Invitation to Health Taking Charge of Your Health 19th edition Hales Test Bank

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TRUE/FALSE

1 : As with physical health, psychological well-being can be measured, tested, X-rayed, and dissected.
A : true
B : false

Correct Answer : B

2 : Theorist Abraham Maslow identified human needs as the motivating factors in personality development.
A : true
B : false

Correct Answer : A

3 : Using neuroimaging techniques, scientists have documented alterations in various parts of the brain that are associated with stress and anxiety.
A : true
B : false

Correct Answer : A

4 : If taken too often or for more than several nights, some sleeping pills may cause rebound insomnia.
A : true
B : false

Correct Answer : A

5 : Unless a person deserves to be forgiven, the forgiveness process will not be successful.
A : true
B : false

Correct Answer : B

6 : Autonomous individuals have an internal locus of control.
A : true
B : false

Correct Answer : A

7 : Men are more likely than women to report getting less sleep.
A : true
B : false

Correct Answer : B

8 : Aggression is generally needed to get an adverse situation to change.
A : true
B : false

Correct Answer : B

9 : On campus, male students generally have poorer sleep patterns than females and suffer more consequences as a

result.
A : true
B : false

Correct Answer : B

10 : Cultural rituals often divide people, severing bonds and cheapening the values and beliefs they once shared.
A : true
B : false

Correct Answer : B

MULTIPLE CHOICE

11 : Which type of health encompasses our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living?
A : Social health
B : Emotional health
C : Spiritual health
D : Economic health
E : Mental health

Correct Answer : E

12 : Which factors are most relevant to overall psychological health?
A : Aerobic and anaerobic capacity
B : Mental and social awareness
C : Feelings, moods, and thoughts
D : External and internal networks
E : Emotional and cultural awareness

Correct Answer : C

13 : Development of a sense of meaning, affirmation of life, and adaptability to a variety of circumstances are characteristics of _____ healthy individuals.
A : mentally
B : emotionally
C : spiritually
D : socially
E : financially

Correct Answer : B

14 : Which term refers to a set of shared attitudes, values, goals, and practices of a group that are internalized by an individual within the group?
A : Morals
B : Beliefs
C : Laws
D : Culture
E : Political affiliation

Correct Answer : D

15 : Instead of engaging in self-criticism and focusing on her failures, Amelia decides to accept herself and her flaws. Her attitude is best described as _____.
A : self-esteem
B : self-compassion
C : self-awareness
D : self-motivation
E : self-less

Correct Answer : B

16 : Elijah focuses on clear, manageable goals and tends to rely on identifying and understanding emotions. This aspect of Elijah's behavior exhibits high _____.
A : emotional intelligence
B : self-esteem
C : cognitive aptitude
D : self-actualization
E : spiritual health

Correct Answer : A

17 : Which of the following is at the highest level of Maslow's pyramid of human needs?
A : Self-respect
B : Food and shelter
C : Safety and security
D : Love and affection
E : Fulfillment of one's potential

Correct Answer : E

18 : Which of the following is found at the bottom of the Maslow pyramid of human needs?
A : Self-esteem
B : Love and affection
C : Self-actualization
D : Safety and security
E : Food and sleep

Correct Answer : E

19 : Which factor contributes the least to happiness?
A : Health
B : Income
C : Anxiety
D : Intelligence
E : Pain

Correct Answer : D

20 : What is the most effective way to get rid of a bad mood?
A : Simply not feel the bad mood
B : Think a lot about the bad mood
C : Rely on others to fix the situation
D : Change what caused the bad mood

E : Confirm you are right

Correct Answer : D

21 : Jessie asked friends and family about which job offer to accept, but, ultimately, chose the one she thought was best for her. Jessie attained which goal?
A : Self-actualization
B : Autonomy
C : Happiness
D : Self-esteem
E : Optimism

Correct Answer : B

22 : Michael persuaded Jack and Julian that their choice of restaurant was a poor one because the parking lot was a few blocks away and dimly lit. The trio went elsewhere. Which trait did Michael exemplify?
A : Aggression
B : Assertiveness
C : Pessimism
D : Self-esteem
E : Absolute control

Correct Answer : B

23 : Which type of health encompasses the ability to identify one's basic purpose in life and to experience the fulfillment of achieving one's full potential?
A : Physical health
B : Spiritual health
C : Social health
D : Intellectual health
E : Financial health

Correct Answer : B

24 : As an autonomous person, which set of criteria determines what's most important to you?
A : Values
B : Beliefs
C : Religion
D : Expectations
E : Culture

Correct Answer : A

25 : To enrich your spiritual life, which of the following is NOT among those listed in the readings?
A : Do not question yourself
B : Sit quietly
C : Sing
D : Step outside
E : Develop a spiritual practice

Correct Answer : A

26 : Which trait refers to appreciation not just for a special gift but for everything that makes life a bit better?

A : Gratitude
B : Forgiveness
C : Happiness
D : Autonomy
E : Optimism

Correct Answer : A

27 : According to the American College Health Association–National College Health Assessment, _____ percent of college students said that sleep difficulties have affected their academic performance.
A : 10
B : 18
C : 22
D : 33
E : 54

Correct Answer : C

28 : According to the Centers for Disease Control and Prevention (CDC), about _____ of young adults between ages 18 and 24 get the recommended seven to nine hours of sleep.
A : one-half
B : one-third
C : one-fourth
D : one-fifth
E : one-tenth

Correct Answer : B

29 : As a dietary supplement, which hormone might help control your body's internal clock?
A : Estrogen
B : Testosterone
C : Adrenalin
D : Melatonin
E : Chamomile

Correct Answer : D

30 : In which stage(s) of non-REM sleep do brain waves become larger and punctuated with occasional sudden bursts of electrical activity?
A : Stage 1 only
B : Stage 2 only
C : Stage 3 only
D : Stages 1 and 4
E : Stages 3 and 4

Correct Answer : B

31 : Another term for dream sleep is _____.
A : twilight
B : unconsciousness
C : REM sleep
D : sleep apnea
E : slow-wave sleep

Correct Answer : C

32 : Adequate sleep has been found essential in preventing _____ in college students.
A : heavy drinking
B : sleep inertia
C : insomnia
D : progressive muscle relaxation
E : sleep apnea

Correct Answer : A

33 : When trying to sleep, Abigail tosses and turns for an hour or more, wakes frequently, and then wakes earlier than she wanted in the morning. Abigail is experiencing _____.
A : stress
B : sleep inertia
C : insomnia
D : progressive muscle relaxation
E : sleep apnea

Correct Answer : C

34 : A heavy snorer, Owen occasionally gasps for air and thrashes about in bed. Owen is showing symptoms of _____.
A : cognitive appraisal
B : sleep inertia
C : insomnia
D : progressive relaxation
E : sleep apnea

Correct Answer : E

35 : Which movement disorder is characterized by symptoms often described as pulling, burning, tingling, creepy-crawly, grabbing, buzzing, jitteriness, or gnawing?
A : Restless legs syndrome
B : Circadian rhythm disorder
C : Progressive muscle relaxation
D : Rapid eye movement
E : Panic attack

Correct Answer : A

36 : What is true about jet lag?
A : Caffeine is recommended.
B : Alcohol can help sleep.
C : Improves on its own in 2 5 to 7 days.
D : Slowly switching to new time zone is recommended.
E : Sleep inertia is the cause.

Correct Answer : C

37 : Sleep drugs such as Lunesta and Sonata help induce sleep because they _____.
A : restore circadian rhythm

B : relax the muscles
C : quiet the nervous system
D : reduce snoring
E : induce rapid eye movement

Correct Answer : C

38 : Over-the-counter sleeping pills typically contain _____, which induce drowsiness by working against the central nervous system chemical histamine.
A : antihistamines
B : dietary supplements
C : hypnotic medications
D : valium
E : heartbeat regulators

Correct Answer : A

39 : Developing the habit of positive thinking and talking can be helpful for attaining which level of psychological health?
A : Happiness
B : Self-esteem
C : Self-actualization
D : Emotional intelligence
E : Self-compassion

Correct Answer : B

40 : Which term refers to the ability to monitor and use emotions to guide thinking and actions?
A : Intelligence quotient
B : Autonomy
C : Assertiveness
D : Emotional quotient
E : Self-compassion

Correct Answer : D

41 : With _____, college students' _____.
A : decreasing levels of stress; sleep quality declines
B : increasing levels of stress; sleep quality declines
C : more sleep; levels of stress increase
D : increasing levels of stress; sleep quality improves
E : less autonomy; sleep quality improves

Correct Answer : B

42 : Emily tends to seek out, remember, and expect favorable outcomes to occur. In doing so, she is exhibiting which emotional state?
A : Aggression
B : Optimism
C : Personal mastery
D : Autonomy
E : Assertiveness

Correct Answer : B

43 : Anthony tends to feel that he is in control of whatever circumstances life presents. In doing so, he is exhibiting which emotional state?
A : Aggression
B : Optimism
C : Personal mastery
D : Autonomy
E : Assertiveness

Correct Answer : C

44 : The National Sleep Foundation recommends people ages 18 to 24 get _____ hours of sleep per night.
A : 4 to 5
B : 5 to 6
C : 6 to 7
D : 7 to 9
E : 6 to 10

Correct Answer : D

45 : According to the reading, an additional _____ years of life can be attained with church attendance, by comparison exercise may add _____ years of life.
A : 7 to 10; 1 to 2
B : 1 to 2; 7 to 10
C : 3; 1 to 2
D : 2 to 3; 3 to 5
E : 3 to 5; 2 to 3

Correct Answer : D

46 : One reason people might be unaware that they possess _____ is because they confuse it with religion, dogma, or old-fashioned morality.
A : inner strength
B : spiritual intelligence
C : resilience
D : a moral compass
E : autonomy

Correct Answer : B

47 : _____ not only improves mood, increases energy, improves sleep, but also enhances physical health.
A : Emotional quotient
B : Self-control
C : Gratitude
D : Aggression
E : Self-efficacy

Correct Answer : E

48 : Evelyn keeps a diary in which she records a few things she is grateful for each day. This is a technique is known as _____.
A : emotional quotient

B : spiritual enrichment
C : gratitude intervention
D : positive thinking
E : self-actualization

Correct Answer : C

49 : When you _____, you free yourself from negativity and reclaim your power to choose.
A : forgive
B : forget
C : cultivate gratitude
D : relive events
E : relax

Correct Answer : A

50 : During which stage of sleep do brain waves resemble those of waking more than those of quiet sleep?
A : “Delta” sleep
B : Stage 1 non-REM sleep
C : REM sleep
D : Stage 2 non-REM sleep
E : Semiconscious sleep

Correct Answer : C

MATCHING

51 : Match the items.

A : realizing your fullest potential	A : values
B : whispers “You’re worth it; you can do it; you’re okay.”	B : spirituality
C : ability to express feelings and moods	C : mood
D : anticipating positive outcomes	D : self-actualization
E : making your needs and desires clear to others	E : self-compassion
F : represent what’s most important to an individual	F : emotional health
G : healthy form of self-acceptance	G : assertive
H : gives rise to a strong sense of purpose, values, morals, and ethics	H : autonomy
I : independence	I : optimism
J : sustained emotional state	J : self-esteem

Correct Answer :
A : D

B : J

C : F

D : I

E : G

F : A

G : E

H : B

I : H

J : C

FILL IN THE BLANK

52 : _____ health is the ability to express and acknowledge one's feelings and moods and exhibit adaptability and compassion for others.

Correct Answer : Emotional

53 : In the diverse society of the United States, many _____ influences affect our sense of who we are, where we came from, and what we believe.

Correct Answer : cultural

54 : The scientific study of ordinary human strengths and virtues is known as positive _____.

Correct Answer : psychology

55 : People high in _____ tend to recognize that all humans are imperfect and avoid ruminating about their past errors in judgment.

Correct Answer : self compassion

56 : The ability to monitor and use emotions to guide thinking and actions is known as _____.

Correct Answer : emotional intelligence (EQ)

57 : _____ tells us we are worth it, we are okay, and we can do it.

Correct Answer : Self-esteem

58 : Another word for _____ is independence.

Correct Answer : autonomy

59 : Being _____ means recognizing your feelings and making your needs and desires clear to others.

Correct Answer : assertive

60 : _____ centers on the discovery of wisdom within oneself.

Correct Answer : Spiritual intelligence

61 : _____ gives rise to a strong sense of purpose, values, morals, and ethics.

Correct Answer : Spirituality

62 : Regular _____ can foster a state of peace and calm that could lead to beneficial changes in the cardiovascular and immune systems.

Correct Answer : prayer

63 : Chronic sleep deprivation may cause weight _____ by increasing stress hormones and altering metabolism.

Correct Answer : gain

64 : The use of electronic devices before bedtime can _____ sleep.

Correct Answer : disrupt

65 : Although not a long-term solution to a sleep problem, _____ can be helpful if travel, injury, or illness interfere with your nightly rest.

Correct Answer : sleep medications

66 : _____ is translated from the Greek words meaning “no” and “breath.”

Correct Answer : Apnea

ESSAY

67 : What are the characteristics of an emotionally healthy person? What are the characteristics of a mentally healthy person?

Correct Answer : Characteristics of an emotionally healthy person include a determination and effort to be healthy, flexibility and adaptability, a sense of meaning and affirmation in life, compassion for others, unselfishness in serving and relating to others, increased depth and satisfaction in intimate relationships, and a sense of control over mind and body.Characteristics of a mentally healthy person include an ability to function and carry out responsibilities; an ability to form relationships; realistic perceptions of the motivations of others; rational, logical thought processes; and an ability to adapt to change and cope with adversity.

68 : As it relates to happiness, discuss three major factors that contribute to a sense of well-being (our “roots of happiness”)?

Correct Answer : Psychological research has identified three major factors that contribute to a sense of well-being:• A happiness set point, which is a genetic component that contributes about 50 percent to individual differences in contentment• Life circumstances, such as income or marital status, which account for about 10 percent of the happiness differential• Thoughts, behaviors, beliefs, and goal-based activities, which may account for up to 40 percent of individual variations

69 : Discuss why being assertive works to effect the change you want, whereas being either aggressive or passive does not.

Correct Answer : Being assertive requires recognizing your feelings and making your needs and desires clear to others. Unlike aggression, a far less healthy means of expression, assertiveness usually works. You can change a situation you don't like by communicating your feelings and thoughts in nonprovocative words, by focusing on specifics, and by making sure you're talking with the person directly responsible. Many people have learned to cope by being passive and not communicating their feelings or opinions. Sooner or later they become so irritated, frustrated, or overwhelmed that they explode in an outburst—which they think of as being assertive. However, such behavior is so distasteful to them that they'd rather be passive. But assertiveness doesn't mean screaming or telling someone off. You can communicate your wishes calmly and clearly. Assertiveness is a behavior that respects your rights and the rights of other people even when you disagree.

70 : List and provide examples of six simple steps you can take to enrich your spiritual life, whether you are religious or not.

Correct Answer : The following simple steps can start you on an inner journey to a new level of understanding:• Sit quietly: Force yourself to do nothing at all.• Start small: Shut the door to your room, take a few huge deep breaths, and let them out slowly.• Step outside: Follow the flight of a bird; watch clouds float overhead.• Use activity to tune into your spirit: Sing, chant, dance, or drum.• Ask questions of yourself: What am I feeling? What are my choices? Where am I heading?• Trust your spirit: Reach for the greater good by calling or emailing a friend with whom you've lost touch.Additional step that might be listed:• Develop a spiritual practice: Deepen your current spiritual commitment, be open-minded about religion, or try nonreligious meditation.

71 : What approaches are part of cognitive-behavioral therapy, which is used as a first-line therapy for chronic insomnia?

Correct Answer : • Education about sleep hygiene and good sleep habits• Sleep restriction (limiting time in bed to consolidate sleep)• Stimulus control (eliminating distractions and creating a soothing sleep environment)