Functional Performance in Older Adults 4th edition Bonder Test Bank

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Chapter 2: Theories of Aging: A Multidisciplinary Review for Occupational and Physical Therapists

1. Which of the following is the most accurate statement about the purpose of theory in aging?
a. Theories attempt to explain what we observe in empirical research or practice.
b. A goal is to consolidate practice around a simple set of principles.
c. Theories resolve disputes about the nature of reality and definitions of aging.
d. The most important purpose is to reduce apparently complex phenomena to a few basic factors.

ANS: A

2. Explanations that focus on the situations and problems that accumulate during the life span and cannot be understood separately from developmental experiences are considered to reflect:
a. The aged
b. Aging
c. Age
d. The meaning of life

ANS: B

3. Early theories of aging focused on describing it as:
a. A problem
b. A normal, welcomed life stage
c. A rare and unique process
d. Too idiosyncratic for generalized description

ANS: A

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4. Theories that explain aging as resulting from the accumulation of "insults" from the environment that eventually reach a level incompatible with life are labeled:
a. Sociocultural theories
b. Selection with optimization and compensation
c. Evolutionary theories
d. Stochastic theories

ANS: D

5. It is now believed that neurological theories of aging may be:
a. Too optimistic
b. Lacking in clarity
c. Too pessimistic
d. Too limited

ANS: C

6. Psychological theories of aging seek to explain:
a. Reasons for the emergence of mental disorder in late life
b. Why older individuals are prone to be pessimistic
c. Relationships among older and younger individuals
d. The multiple changes in individual behavior in late life

ANS: D

7. In the theory of selective optimization with compensation, "optimization" refers to the idea that:
a. People engage in behaviors that augment or enrich their general reserves and maximize their chosen life courses
b. People make efforts in middle age to accumulate needed resources to ensure successful aging
c. Changing biological and psychological factors enhance the abilities of older adults in memory and problem-solving
d. Political initiatives can reduce stigma associated with later life

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ANS: A

8. Mrs. Adams, an 87-year-old widow, has begun to distance herself from some of her extended family members. At the same time, she spends increasing time with her adult children, grandchildren, and some of her close neighbors. This would be an example of:

a. The Model of Human Occupation
b. Evolutionary Theory
c. Cognition and Aging theories
d. Socioemotional Selectivity Theory

ANS: D

9. A theory with particular relevance to occupational and physical therapy is:

a. The theory of free radicals
b. Systems theory of motor control
c. Disengagement theory
d. Theories of neurodegenerative change

ANS: B

10. Theory is important to therapeutic decisions as a way to:

a. Reduce the therapist's need to address individual difference
b. Guide decisions about evaluation and intervention
c. Minimize the idea of complexity in understanding older adults
d. Clearly identify the specific evaluation instruments to be used

ANS: B

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