

1. Case control studies are used to determine if there were potential exposures in relation to a disease outcome.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

2. The Nurses Health Study was an example of a study with a cohort.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

3. Clinical control studies test an intervention.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

4. A single 24-hour recall is the least bias test.

<Answer: False>

<Subject: Chapter 2>

<Complexity: Moderate>

5. FFQ stands for Food Frequency Questionnaire.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

6. The type of study design used depends on the research question being asked.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

7. Descriptive studies are less rigorous than analytical designs.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

8. Incidence and prevalence are used to measure disease frequency within a population.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

9. Plausibility is limited by current knowledge.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

10. Measuring the diet of someone is not a difficult process.

<Answer: False>

<Subject: Chapter 2>

<Complexity: Moderate>

11. Case control studies are:

- A. Used to determine if there were potential exposures in relation to a disease outcome.
- B. Used to determine if there were probable exposures in relation to a disease outcome.
- C. Used to determine if there were potential exposures in relation to environmental outcomes.
- D. Used to determine if there was potential immunity in relation to a disease outcome.

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

12. The Nurses Health Study was an example of a study with a:

A. Disease outcome

B. Cohort

C. FFQ

D. DGA

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

13. Clinical control studies test:

A. Dietary recall

B. Dietary intakes

C. An intervention

D. Animal wellness

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

14. A single 24-hour recall is the _____ bias test.

- A. Most
- B. Least
- C. Moderate
- D. Exact

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

15. FFQ stands for:

- A. Frequency Food Questionnaire
- B. Food Forensics Questionnaire
- C. Frequently Found Questionnaire
- D. Food Frequency Questionnaire

<Answer: D>

<Subject: Chapter 2>

<Complexity: Moderate>

16. The type of study design used depends on the research _____.

- A. Literature
- B. Peer-reviewed literature
- C. Question
- D. Cohort

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

17. Descriptive studies are _____ rigorous than analytical designs.

- A. Less
- B. More
- C. The same
- D. None of the above

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

18. Incidence and prevalence are used to measure _____ frequency within a population.

- A. Disease
- B. Economic
- C. Peer-reviewed
- D. Environmental

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

19. Plausibility is limited by current _____.

- A. Statistics
- B. Knowledge
- C. Beliefs
- D. Economy

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

20. Measuring the _____ of someone is a difficult process.

A. Weight

B. Height

C. Diet

D. Exercise

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

21. Which of the following is the general purpose of conducting nutritional epidemiological studies?

A. To promote healthier eating in the population

B. To create evidenced-based educational materials

C. To determine the prevalence of a disease in a population

D. To further understand the connection between dietary factors and health outcomes

<Answer: D>

<Subject: Chapter 2>

<Complexity: Easy>

22. What is a strength of the prevalence study design?

- A. It is good for studying diseases with a longer latency.
- B. It assesses causation well for all exposures.
- C. It is beneficial in studying rare outcomes.
- D. It clearly defines temporality of the exposure being measured.

<Answer: A>

<Subject: Chapter 2>

<Complexity: Easy>

23. Choose the study described below that likely has the greatest causality, considering the Bradford-Hill criteria as well as the strengths and weaknesses of the study designs.

- A. A prevalence study that collected data from a small, rural coal town and found that a higher than average fat intake was associated with an increased prevalence of lung cancer.
- B. A randomized control trial that found one day after consuming an extra serving of fruits and vegetables, blood lipid panels improved.
- C. A prospective cohort study that found individuals who consumed the highest quartile of snack foods had an increased risk of developing type 2 diabetes compared to the lowest quartile.
- D. A correlational study that associated increased dairy consumption with individuals with less physically active lifestyles.

<Answer: C>

<Subject: Chapter 2>

<Complexity: Difficult>

24. Which of the following is a measure of incidence in a population?

- A. The number of individuals with diagnosed type 2 diabetes mellitus in Massachusetts.
- B. The number of new cases of breast cancer in a community hospital over one year.
- C. The current cases of HIV within a rural town in Illinois.
- D. The number of strokes that have resulted in deaths at a long-term care facility.

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

25. Which dietary assessment methods would be best used for used to determine the current dietary patterns of a specific population?

- A. Personal Interview
- B. 3 Day Food Record
- C. Food Frequency Questionnaire
- D. Multiple 24-hour Dietary Recalls

<Answer: C>

<Subject: Chapter 2>

<Complexity: Easy>

26. How might nutritional epidemiological research be utilized in the field of public health?

- A. To create evidenced-based interventions for nutrition behavior change
- B. To counsel an individual who was recently diagnosed with COPD
- C. To advocate for policy change surrounding the foods provided in the school system
- D. Both A and C.

<Answer: D>

<Subject: Chapter 2>

<Complexity: Moderate>

27. Select the best description of an ecological/correlational study design.

- A. Examines relationships between a risk factor and a disease outcome at the population level
- B. Creates a “snapshot” of an existing disease and factors that may be associated
- C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease
- D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease
- E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

28. Select the best description of a cross-sectional/prevalence study design.

- A. Examines relationships between a risk factor and a disease outcome at the population level
- B. Creates a “snapshot” of an existing disease and factors that may be associated
- C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease
- D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease
- E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

29. Select the best description of a case-control study design.

- A. Examines relationships between a risk factor and a disease outcome at the population level
- B. Creates a “snapshot” of an existing disease and factors that may be associated

- C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease
- D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease
- E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

30. Select the best description of a cohort study design.

- A. Examines relationships between an risk factor and a disease outcome at the population level
- B. Creates a “snapshot” of an existing disease and factors that may be associated
- C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease
- D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease
- E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: D>

<Subject: Chapter 2>

<Complexity: Moderate>