optimism.
- C) learned optimism.
- D) brainwashing.

Answer: C

Diff: 3 Page Ref: 32

Skill: Applying

15) A psychologically healthy person is

- A) loud and outspoken.
- B) introverted.
- C) athletic.
- D) resilient.

Answer: D

Diff: 2 Page Ref: 33

Skill: Understanding

16) After breaking up with his girlfriend, Lucas has been unable to move on. He is afraid of rejection and doesn't think that women find him attractive. He is probably suffering from

- A) low self-efficacy.
- B) low self-esteem.
- C) learned helplessness.
- D) a victim complex.

Answer: B

Diff: 4 Page Ref: 32

Skill: Analyzing

17) A person's sense of self-respect or self-worth is referred to as

- A) introversion.
- B) assertiveness.
- C) self-esteem.
- D) conscientiousness.

Answer: C

Diff: 1 Page Ref: 32

Skill: Remembering

18) Which of the following situations would be likely to boost your self-esteem?

- A) Handling all of your personal problems alone
- B) Expecting to get perfect grades every term
- C) Keeping in contact with old friends and family members
- D) Doubting your ability to succeed

Answer: C

Diff: 4 Page Ref: 32

Skill: Analyzing

19) Psychologically healthy people

- A) engage in vengeful acts.
- B) never think a negative thought.
- C) make time for others but not themselves.
- D) feel comfortable interacting with others.

Answer: D

Diff: 2 Page Ref: 28

Skill: Understanding

20) Which of the following is true of Maslow's hierarchy of needs?

- A) Failure to meet a lower-level need will interfere with fulfilling higher-level needs.
- B) Social needs are the most basic and essential needs.
- C) A self-actualized person has met basic needs but has not fully reached his or her potential.
- D) Esteem needs are more basic than survival needs.

Answer: A

Diff: 3 Page Ref: 29

Skill: Understanding

21) Recently, Kevin has been spending a lot of time playing online poker. Last weekend, he decided on a whim to fly to Las Vegas to try his hand at "the real thing." He lost over \$5,000. This behavior indicates that Kevin may have

- A) bipolar disorder.
- B) borderline personality disorder.
- C) schizophrenia.
- D) generalized anxiety disorder.

Answer: B

Diff: 3 Page Ref: 42

Skill: Applying

22) Which of the following is NOT a common sign of major depression (clinical depression)?

- A) Memory lapses
- B) Sleeping too much
- C) Loss of motivation
- D) Feeling highly energetic

Answer: D

Diff: 2 Page Ref: 36

Skill: Understanding

23) Sharon has lost two jobs in the past year. She blames her coworkers, whom she says didn't like her. She claims that they were purposely trying to sabotage her and that she did absolutely nothing wrong. From her behavior, it is likely that Sharon has developed

- A) learned optimism.
- B) learned helplessness.
- C) low self-esteem.
- D) narcissism.

Answer: B

Diff: 3 Page Ref: 32

Skill: Understanding

24) Which of the following is true about laughter?

- A) It increases anxiety in people under stress.
- B) It is characteristic of serious or studious people.
- C) It has no effect on everyday experiences.
- D) It reduces levels of stress hormones.

Answer: D

Diff: 2 Page Ref: 33

Skill: Understanding

25) Alicia has been experiencing persistent sadness, despair, and hopelessness. She is displaying symptoms of

- A) exhaustion.
- B) anxiety.
- C) an eating disorder.
- D) a chronic mood disorder.

Answer: D

Diff: 2 Page Ref: 36

Skill: Understanding

26) Which of the following is true about depression in college students?

- A) The number of students diagnosed with depression has decreased.
- B) The majority of students do not feel overwhelmed by their responsibilities.
- C) Many students do not seek help for depression because of the stigma associated with seeing a counselor.
- D) Depression and stress are sometimes temporary issues but not major barriers to academic success.

Answer: C

Diff: 2 Page Ref: 36, 39

Skill: Understanding

27) Research on depression has found that women

- A) experience depression less frequently than men.
- B) have less difficulty obtaining restorative sleep than men.
- C) can become distracted and less focused on a depressed mood than men.
- D) are prone to depression because of the multiple responsibilities in their lives.

Answer: D

Diff: 2 Page Ref: 38

Skill: Understanding

28) Which of the following is true about a major depressive disorder?

- A) True depressive disorders are the same as feeling down after a bad experience.
- B) Symptoms include physical exhaustion and an inability to concentrate.
- C) Symptoms usually do not last for more than a month or two and can be easily managed.
- D) People can snap out of it if they choose.

Answer: B

Diff: 2 Page Ref: 36

Skill: Understanding

29) Which of the following is true about men and depression?

- A) Depression in men can increase the risk of death due to heart disease.
- B) Men are more likely than women to admit they are depressed.
- C) Men are less likely to act on suicidal feelings than women.
- D) Depression is masked in men by working fewer hours.

Answer: A

Diff: 2 Page Ref: 38

Skill: Understanding

- 30) Anxiety disorders have become the
- A) most common mental health problem in the United States
 - B) least costly of mental health disorders to treat.
 - C) acceptable condition of the majority of employees in the workplace.
 - D) main type of disorder affecting adults over the age of 65.

Answer: A

Diff: 2 Page Ref: 40

Skill: Understanding

- 31) Melody has been experiencing severe mood swings, having a lot of manic energy for a period and then experiencing an extremely depressed state. Her symptoms are associated with

- A) dysthymic disorder.
- B) generalized anxiety disorder.
- C) bipolar disorder.
- D) seasonal affective disorder.

Answer: C

Diff: 3 Page Ref: 39

Skill: Applying

- 32) Which of the following is true about panic attacks?

- A) They typically last for 5 to 10 minutes.
- B) Symptoms can include decreased respiration.
- C) They are not linked to heredity.
- D) They can lead to social isolation.

Answer: D

Diff: 2 Page Ref: 40

Skill: Understanding

- 33) Jake is being treated for depression. His counselor is a licensed medical doctor who provides talk therapy and has also prescribed medication for Jake's condition. Which type of mental health professional is Jake seeing?

- A) Psychiatrist
- B) Social worker
- C) Psychologist
- D) Licensed family therapist

Answer: A

Diff: 2 Page Ref: 47

Skill: Understanding

- 34) Celia spends a good deal of her time worrying, is easily fatigued, and often has difficulty concentrating, which is affecting her grades. Her symptoms may characterize

- A) obsessive-compulsive disorder.
- B) generalized anxiety disorder.
- C) panic disorder.
- D) bipolar disorder.

Answer: B

Diff: 2 Page Ref: 40

Skill: Understanding

35) Paulo has a persistent and unreasonable fear of spiders. He could be displaying symptoms of a(n)

- A) obsession.
- B) compulsion.
- C) phobia.
- D) hysteria.

Answer: C

Diff: 2 Page Ref: 41

Skill: Understanding

36) Melissa has been diagnosed with a social phobia. This means she has a fear of

- A) leaving her house.
- B) public events and gatherings.
- C) spending time alone.
- D) contracting an infection due to contact with others.

Answer: B

Diff: 2 Page Ref: 41

Skill: Understanding

37) Seasonal affective disorder (SAD) is associated with

- A) malfunction of the thyroid gland.
- B) a lack of social interaction.
- C) too much external stimuli.
- D) reduced exposure to sunlight.

Answer: D

Diff: 2 Page Ref: 39

Skill: Understanding

38) Which of the following living environments would likely increase your chances of suffering from seasonal affective disorder (SAD)?

- A) A northern state that experiences harsh winters
- B) A large city in California
- C) A Caribbean beach town
- D) A rural area in a southern state

Answer: A

Diff: 4 Page Ref: 39

Skill: Applying

39) Which of the following statements about schizophrenia is true?

- A) Schizophrenia is caused by an environmental factor.
- B) Schizophrenia is a biological disease of the brain.
- C) Schizophrenia can be cured.
- D) Symptoms most commonly appear in early childhood.

Answer: B

Diff: 2 Page Ref: 42

Skill: Understanding

- 40) Treatment for schizophrenia includes hospitalization and a combination of
- A) medication and psychotherapy.
 - B) medication and light therapy.
 - C) light therapy and electroconvulsive therapy.
 - D) psychotherapy and electroconvulsive therapy.

Answer: A

Diff: 2 Page Ref: 42

Skill: Understanding

- 41) Which of the following is true with respect to attention-deficit/hyperactivity disorder (ADHD)?

- A) ADHD can be controlled if the individual chooses to.
- B) ADHD doesn't affect highly intelligent people.
- C) ADHD is only diagnosed in children.
- D) ADHD makes it more difficult to get along with others.

Answer: D

Diff: 3 Page Ref: 37

Skill: Understanding

- 42) Adults with attention-deficit/hyperactivity disorder (ADHD) often have difficulty with

- A) showing up on time for appointments.
- B) remembering their name.
- C) jumping from one task to another.
- D) weight gain.

Answer: A

Diff: 2 Page Ref: 37

Skill: Understanding

- 43) Warning signs of suicide include all of the following EXCEPT

- A) a change in behavior.
- B) expressions of self-hatred.
- C) giving away prized possessions.
- D) planning an important future event.

Answer: D

Diff: 2 Page Ref: 43

Skill: Understanding

- 44) College students are

- A) less at risk for suicide if they drink alcohol.
- B) more likely to commit suicide than the general population.
- C) more able to handle pressures that can lead to suicide than their younger peers.
- D) only prone to suicide if their grades are declining.

Answer: B

Diff: 2 Page Ref: 43

Skill: Understanding

45) Suicide prevention techniques include

- A) ignoring a person's statement that they'd like to die.
- B) asking directly if the person intends to hurt him- or herself.
- C) reassuring a person that nothing could be so bad as to make suicide an option.
- D) keeping all conversations with the person confidential.

Answer: B

Diff: 2 Page Ref: 44

Skill: Understanding

46) The mental health professional who can prescribe medications to treat mental disorders is a

- A) clinical psychologist.
- B) psychiatrist.
- C) social worker.
- D) school counselor.

Answer: B

Diff: 2 Page Ref: 47

Skill: Understanding

47) You can expect a therapist to

- A) ask you about your history and various aspects of your life.
- B) give you specific instructions on how to behave.
- C) offer to hypnotize you.
- D) limit you to just one visit.

Answer: A

Diff: 4 Page Ref: 48

Skill: Analyzing

48) A network of people who share ties and provide various types of support for each other is

- A) psychological support.
- B) emotional support.
- C) social support.
- D) community support.

Answer: C

Diff: 1 Page Ref: 30

Skill: Remembering

49) Belief in your ability to perform a task successfully is called

- A) self-awareness.
- B) self-esteem.
- C) self-reliance.
- D) self-efficacy.

Answer: D

Diff: 1 Page Ref: 32

Skill: Remembering

50) People who have experienced repeated failures may develop a pattern of response in which they give up and fail to take any positive action. This is called

- A) resistance.
- B) learned helplessness.
- C) learned optimism.
- D) laziness.

Answer: B

Diff: 1 Page Ref: 32

Skill: Remembering

51) According to Maslow's hierarchy, individuals who have satisfied their basic needs and have attained their full potential are

- A) emotionally healthy.
- B) mature.
- C) self-actualized.
- D) self-aware.

Answer: C

Diff: 2 Page Ref: 29

Skill: Understanding

52) A treatment for depression that involves correcting consistently pessimistic thought patterns is

- A) cognitive therapy.
- B) behavioral therapy.
- C) learned optimism.
- D) antidepressant therapy.

Answer: A

Diff: 2 Page Ref: 48

Skill: Understanding

53) Being flexible in making plans with friends demonstrates

- A) optimism.
- B) self-esteem.
- C) agreeableness.
- D) self-efficacy.

Answer: C

Diff: 3 Page Ref: 33

Skill: Applying

54) Writing down five positive traits about yourself and resisting your inner critic is an exercise in

- A) learned optimism.
- B) self-awareness.
- C) learned support.
- D) self-efficacy.

Answer: A

Diff: 3 Page Ref: 32

Skill: Applying

55) A person who experiences flashbacks after a violent mugging is suffering from

- A) a phobia.
- B) post-traumatic stress disorder.
- C) obsessive-compulsive disorder.
- D) schizophrenia.

Answer: B

Diff: 1 Page Ref: 41

Skill: Applying

56) Marcella experiences intense fear whenever she sees a spider; she is suffering from

- A) a phobia.
- B) post-traumatic stress disorder.
- C) obsessive-compulsive disorder.
- D) schizophrenia.

Answer: A

Diff: 1 Page Ref: 41

Skill: Applying

57) Evan washes his hands more than 50 times a day because of an ongoing fixation on germs; he is suffering from

- A) a phobia.
- B) post-traumatic stress disorder.
- C) obsessive-compulsive disorder.
- D) schizophrenia.

Answer: C

Diff: 1 Page Ref: 41

Skill: Applying

58) An acute anxiety attack that brings on intense physical symptoms is a(n)

- A) flashback.
- B) generalized anxiety disorder.
- C) obsessive-compulsive symptom.
- D) panic attack.

Answer: D

Diff: 1 Page Ref: 40

Skill: Remembering

59) A state of ongoing worry that may cause restlessness, tension, and sleep disturbances is the condition known as

- A) schizophrenia.
- B) generalized anxiety disorder.
- C) clinical depression.
- D) chronic mood disorder.

Answer: B

Diff: 1 Page Ref: 40

Skill: Remembering

60) A person who experiences persistent and sometimes extreme emotional states is suffering from a(n)

- A) personality disorder.
- B) anxiety disorder.
- C) post-traumatic stress disorder.
- D) chronic mood disorder.

Answer: D

Diff: 1 Page Ref: 36

Skill: Remembering

61) Intense feelings or patterns of feelings that all people experience are

- A) emotions.
- B) dreams.
- C) desires.
- D) needs.

Answer: A

Diff: 1 Page Ref: 29

Skill: Understanding

62) Which personality trait is attributed to three-quarters of the U.S. population?

- A) Stability
- B) Introversion
- C) Extroversion
- D) Dependability

Answer: C

Diff: 1 Page Ref: 32

Skill: Understanding

63) If you are experiencing a stressful period in your life, which measures are recommended by the Mayo Clinic to help you cope and enhance your level of happiness?

- A) Keep a journal and immediately start seeing a therapist.
- B) Surround yourself with positive people and practice positive self-talk.
- C) Vent to all your friends on a regular basis to remind them of what you are going through.
- D) Overindulge in unhealthy foods once in a while to reward and calm yourself.

Answer: B

Diff: 1 Page Ref: 34

Skill: Applying

64) Which type of disorder disrupts thoughts, feelings, moods, and behavior to the extent that it interferes with daily life?

- A) Post-traumatic stress
- B) Mental illness
- C) Neurological impairment
- D) Cognitive disorder

Answer: B

Diff: 1 Page Ref: 34

Skill: Understanding

65) Which habit is key to physical and psychological health because it affects the functioning of neurotransmitters in the body?

- A) Getting enough sleep
- B) Eating a low-fat diet
- C) Engaging in positive self-talk
- D) Resistance exercise two or three times a week

Answer: A

Diff: 2 Page Ref: 34

Skill: Understanding

66) Mental illnesses characterized by ongoing worry and a sense of threat or agitation are

- A) stress-induced disorders.
- B) compulsive disorders.
- C) mood disorders.
- D) anxiety disorders.

Answer: D

Diff: 1 Page Ref: 40

Skill: Remembering

67) A type of mental illness that involves inflexible patterns of thought and in many cases, inappropriate behavior is a(n)

- A) bipolar disorder.
- B) obsessive-compulsive disorder.
- C) personality disorder.
- D) anxiety disorder.

Answer: C

Diff: 1 Page Ref: 42

Skill: Remembering

68) Drugs used to treat schizophrenia, mania, and bipolar disorders are

- A) antidepressants.
- B) antipsychotics.
- C) amphetamines.
- D) SSRIs.

Answer: B

Diff: 1 Page Ref: 49

Skill: Remembering

69) The current standard drug treatment for depression and sometimes for anxiety disorders is

- A) SSRIs.
- B) SNRIs.
- C) stimulants.
- D) NDRIs.

Answer: A

Diff: 1 Page Ref: 49

Skill: Remembering

70) Psychologically healthy people take time to enjoy and appreciate nature and their environment.

Answer: TRUE

Diff: 2 Page Ref: 28

Skill: Understanding

71) Emotional health can affect other dimensions of psychological health.

Answer: TRUE

Diff: 2 Page Ref: 29

Skill: Understanding

72) Keeping in touch with your best friend from high school is one way of enhancing your social health.

Answer: TRUE

Diff: 3 Page Ref: 30

Skill: Applying

73) People with a strong sense of humor experience less anxiety during stressful times.

Answer: TRUE

Diff: 3 Page Ref: 34

Skill: Understanding

74) Evidence suggests a weak association between emotions and physical health.

Answer: FALSE

Diff: 2 Page Ref: 33

Skill: Understanding

75) Research indicates that neurotransmitters may function less efficiently in happy people.

Answer: FALSE

Diff: 2 Page Ref: 33

Skill: Understanding

76) Our personalities can be altered through behavior change.

Answer: TRUE

Diff: 3 Page Ref: 32

Skill: Understanding

77) Behavioral therapy focuses on changing a person's habitual attitudes to become more positive and productive.

Answer: FALSE

Diff: 2 Page Ref: 48

Skill: Understanding

78) Psychoneuroimmunology studies the effects of disease on emotional health.

Answer: FALSE

Diff: 2 Page Ref: 33

Skill: Understanding

79) People with a major depressive disorder experience a chronic mood disorder characterized by persistent sadness, despair, and hopelessness.

Answer: TRUE

Diff: 2 Page Ref: 36

Skill: Understanding

80) Cutting or self-mutilation is a symptom of borderline personality disorder.

Answer: TRUE

Diff: 2 Page Ref: 42

Skill: Understanding

81) The term *social health* is often used interchangeably with *mental health*.

Answer: FALSE

Diff: 1 Page Ref: 29-30

Skill: Remembering

82) Children raised in dysfunctional families who have experienced violence or abuse may have a harder time adjusting to life and run an increased risk of psychological problems.

Answer: TRUE

Diff: 2 Page Ref: 31

Skill: Understanding

83) A person who is content with life, usually feels good, and has an uplifting sense of inner peace is experiencing subjective well-being.

Answer: TRUE

Diff: 2 Page Ref: 33

Skill: Understanding

84) Adolescent girls and young adult women experience lower levels of depression than males of the same age.

Answer: FALSE

Diff: 2 Page Ref: 38

Skill: Understanding

85) Dysthymic disorder is a mild form of chronic depression that may be exhibited by a lack of energy, a short temper, and a general sense of pessimism.

Answer: TRUE

Diff: 2 Page Ref: 39

Skill: Understanding

86) Parents who show extreme nervousness at the prospect of having to attend a large social gathering will have no influence on the likelihood of their child developing an anxiety disorder later in life.

Answer: FALSE

Diff: 2 Page Ref: 41

Skill: Applying

87) Some physical conditions, such as thyroid disorders and anemia, can cause depression-like symptoms.

Answer: TRUE

Diff: 2 Page Ref: 46

Skill: Understanding

88) Do you believe that there is a stigma attached to mental illness? Provide information from the chapter to support your answer.

Answer: Yes, there is a stigma towards mental illness; many college students will not see a counselor for treatment of mental health issues because of the stigma attached and a fear that they will be criticized, made fun of, or ostracized by peers.

Diff: 5 Page Ref: 45

Skill: Evaluating

89) How do you think a person's environment affects their mental health? Provide information from the chapter to support your answer.

Answer: Persistent stressors, uncertainties, and threats in a person's environment can cause significant problems. Drugs, neighborhood crime, threats to safety, injury, school failure, unemployment, financial problems, natural disasters, and other environmental factors can affect mental health. Protective factors, such as social support, positive role models, and peers, can help maintain a healthy outlook and not negatively affect mental health.

Diff: 5 Page Ref: 29-32

Skill: Analyzing

90) Why do you think anxiety disorders have become the number one mental health problem in the United States? Provide information from the chapter to support your answer.

Answer: There are many proposed explanations for anxiety disorders, which include environmental factors, biology, and social and cultural roles. Changing social and cultural roles and responsibilities may cause the excess stress, concern, and worry that has resulted in the rise in these disorders.

Diff: 4 Page Ref: 40-41

Skill: Analyzing

91) What stressors or circumstances do you believe contribute the most to depression among college students? Provide information from the chapter to support your answer.

Answer: Anxiety over relationships, pressure to get good grades, striving to win social acceptance, poor diet, abuse of alcohol and other drugs, and lack of sleep are factors.

Diff: 5 Page Ref: 36, 39

Skill: Evaluating