Invitation to Health (Canadian) 5th edition Hales Test Bank

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MULTIPLE CHOICE

1 : What does psychosocial health encompass?
A : emotional, social, spiritual, and mental states
B : physical, spiritual, mental, and social states
C : emotional and mental states only
D : physical, emotional, intellectual, and mental states

Correct Answer : A

2 : Which of the following best describes mental health?
A : perceiving reality the way you would like it to be
B : avoiding challenges so you are not let down
C : carrying out your responsibilities as an adult
D : passing difficult responsibilities on to friends or family

Correct Answer : C

3 : Which type of psychosocial health is exemplified by an individual who can develop a sensible plan to deal with challenges in life?
A : intellectual health
B : emotional health
C : spiritual health
D : mental health

Correct Answer : D

4 : What does emotional health refer to?
A : social well-being
B : mental stability
C : feelings and moods
D : thoughts

Correct Answer : C

5 : Which attitude is characteristic of an emotionally healthy individual?
A : changing jobs after a series of bad days at work
B : putting forth the effort to be healthy after being diagnosed with a chronic disease
C : adapting to a variety of circumstances when a benefit is seen
D : feeling in control of oneself to make healthy choices

Correct Answer : D

6 : Which characteristic is one of the components of emotional intelligence?
A : creativity
B : altruism
C : humour
D : trustworthiness

Correct Answer : B

7 : An individual has a good relationship with her parents and enjoys trying new things. Which

type of psychosocial health is this an example of?
A : spiritual health
B : emotional health
C : social health
D : intellectual health

Correct Answer : C

8 : After losing his job, Dan cannot afford to pay his rent or buy his groceries. His friends and family are willing to help by giving him a place to live and some money to buy food. Which aspect of social health is exemplified by the actions of Dan's friends and family?
A : social support
B : social networks
C : social bonds
D : social investments

Correct Answer : A

9 : Which term refers to our ability to identify our basic purpose in life and to experience the fulfillment of achieving our full potential?
A : spiritual health
B : intellectual health
C : psychological health
D : social health

Correct Answer : A

10 : Which of the following is considered part of our most basic needs, according to Maslow?
A : protection from harm
B : food and shelter
C : receiving affection
D : self-respect

Correct Answer : B

11 : According to Maslow's Hierarchy of Needs, what term is given to the state that has been reached by individuals who function at the highest possible level?
A : terminal happiness
B : basic fulfillment
C : marital bliss
D : self-actualization

Correct Answer : D

12 : Which term refers to the criteria by which you assess things, people, events, and yourself?
A : religious convictions
B : expectations
C : values
D : beliefs

Correct Answer : C

13 : Which of the following is an example of a terminal value?

A : standing up for what you believe
B : willing to help other in times of need
C : achieving overall good health
D : forgiving others

Correct Answer : C

14 : Which of the following is an example of an instrumental value?
A : being a loving parent
B : graduating from high school
C : buying a new car
D : losing 10 kilograms

Correct Answer : A

15 : Which of the following terms best characterizes an individual who is unhappy with their weight and is doubtful about achieving a goal of losing five kilograms?
A : low self-disposition
B : low self-esteem
C : low self-efficacy
D : low self-image

Correct Answer : B

16 : Which technique of bolstering self-esteem is an individual using when they tell themselves “I am worthwhile, successful, and happy”?
A : positive thinking
B : resilience
C : positive reframing
D : learned helpfulness

Correct Answer : A

17 : Each time Jack has tried to become healthier by beginning an exercise program, he has not been able to maintain his activity, and each time he blames his friends. What is this an example of?
A : self-bashing
B : learned helplessness
C : learned hopelessness
D : negative transfer

Correct Answer : B

18 : Which term refers to a sustained emotional state that colours our view of the world for hours or days?
A : idea
B : feeling
C : thought
D : mood

Correct Answer : D

19 : Which of the following is an example of self-efficacy?

A : an individual who wants to be more physically active joins a gym
B : an individual who wants to lose weight stops buying cookies and ice cream
C : an individual who wants to stop smoking believes they can stop smoking
D : an individual who wants to become a lawyer is accepted to law school

Correct Answer : C

20 : Which phrase best defines altruism?
A : being independent
B : enhanced psychological well-being
C : unselfish regard for others
D : ability to increase intelligence

Correct Answer : C

21 : According to Hans Selye, what is the term for satisfying our own needs while helping others satisfy theirs?
A : introversion
B : altruistic egotism
C : optimism
D : pessimism

Correct Answer : B

22 : Which term is used to describe the locus of control of an autonomous individual?
A : positive
B : negative
C : external
D : internal

Correct Answer : D

23 : Which of the following is an example of assertive behaviour?
A : telling someone off after they have irritated you
B : being sarcastic when disagreeing with others' opinions
C : not allowing people to choose for themselves, but choosing for them
D : letting others know when you feel angry

Correct Answer : D

24 : An individual has a fear of being in public places. What form of social anxiety is this an example of?
A : social setting disorder
B : social phobia
C : social event illness
D : social isolation

Correct Answer : B

25 : Which term refers to alterations in thinking, mood, or behaviour (or combination of them) associated with significant distress and impaired functioning?
A : mental illness
B : anxiety disorder

C : emotional illness
D : mental anxiety

Correct Answer : A

26 : An individual is terrified of needles and so avoids a necessary medical procedure. What type of mental illness is this an example of?
A : an obsession
B : panic attack
C : anxiety
D : phobia

Correct Answer : D

27 : What is the definition of claustrophobia?
A : fear of closed spaces
B : fear of flying
C : fear of snakes
D : fear of heights

Correct Answer : A

28 : Which statement describes an accurate relationship between mental illness and gender?
A : Men are more likely to suffer from post-traumatic stress disorder than women.
B : Men are more likely to be diagnosed with bipolar disorder than women.
C : Men and women are equally likely to suffer from depression.
D : Men and women are affected equally by schizophrenia.

Correct Answer : D

29 : An individual has witnessed a fatal airplane crash and has been experiencing flashbacks. Which disorder has flashbacks as a characteristic symptom?
A : panic disorder
B : recurring dream disorder
C : post-traumatic stress disorder
D : generalized anxiety disorder

Correct Answer : C

30 : Which of the following best describes obsessive-compulsive disorder?
A : having the feeling that something horrible is about to happen
B : having the recurring feeling that something horrible is about to happen
C : repeatedly checking the iron to make sure it is turned off
D : displaying hyperactive, inattentive behaviours

Correct Answer : C

31 : Which term best describes having feelings of emptiness, hopelessness, and a sadness that does not end?
A : anxiety
B : major depression
C : panic disorder
D : phobias

Correct Answer : B

32 : Which term best describes feelings of great energy and euphoria alternating with feelings of depression and despair?
A : acrophobia
B : enthusiastic depression
C : panic attacks
D : bipolar disorder

Correct Answer : D

33 : A woman suffers from irritability and is debilitated with major depression right before she menstruates. Which condition is she likely suffering from?
A : premenstrual dysphoric disorder
B : premenstrual affective disorder
C : premenstrual depressive disorder
D : premenstrual stress disorder

Correct Answer : A

34 : An individual lacks energy, has problems sleeping, and has a hard time concentrating at work, particularly in the spring and fall. What condition are they likely suffering from?
A : seasonal affective disorder
B : mental disorder
C : bipolar disorder
D : post-traumatic stress disorder

Correct Answer : A

35 : An individual is rambling incoherently and is experiencing hallucinations. What mental disorder are they suffering from?
A : compulsive behaviour
B : delusional disorder
C : bipolar disorder
D : schizophrenia

Correct Answer : D

MATCHING

36 : Match the following definitions to each term.

A : agoraphobia	A : guided imagery
B : psychotherapy	B : fear of heights
C : generalized anxiety disorder	C : important ways of thinking or acting
D : acrophobia	D : impaired sense of reality
E : instrumental values	E : chronic distress
F : autonomy	F : independence
G : assertiveness	G : fear of difficulty escaping
H : terminal values	H : making your desires clear to others
I : schizophrenia	I : taking one’s own life

J : suicide

J : goals, achievements, or ideal states

Correct Answer :
A : G

B : A

C : E

D : B

E : C

F : F

G : H

H : J

I : D

J : I

FILL IN THE BLANK

37 : Our feelings and moods generally refer to our _____.

Correct Answer : emotional health

38 : Individuals who succeed in having a good work–play balance would have a high degree of _____.

Correct Answer : emotional intelligence

39 : An individual who can provide friends or family with a place to stay and food to eat, if needed, would be providing _____ support.

Correct Answer : tangible

40 : An individual who volunteers at a homeless shelter is providing _____ support.

Correct Answer : altruistic

41 : An individual who uses their inner wisdom when making decisions in life is using their _____.

Correct Answer : spiritual intelligence

42 : An individual who shows affection and is respectful toward a loved one is showing their _____ values.

Correct Answer : instrumental

43 : A sense of pride or belief in yourself describes _____.

Correct Answer : self-esteem

44 : An individual who has had several setbacks in their life, yet is able to cope with disappointment successfully would be considered to be _____.

Correct Answer : resilient

45 : Laughing after hearing a funny joke is an example of a way to express _____.

Correct Answer : emotions

46 : A student who decides to change their career path on the advice of a professor is an example of an external _____.

Correct Answer : locus of control

47 : Individuals who are extremely shy and anxious when around others experience _____.

Correct Answer : social isolation

48 : A(n) _____ may lead to discrimination, violence, or not being allowed to fully participate in society.

Correct Answer : stigma

49 : The best treatment for relieving phobias involves gradual and systematic exposure to a feared object. This is called _____.

Correct Answer : systematic desensitization

50 : The type of treatment for panic disorders that teaches individuals strategies for coping with their symptoms is known as _____.

Correct Answer : cognitive behavioural therapy

51 : A recurring idea, thought, or image is known as a(n) _____.

Correct Answer : obsession

52 : A(n) _____ is a repetitive behaviour performed according to certain rules or in a stereotyped fashion.

Correct Answer : compulsion

53 : Individuals who are impulsive and hyperactive, and may have inattentive behaviours may be diagnosed with _____

Correct Answer : attention deficit disorder (ADD)

54 : _____ is a brain disease which greatly impairs an individual's sense of reality, and includes symptoms such as delusions and hallucinations.

Correct Answer : Schizophrenia

55 : _____ are licensed medical doctors who have training in various forms of psychotherapy and psychopharmacology. They can prescribe medication.

Correct Answer : Psychiatrists

56 : The type of counselling that uses words and guided imagery is called _____.

Correct Answer : psychotherapy

ESSAY

57 : Describe the three ways that individuals can enhance their psychosocial health.

Correct Answer : A. Connect with others—being concerned about others, building meaningful relationships, being comfortable giving and receiving care and attentionB. Stay positive—experience a range of emotions but be able to cope with the feelings in a healthy wayC. Deal better with hard times—practice self-care, accept responsibility for one's actions, manage time and money appropriately, and plan for the future

58 : Describe the term "social support" and the six types of social support.

Correct Answer : Social support—care and security from family, friends, and others (co-workers, clergy, etc.)A. Emotional—reassuranceB. Esteem—value and respectC. Network—sense of belongingD. Appraisal—positive feedbackE. Altruistic—perception that doing something for others is worthwhileF. Tangible—providing life's basic needs

59 : Describe the components of Maslow's Hierarchy of Needs, from the most basic needs to the highest level.

Correct Answer : A. Physiological needs—food, water, shelter, sleep, sexual expressionB. Safety-security—ability to protect oneself from harm and focus on personal securityC. Love and belonging needs—to avoid loneliness and social anxietyD. Self-esteem needs—respect for self and others, fulfill desires to be accepted and valued by otherE. Self-actualization—fulfillment of one's potential

60 : List and describe three strategies that can be used to improve mood.

Correct Answer : A. Make a change—change what is causing the bad mood; if there is nothing you can change, accept what happened and focus on doing things differently next timeB. Be happy—use strategies such as keeping a gratitude journal, performing acts of kindness, and trying to find your purpose in lifeC. Learn to laugh—joke and laugh with others, be around people who make you laughD. Move more often—be physically active as it can boost your spirits; improve sleep and appetite; reduce anxiety, irritability, and anger; and increase the feeling of accomplishmentE. Sleep—listen to your body to ensure you are getting enough sleep (can be

anywhere between 5 to 10 hours, average 7 1/2 hours)

61 : List and describe three types of anxiety disorders.

Correct Answer : A. Generalized anxiety disorder—excessive or unrealistic apprehension that causes physical symptoms for six months or longerB. Phobias—out-of-the-ordinary, irrational, intense fear of certain objects or situationsC. Panic attacks—feeling light-headed, dizzy, heart racing, rapid breathing, sense that something terrible is about to happenD. Panic disorder—recurring panic attacks or apprehension about them that becomes so intense that individuals cannot function normallyE. Post-traumatic stress disorder—individuals re-experience terror and helplessness they have experienced in the past again and again in their dreams or intrusive thoughtsF. Obsessive-compulsive disorder—recurring idea or thought that is senseless (obsession), alone or in combination with a repetitive behaviour performed according to certain rules (compulsion)

62 : Define and briefly describe the following two disorders: (A) bipolar disorder, (B) seasonal affective disorder.

Correct Answer : A. Bipolar disorder—bipolar disorder, or manic depression, consists of mood swings that may take individuals from manic states of feeling euphoric and energetic to depressive states of utter despair. In episodes of full mania, they may become so impulsive and out of touch with reality that they endanger their careers, relationships, health, or even survivalB. Seasonal affective disorder (SAD)—is a condition that affects 1 to 3 percent of the Canadian population. Compared to clinical depression, where people have severe bouts of feeling down all of the time, low energy, problems with sleep and appetite, and have difficulty functioning at home and at work, people with SAD experience these symptoms only during the fall and winter seasons.

63 : Define schizophrenia. Describe the symptoms and treatments.

Correct Answer : A. Schizophrenia—mental disorder that profoundly impairs an individual's sense of reality; must include at least one of the following symptoms—disorganized speech, hallucinations, delusions.B. Symptoms—hallucinations, delusions, inability to think in a logical manner, talking in rambling ways, making odd movements or none at all, repeating others' words or gestures, showing few feelings, responding with inappropriate emotions, lacking will or motivation to complete a task, functioning at a lower levelC. Treatments—a comprehensive program includes antipsychotic medication, education, family support, rehabilitation, cognitive therapy, integrated addictions programs

64 : Describe three strategies you might use to dissuade someone you know from committing suicide.

Correct Answer : Encourage your friend to talk—ask concerned questions, listen attentively, show the person you take their feelings seriously and careDon't offer trite reassurances—list reasons to go on livingSuggest alternative solutions—encourage positive action (e.g., getting away).

65 : Define psychotherapy. Describe three major types of psychotherapy.

Correct Answer : Psychotherapy—any type of counselling based on the exchange of words, guided imagery, or healing work in the context of the unique relationship that develops between a mental health professional and a person seeking helpA. Psychodynamic psychotherapy—takes into account the role of early experiences and unconscious influences in actively shaping

behaviourB. Interpersonal therapy—focuses on relationships in order to help individuals deal with unrecognized feelings and needs and improve their communication skillsC. Cognitive-behavioural therapy—focuses on inappropriate or inaccurate thoughts or beliefs to help individuals break out of a distorted way of thinking