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MULTIPLE CHOICE

1. Which occurrence would have a specific beginning with signs and symptoms that develop quickly?
   a. Acute disease
   b. Chronic disease
   c. Long-term illness
   d. Short-term illness

   ANS: A DIF: 1 REF: p. 36

2. Sudden onset, usually temporary, and easily localized describes what type of pain experience?
   a. Visceral
   b. Acute
   c. Somatic
   d. Chronic

   ANS: B DIF: 1 REF: p. 43

3. What is the term for movement toward a center or point of reference?
   a. Efferent
   b. Centrifugal
   c. Afferent
   d. Circular

   ANS: C DIF: 1 REF: p. 33

4. What is abnormal or undifferentiated cells that fail to mature into specialized cell types?
   a. Hypoplasia
   b. Hyperplasia
   c. Dysplasia
   d. Anaplasia

   ANS: D DIF: 1 REF: p. 33

5. Which term describes a noncancerous tumor that is contained and does not spread?
   a. Benign
   b. Neoplasm
   c. Anaplasia
   d. Neoplasia

   ANS: A DIF: 1 REF: p. 33

6. What is the internal, periodic timing component of an organism also known as?
   a. Circadian rhythm
   b. Biological rhythm

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c. Biological oscillator
d. Seasonal oscillator

ANS: B DIF: 1 REF: p. 35

7. The term for malignant, nonencapsulated cells that invade surrounding tissue is:
a. dosha.
b. fistula.
c. cancer.
d. sinus.

ANS: C DIF: 1 REF: p. 37

8. Pain sensation that continues or recurs over a prolonged time, usually for more than 6 months is:
a. acute.
b. bright.
c. somatic.
d. chronic.

ANS: D DIF: 1 REF: p. 45

9. The term for a disease with a vague onset that develops slowly and lasts for a long time, sometimes for life, is:
a. chronic disease.
b. acute disease.
c. short-term illness.
d. long-term disability.

ANS: A DIF: 1 REF: p. 36

10. What is the categorization of signs and symptoms by a licensed medical professional?
a. Prognosis
b. Diagnosis
c. Assessment
d. Prescription

ANS: B DIF: 1 REF: p. 36

11. An abnormality in functions of the body, especially when the abnormality threatens well-being, is a:
a. problem.
b. condition.
c. disease.
d. syndrome.

ANS: C DIF: 1 REF: p. 36

12. An Ayurvedic concept that describes physiological processes in the body is:
a. reiki.
b. chakra.
c. mudra.

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d. dosha.

ANS: D DIF: 1 REF: p. 32

13. What term means movement away from a center or point of reference?
a. Efferent
b. Afferent
c. Origin
d. Contraction

ANS: A DIF: 1 REF: p. 33

14. Oscillating bodies moving in a synchronize, harmonic manner is known as:
a. movement.
b. entrainment.
c. alignment.
d. attunement.

ANS: B DIF: 1 REF: p. 35

15. The study of all the factors involved in causing a disease is called:
a. genealogy.
b. pathology.
c. etiology.
d. pathophysiology.

ANS: C DIF: 1 REF: p. 36

16. An abnormal connection occurring between two surfaces via a tract that is open at both ends is a:
a. sinus.
b. tunnel.
c. gateway.
d. fistula.

ANS: D DIF: 1 REF: p. 42

17. A self-regulating control system in the body that receives information, integrates that information, and provides a response to maintain homeostasis is a:
a. feedback loop.
b. stress response.
c. reflex.
d. reaction.

ANS: A DIF: 1 REF: p. 33

18. Which term means the ability of the body to bring itself back into homeostasis when exposed to stress?
a. Entrainment
b. Adaptation
c. Negative feedback loop
d. Positive feedback loop

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ANS: B DIF: 1 REF: p. 30

19. The condition of the body's ability to maintain homeostasis and having a strong adaptive capacity is:
    a. disease.
    b. remission.
    c. health.
    d. balance.

    ANS: C DIF: 1 REF: p. 30

20. The relatively constant state of the internal environment of the body that is maintained by adaptive responses is known as:
    a. hypertonicity.
    b. metabolism.
    c. conductivity.
    d. homeostasis.

    ANS: D DIF: 1 REF: p. 30

21. What is an uncontrolled increase in the number of cells of a body part called?
    a. Hyperplasia
    b. Anemia
    c. Hypoplasia
    d. Ischemia

    ANS: A DIF: 1 REF: p. 37

22. What is an increased sensitivity to pain?
    a. Analgesia
    b. Hyperalgesia
    c. Hypoalgesia
    d. Hyperanalgesia

    ANS: B DIF: 1 REF: p. 46

23. The protective response of the tissues to irritation or injury that has the four primary signs of redness, heat, swelling, and pain is:
    a. injury.
    b. anemia.
    c. inflammation.
    d. edema.

    ANS: C DIF: 1 REF: p. 40 | p. 41

24. The expected outcome in a client who has a disease is the:
    a. prognosis.
    b. pathogenicity.
    c. etiology.
    d. epidemiology.

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ANS: A DIF: 1 REF: p. 36

25. In Ayurveda, what physiological function dosha blends the water and earth elements?
    a. Kapha
    b. Pitta
    c. Vata
    d. Chakra

    ANS: A DIF: 1 REF: p. 32

26. What is any abnormal growth of new tissue called?
    a. Contusion
    b. Neoplasm
    c. Sinus
    d. Fistula

    ANS: B DIF: 1 REF: p. 37

27. Organisms that cause disease only when the immunity is low in a host are what type of pathogens?
    a. Invasive
    b. Intravenous
    c. Opportunistic
    d. Offensive

    ANS: C DIF: 1 REF: p. 37

28. What term means development of a disease?
    a. Pathology
    b. Etiology
    c. Physiology
    d. Pathogenesis

    ANS: D DIF: 1 REF: p. 30 | p. 36

29. Which term means an unpleasant, subjective sensation?
    a. Pain
    b. Signs
    c. Symptoms
    d. Syndrome

    ANS: A DIF: 1 REF: p. 29

30. What is the ability of an infectious agent to cause disease?
    a. Pathology
    b. Pathogenicity
    c. Pathophysiology
    d. Pharmacology

    ANS: B DIF: 1 REF: p. 37

31. What is the study of disease as observed in the structure and function of the body?

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a. Physiology
b. Anatomy
c. Pathology
d. Pathogenicity

ANS: C DIF: 1 REF: p. 29 | p. 36

32. When a sensation is experienced in a missing extremity after it has been amputated, it is referred to as what type of pain?
a. Invisible
b. Somatic
c. Visceral
d. Phantom

ANS: D DIF: 1 REF: p. 29 | p. 48 | p. 49

33. In Ayurveda, what is a physiological function dosha combines fire and water?
a. Pitta
b. Kapha
c. Vata
d. Chakra

ANS: A DIF: 1 REF: p. 32

34. Being felt in a surface area far from the stimulated organ describes _____ pain.
a. regional
b. referred
c. visceral
d. somatic

ANS: B DIF: 1 REF: p. 48

35. What is a reversal of signs and symptoms in chronic disease that can be temporary or permanent?
a. Acute phase
b. Alarm reaction
c. Remission
d. Reduction

ANS: C DIF: 1 REF: p. 36

36. What are the objective changes that someone other than the client or patient can observe and measure?
a. Symptoms
b. Assessments
c. Evaluations
d. Signs

ANS: D DIF: 1 REF: p. 36

37. Organisms that cause disease are called:
a. pathogens.

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b. opportunistic.
c. benign.
d. idiopathic.

ANS: A DIF: 1 REF: p. 33

38. Stimulation of receptors in the skin or stimulation of receptors in skeletal muscles, joints, tendons, and fasciae can result in what type of pain?
a. Visceral
b. Somatic
c. Referred
d. Diffused

ANS: B DIF: 1 REF: p. 48

39. Any external or internal stimulus that requires a change or response to prevent an imbalance in the internal environment of the body, mind, or emotions is referred to as:
a. pressure.
b. strain.
c. stress.
d. tension.

ANS: C DIF: 1 REF: p. 29 | p. 56

40. Groups of signs and symptoms that identify a pathological condition, especially when they have a common cause, are considered:
a. communicable.
b. congenital.
c. syndromes.
d. subacute.

ANS: C DIF: 1 REF: p. 36

41. What is the term for the subjective changes noticed or felt only by the client or patient?
a. Signs
b. Assessments
c. Somatic pain
d. Symptoms

ANS: D DIF: 1 REF: p. 36

42. What is the term for a group of different signs and symptoms that identify a pathological condition, especially when they have a common cause?
a. Syndrome
b. Disease
c. Disorder
d. Malady

ANS: A DIF: 1 REF: p. 36

43. In Ayurveda, what is the physiological function dosha formed from ether and air?
a. Pitta

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b. Vata
c. Kapha
d. Chakra

ANS: B DIF: 1 REF: p. 32

44. The quality of organisms that enable them to cause disease is:
a. strength.
b. potency.
c. virulence.
d. communicability.

ANS: C DIF: 2 REF: p. 29 | p. 37

45. Stimulation of receptors or an abnormal condition in the internal organs can result in what type of pain?
a. Somatic
b. Superficial
c. Deep
d. Visceral

ANS: D DIF: 1 REF: p. 29 | p. 48 | p. 49

46. A person is expected to recover from a car accident. He is in an induced coma to give his surgical wounds time to heal by keeping him still during recovery. If this coma is considered a yin state, what would be a yang state in his healing process?
a. Natural sleep
b. A "natural" coma, as opposed to this induced one
c. Relaxation and meditation methods
d. Physical therapy

ANS: D DIF: 3 REF: p. 62

47. In Ayurveda, what does the Kapha dosha do?
a. Blends the water and earth elements.
b. Divides the cells.
c. Combines fire and water.
d. Represents transformation.

ANS: A DIF: 2 REF: p. 32

48. Which statement describes feedback loops?
a. A signal traveling toward a particular point of reference is an efferent signal.
b. Positive feedback reverses the original stimulus and thus stabilizes physiological function to help maintain a constant environment.
c. The pain-spasm-pain cycle is a negative feedback loop.
d. The mechanism that keeps contractions occurring during labor and delivery is an example of positive feedback.

ANS: D DIF: 3 REF: p. 33

49. What is a biological rhythm that repeats itself every 90 minutes to every few hours?

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a. Circadian
b. Ultradian
c. Seasonal
d. Entrainment

ANS: B DIF: 2 REF: p. 35

50. What is the term for a disease that can be transmitted from one person to another?
a. Communicable
b. Acute
c. Subacute
d. Chronic

ANS: A DIF: 1 REF: p. 36

51. What is the study of the frequency, transmission, occurrence, and distribution of disease in human beings?
a. Etiology
b. Epidemiology
c. Pathology
d. Diagnosis

ANS: B DIF: 1 REF: p. 36

52. What is the term for the group of objective and subjective changes that occur in a pathological condition?
a. Syndrome
b. Sign
c. Symptom
d. Biochemical lesion

ANS: A DIF: 1 REF: p. 36

53. A disease that seems to have an undetermined cause is considered:
a. etiological.
b. opportunistic.
c. idiopathic.
d. virulent.

ANS: C DIF: 2 REF: p. 36

54. The explanation of how a disease progresses, as well as its probable outcome, is:
a. diagnosis.
b. remission.
c. prognosis.
d. pathogenicity.

ANS: C DIF: 2 REF: p. 36

55. The term for disease caused by pathogens is:
a. virulent.
b. infectious.

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c. viral.
d. opportunistic.

ANS: B DIF: 1 REF: p. 36

56. Pathogenic plantlike organisms that lack chlorophyll are:
a. viruses.
b. flukes.
c. fungi.
d. bacteria.

ANS: C DIF: 1 REF: p. 39

57. Hyperplasia is the term for:
a. uncontrolled cell division.
b. a union of cells.
c. atrophy of muscle tissue.
d. a benign tumor of adipose tissue.

ANS: A DIF: 1 REF: p. 37

58. Eli's lab test results show that there is evidence of anaplasia in some of his cells. From this, his doctor accurately knows that:
a. Eli does not have a cancerous growth.
b. at least some of Eli's cells are abnormal or undifferentiated cells that fail to mature into specialized cell types.
c. an encapsulated tumor is in Eli's body that may interfere with function by blocking functional tissue or pressing on pain-sensitive structures.
d. Eli's cells contain chemicals that affect genetic activity to speed recovery.

ANS: B DIF: 2 REF: p. 37

59. What are key signs in the inflammatory response?
a. Heat and redness
b. Swelling
c. Pain
d. All are correct

ANS: D DIF: 1 REF: p. 40 | p. 41

60. Jaheem has an infection with inflammation. All of the following should occur *except*:
a. changes in blood circulation.
b. reduced vessel wall permeability.
c. white blood cell response.
d. release of histamine mediators.

ANS: B DIF: 2 REF: p. 40

61. Stacey cuts her finger while slicing an apple and experiences an intense but short-lived, sharp, local superficial pain. What type of pain is this?
a. Chronic
b. Somatic

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c. Deep
d. Visceral

ANS: B DIF: 1 REF: p. 47

62. Anton's gallstones have him doubled over. He is experiencing which type of intense pain?
a. Acute somatic
b. Visceral
c. Referred
d. Intractable chronic

ANS: B DIF: 1 REF: p. 48

63. Jillian has pain on the right side of her neck. If this is referred visceral pain, she may need to be referred for diagnosis to rule out dysfunction in her:
a. lungs or diaphragm.
b. stomach or gallbladder.
c. kidneys or heart.
d. liver or gallbladder.

ANS: D DIF: 2 REF: p. 48

64. When is phantom pain felt?
a. In response to pain from an organ
b. During the pain-spasm-pain cycle
c. Frequently after an amputation
d. During a chronic inflammatory disease

ANS: C DIF: 1 REF: p. 48

65. Biofeedback relieves pain when:
a. needles are inserted along specific body meridians.
b. pressure is applied along certain body meridians.
c. the individual focuses on exercise training.
d. the individual controls impulses ascending the pain pathways.

ANS: D DIF: 1 REF: p. 52

66. Tony reaches his pain threshold when:
a. he experiences enough relief that he can carry on a conversation.
b. his nociceptors first begin to fire.
c. he has reached his limit of tolerance.
d. communication with his pain receptors is interrupted.

ANS: B DIF: 2 REF: p. 43

67. A client is using a heating pad because his back hurts and wants to:
a. inhibit pain fibers by stimulating temperature receptors.
b. deter accompanying swelling through vasoconstriction.
c. inhibit the release of endogenous opioids.
d. decrease the conduction of nerve impulses into the brain.

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ANS: A DIF: 1 REF: p. 52

68. Joey schedules a massage for his lower back because he knows that massage can have which effect to help relieve his pain?
    a. Stimulate sensory receptors other than nociceptors.
    b. Inhibit release of histamine.
    c. Help local blood vessels to constrict.
    d. Decrease the conduction of nerve impulses into the brain.

    ANS: A DIF: 1 REF: p. 52

69. What is the sequence of stages in the general adaptation syndrome?
    a. Recovery; fight-or-flight; resistance reaction
    b. Fight-or-flight; general adaptation; exhaustion reaction
    c. Resistance reaction; fight-or-flight; exhaustion reaction; recovery
    d. Fight-or-flight; resistance reaction; exhaustion reaction

    ANS: D DIF: 2 REF: p. 56

70. During her massage, Luisa's body is able to entrain. This means that her body:
    a. is able to achieve a state of increased physical fitness.
    b. is able to let go of all forms of stress.
    c. synchronizes biological rhythms.
    d. allows itself to be in a state of controlled exhaustion.

    ANS: C DIF: 3 REF: p. 35

71. Research has validated that massage is effective as part of the treatment process for many different health-related conditions. Which statement explains why?
    a. Massage supports homeostatic processes.
    b. Massage generates a positive feedback loop.
    c. The Ayurvedic chakras are inhibited during massage.
    d. Methods of yin yang and doshas suppress entrainment during massage.

    ANS: A DIF: 3 REF: p. 61 | p. 65

72. One of the principles of massage, especially for relaxation, is focused rhythmic application in a quiet environment with soothing music. What physical phenomenon is involved?
    a. Conditioning
    b. Entrainment
    c. Conductivity
    d. Assessment

    ANS: B DIF: 3 REF: p. 35 | p. 62

73. Friction is used on an area of fibrotic scar tissue because friction causes what physiological mechanism for change in the tissue?
    a. Conductivity
    b. Extensibility
    c. Hyperplasia
    d. Inflammation

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ANS: D DIF: 3 REF: p. 41 | p. 42

74. Which method easily combines with massage and further supports pain management by interacting with the brain through the sense of smell?
    a. Placebo method
    b. Acupuncture
    c. Aromatherapy
    d. Hypnosis

    ANS: C DIF: 3 REF: p. 52

75. If the massage professional is part of a multidisciplinary team for pain management, which factor creates the most need to alter the massage approach?
    a. Application of heat
    b. Music therapy
    c. Biofeedback
    d. Medication

    ANS: D DIF: 3 REF: p. 46

76. In a multidisciplinary approach to pain management, which approach most directly addresses the mind?
    a. Surgical techniques
    b. Hypnosis
    c. Acupressure
    d. Hydrotherapy

    ANS: B DIF: 2 REF: p. 52

77. A massage therapist notices during assessment that a client's muscles are tense and an eye muscle is twitching. Based on these observations, which process is likely increased?
    a. Epinephrine secretion
    b. Digestive secretions
    c. Peristaltic contractions
    d. Overall relaxation

    ANS: A DIF: 3 REF: p. 59

78. A client has had to attend to both a death and a wedding in the immediate family. Which approach is the appropriate massage application?
    a. Increase adaptive strain through general massage.
    b. Increase sympathetic responses through energy-based methods.
    c. Decrease adaptive strain through general massage.
    d. Decrease the autoimmune response by using energy-based methods.

    ANS: C DIF: 3 REF: p. 61

79. A massage therapist is taking some continuing education classes that are altering his body mechanics, making them more effective. This has been a challenge, and at first his perception of the instruction was less than positive; however, he is slowly seeing the benefits. What is this massage therapist experiencing?

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a. Shift in perceptions and adaptation
b. Nonproductive stress response
c. Hypothalamic overload
d. Alarm response

ANS: A DIF: 3 REF: p. 61

80. A massage therapist has been in practice for 25 years. She became a massage therapist in her mid-20s and is now just over 50 years of age. During this time she has had two babies, a serious health event, a major surgery, and she is concerned about being happy, productive, and secure in her outcome for the rest of her life. What is being described?
a. The general adaptation syndrome
b. Risk factors of the stress response
c. Various stages of the life cycle
d. Adaptation to immune suppression

ANS: C DIF: 3 REF: p. 63

81. The various cultural healing arts presented in this text can be described as:
a. being ineffective because they cannot explain homeostasis.
b. dealing only with the parts of the body, not the whole person.
c. using their own terminology to describe homeostasis.
d. keeping the elements of nature separate from the body.

ANS: C DIF: 1 REF: p. 31

82. The parts of a feedback loop can be described as:
a. the major cause of disease.
b. contributing to maintaining homeostasis.
c. a disruption of the body's self-regulation.
d. having a sensor, a control center, and an effector.

ANS: D DIF: 1 REF: p. 33

83. The synchronization of biological rhythms includes that it:
a. promotes homeostasis and supports a healthy body.
b. requires sympathetic activities to predominate.
c. is unaffected by external components, such as sunlight or weather.
d. is very difficult for the body to accomplish.

ANS: A DIF: 1 REF: p. 35

84. Which statement describes what massage and other forms of bodywork and movement therapies can do for the body?
a. Cause pathogenesis, which will reverse the development of disease.
b. Support maintenance and return to a healthy state.
c. Support the various pathologies in the body.
d. Have no effect on the abnormal functions of disease states.

ANS: B DIF: 1 REF: p. 36

85. A feature of the inflammatory response is that it is:

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a. a major cause of disease in the body.
b. a combination of processes that speed recovery from tissue injury.
c. always separate from immune reactions.
d. identified by the three primary signs of heat, exudation, and cell regeneration.

ANS: B DIF: 1 REF: p. 40

86. The definition of risk factors is that they are:
a. the major causes of disease.
b. unaffected by changes in lifestyle or activities.
c. influences that increase the likelihood of a disease developing.
d. all environmental.

ANS: C DIF: 1 REF: p. 42

87. Pain is a complex, private, abstract experience that also has what characteristic?
a. Usually very easy to describe
b. Without any psychological or social aspects
c. Rarely causes a person to seek medical help
d. Not easy to define and measure

ANS: D DIF: 1 REF: p. 43

88. What is hypersensitivity to pain called?
a. Hyperalgesia
b. Intractable
c. Analgesia
d. Voluntary splinting

ANS: A DIF: 1 REF: p. 46

89. The appropriate action for the massage professional to take for a client who has referred pain is to:
a. use deeper pressure on the corresponding area.
b. recommend the client see a physician for a diagnosis.
c. disrupt signals from the brain by using shaking techniques.
d. initiate a reflex contraction.

ANS: B DIF: 1 REF: p. 48

90. An accurate portrayal of people who experience excessive or ongoing stress is that they:
a. should not have bodywork while under the stress.
b. will not have panic or anxiety attacks.
c. can have a decrease in immune function.
d. are always receiving too much exposure to stimuli.

ANS: C DIF: 1 REF: p. 59

91. A massage practitioner is feeling the stress of too many obligations while trying to balance career and family focus. Which care plan would be the most productive?
a. Reducing risk factors specifically related to intractable pain
b. Reducing adaptive capacity by increasing the potential for the inflammatory

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response to influence anaplasia
c. Combining stress management methods to support sleep
d. Differentiating between biological rhythms at work and home, and then using etiology to reduce stress

ANS: C DIF: 3 REF: p. 61

92. Which term is *not* an inflammatory mediator?
a. Histamines
b. Bradykinin
c. Anaplasia
d. Arachidonic acid

ANS: C DIF: 2 REF: p. 40

93. Based on Maslow's hierarchy of needs, which statement describes the social stage?
a. Concerned about survival
b. Developing family and friends
c. Status within the social structure
d. Achieving our life purpose

ANS: B DIF: 1 REF: p. 63

94. Which life cycle phase best describes a 10-year-old child?
a. Conception
b. Birth
c. Growth
d. Social

ANS: C DIF: 1 REF: p. 63

95. A client just got married and is planning a family. What stage in Maslow's hierarchy of needs best describes this activity?
a. Physiological
b. Security
c. Social
d. Self-actualization

ANS: C DIF: 1 REF: p. 63

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