Health Psychology 5th edition Gurung Test Bank

SKU: 9781071934074-TEST-BANK

Health Psychology (5th)

ISBN 9781071934074 | Chapter 1: What Is Health?: Cultural and Historical Roots

Total Questions: 65

Easy

Multiple Choice (23)

Q1. *[Multiple Choice]*

The World Health Organization defines health as _____.

a) the absence of disease
b) mental, physical, and social well-being ✓ correct
c) spiritual balance
d) a pulse rate of 120/50 and a heart rate of 55 beats per minute

Q2. *[Multiple Choice]*

The WHO definition of health includes _____.

a) physical and mental health only
b) spiritual and social health
c) only social and psychological well-being
d) physical, mental, and social well-being ✓ correct

Q3. *[Multiple Choice]*

_____ individuals had significantly higher rates of COVID-19 infection, hospitalization, and death compared to white individuals.

a) Pacific Islander and Native American
b) Black and Jewish
c) Pacific Islander, Asian, and Hispanic
d) Asian, Hispanic, and Black ✓ correct

Q4. *[Multiple Choice]*

The _____ approach is often used in Western medicine and focuses primarily on the physical aspects of life.

a) TCM
b) biomedical ✓ correct
c) biopsychological
d) Western biological

Q5. *[Multiple Choice]*

_____ characterizes health as the state in which the enzymes, tissues, and excretory functions are “in harmonious condition.”

a) Traditional Chinese Medicine
b) Traditional Navajo medicine
c) Western style medicine
d) Ayurveda ✓ correct

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Q6. *[Multiple Choice]*

Culture is best defined as _____.

a) a set of beliefs shared by a group and transmitted across generations ✓ correct
b) an individual's religion and family values
c) an individual's race and ethnicity
d) the values of our parents and extended family members

Q7. *[Multiple Choice]*

According to the most recent census data, _____ make up the largest percentage of the U.S. population.

a) Asian Americans
b) African Americans or Blacks
c) Native Americans
d) European Americans or Whites ✓ correct

Q8. *[Multiple Choice]*

_____ is related to a higher occurrence of most chronic and infectious disorders.

a) Sex
b) Race
c) Socioeconomic status ✓ correct
d) Geographical location

Q9. *[Multiple Choice]*

The Purnell Model is a model of _____.

a) stress and coping
b) behavior change
c) adherence
d) cultural competence ✓ correct

Q10. *[Multiple Choice]*

Health psychology is best described as an interdisciplinary subspecialty of psychology primarily focused on _____.

a) studying the frequency, distribution, and causes of different diseases
b) discovering the biological causes of illness
c) promoting and maintain health and preventing and treating illness ✓ correct
d) the study of happiness and well-being

Q11. *[Multiple Choice]*

Which of the following is the primary focus of health psychology?

a) Health promotion, health maintenance, and preventing and treating illness ✓ correct
b) Revising the health care system
c) Understanding the etiology of health and illness
d) Finding the cure for diseases such as HIV and cancer

Q12. *[Multiple Choice]*

_____ was the Greek philosopher known for his explanation of sickness as being caused by an imbalance for four major bodily fluids.

a) Plato
b) Hippocrates ✓ correct
c) Galen
d) Aginostophenes

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Q13. *[Multiple Choice]*

_____ is considered the father of Western medicine. In fact, all physicians take some form of an oath named after him before they practice medicine.

a) Galen
b) Plato
c) Socrates
d) Hippocrates ✓ correct

Q14. *[Multiple Choice]*

_____ pioneered the examination of dead individuals and animals to find the cause of diseases.

a) Freud
b) Alexander
c) Galen ✓ correct
d) Wundt

Q15. *[Multiple Choice]*

_____ wrote the first book in psychology and was also one of the earliest psychologists to write about spirituality, health, and psychology.

a) Freud
b) Wundt
c) James ✓ correct
d) Dunbar

Q16. *[Multiple Choice]*

The first psychologist to link illness with psychological causes was _____.

a) Freud ✓ correct
b) Alexander
c) Dunbar
d) Wundt

Q17. *[Multiple Choice]*

Helen Dunbar and Franz Alexander were instrumental in establishing the earliest organization to study psychological determinants on health. It is called _____.

a) Health Psychology
b) Psychosomatic Medicine ✓ correct
c) Society for Behavioral Medicine
d) American Psychosomatic Association

Q18. *[Multiple Choice]*

The multidisciplinary organization formed in 1978 to focus on the influences of behavior on health and well-being is the _____.

a) World Health Organization
b) Psychosomatic Medicine
c) Society of Behavioral Medicine ✓ correct
d) American Psychological Association

Q19. *[Multiple Choice]*

Individuals in the field of _____ are committed to improve public health in economically poor nations.

a) economic relations
b) medical anthropology ✓ correct
c) psychosomatic medicine
d) population protection

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Q20. *[Multiple Choice]*

_____ refer(s) to the number of cases of a disease that exist at some given point in time.

a) Morbidity ✓ correct
b) Epidemiology
c) Mortality
d) Incidence rates

Q21. *[Multiple Choice]*

The study of the frequency, distribution, and causes of different diseases is known as _____.

a) epidemiology ✓ correct
b) medical anthropology
c) medical sociology
d) biopsychometrics

Q22. *[Multiple Choice]*

The major approach used by health psychologists is the _____.

a) biomedical model
b) biosocial model
c) psychosocial model
d) biopsychosocial model ✓ correct

Q23. *[Multiple Choice]*

The biopsychosocial approach focuses on _____.

a) the extent to which biology and neurology interact to predict future health outcomes
b) the ways that individuals with different mental health limitations develop physical ailments as they age
c) the physiology of underlying health and the way that psychological and societal and interpersonal factors influence health ✓ correct
d) the extent to which society defines and determines health issues and how these ideas clash with medical needs

True/False (4)

Q24. *[True/False]*

The answer to “Are you healthy?” can vary according to how old you are, what your parents and friends think constitutes health, and what your religious or ethnic background is, and what a variety of other factors indicate about you.

a) True ✓ correct
b) False

Correct answer: True

Q25. *[True/False]*

Black Americans are at a higher risk for death from heart disease than European Americans.

a) True ✓ correct
b) False

Correct answer: True

Q26. *[True/False]*

Ayurveda is an ancient Native American system of medicine that focuses on the body, the sense organs, the mind, and the soul.

a) True
b) False ✓ correct

Correct answer: False

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Q27. *[True/False]*

Morbidity is defined as the number of deaths related to a specific cause.

a) True

b) False ✓ correct

Correct answer: False

Medium

Multiple Choice (21)

Q28. *[Multiple Choice]*

Every day, each of our behaviors can influence our health. Given the many components of being healthy, health is best conceptualized as _____.

a) one-dimensional

b) a continuum ✓ correct

c) absolute

d) unstable

Q29. *[Multiple Choice]*

Which of the following statements describes how some individuals may rationalize unhealthy behaviors?

a) Individuals may compensate for their unhealthy behaviors by engaging in healthy ones. ✓ correct

b) Individuals feel guilt and worry over their unhealthy habits, believing they will outweigh all of their healthy ones.

c) Individuals who engage in healthy behaviors once per week offset the impact of their negative health behaviors overall.

d) Individuals who engage in negative health behaviors have given up on the chance of engaging in a healthy lifestyle.

Q30. *[Multiple Choice]*

Intersectionality originally focused on _____.

a) the degree to which individuals of different races and ethnicities interacted with one another in blended communities

b) the extent to which discrimination impacted one group more than another

c) how different systems of oppression interacted and mutually reinforced one another ✓ correct

d) the degree to which members of different ethnic groups acclimated to the majority population in their surrounding areas

Q31. *[Multiple Choice]*

According to Von Dras (2017), an individual's answers to questions about health _____.

a) will likely vary depending on their cultural background, ethnicity, age, gender, and educational level ✓ correct

b) will likely be most influenced by their parents and their views of health behaviors

c) often vary depending on mental health status at the time of questioning

d) are unlikely to be influenced by their socioeconomic status or cultural beliefs

Q32. *[Multiple Choice]*

Which of the following best describes the difference between “culture” and “diversity?”

a) “Culture” is a term used to describe an individual’s race, whereas “diversity” is used to describe an individual’s membership to a particular group.

b) “Culture” is used to capture group characteristics, whereas “diversity” is a term used to discuss differences among groups and individuals. ✓ correct

c) “Culture” is used to discuss differences among groups of people, whereas “diversity” is used to describe similarities between separate groups.

d) “Culture” is a term used to identify an individual’s ethnicity, whereas “diversity” is used to describe the characteristics of that specific ethnic group.

Q33. *[Multiple Choice]*

Which of the following illustrates the health views adopted by ancient Indian scholars and doctors?

a) Health and illness have both natural and biological causes and cannot be altered.

b) Individuals must balance hot and cold qualities in order to obtain a fully balanced health in mind, body, and spirit.

c) Health occurs when the body’s enzymes, tissues, and excretory functions operate in harmony and when the mind and senses are cheerful. ✓ correct

d) Health is biologically based and can be altered with medication and lifestyle changes.

Q34. *[Multiple Choice]*

In order to establish health, Traditional Chinese Medicine recommends that you _____.

a) eat, drink, and live your life with an equal amount of hot and cold qualities ✓ correct

b) have more yin than yang

c) should have more cold qualities because they include more vegetables

d) have more yang than yin

Q35. *[Multiple Choice]*

Suni sees health as the balance of yin and yang, two complementary forces in the universe. She most likely takes a(n) _____ approach to health.

a) biomedical

b) traditional Chinese medicine ✓ correct

c) American Indian

d) Ayurveda

Q36. *[Multiple Choice]*

Which of the following statements regarding health and culture is true?

a) Parents have little influence on health, especially as individuals' age.

b) An individual’s religion impacts their food choices and health-related behaviors. ✓ correct

c) Geographic location is of little value when predicting potential diseases and illnesses that may impact health in the future.

d) Western medicine is practiced by most non-European ethnic groups regardless of culture.

Q37. *[Multiple Choice]*

People of the _____ faith make up the smallest percentage of Americans today.

a) Jewish

b) Protestant

c) Catholic

d) Muslim ✓ correct

Q38. *[Multiple Choice]*

Which of the following statements is true?

a) Socioeconomic status has little impact on mortality and morbidity.
b) Biological sex is the same as sexual orientation.
c) SES is correlated with body mass index in young adults. ✓ correct
d) Most health disparities are caused by factors related to sex rather than cultural factors.

Q39. *[Multiple Choice]*

One of the most important aspects of culture is socioeconomic status (SES). SES is commonly measured by _____.

a) family income and education levels ✓ correct
b) age, income, and place of residence
c) individual's age, sex, and family size
d) level of education and social and economic skills

Q40. *[Multiple Choice]*

Which of the following statements regarding SES research is true?

a) Neighborhood SES is not correlated with any health practices.
b) SES is related to many causes of mortality, but not morbidity.
c) Perceptions, or subjective judgments, of how well-off one's family is influence health. ✓ correct
d) The effects of a family's SES cease once an individual reaches adulthood.

Q41. *[Multiple Choice]*

Which of the following statements is true?

a) Women tend to live longer than men. ✓ correct
b) Very few differences in health are correlated with sex.
c) Men use health services more than their female counterparts.
d) The male sex hormone testosterone has a protective effect against cardiovascular illness in men.

Q42. *[Multiple Choice]*

Which of the following statements regarding health and cultural competence is true?

a) A better connection must be established between healthcare and communities so that individuals can seek out care that fits their cultural needs. ✓ correct
b) Individuals with cultural competence must adhere to the overreaching medical practices in their area if they are to receive the best healthcare possible.
c) Healthcare workers who adhere to their personal cultures in their work help address the manifold health disparities in the system.
d) The wider healthcare system appropriately addresses health disparities and the role that multicultural approaches play in developing and eliminating these differences among groups of individuals.

Q43. *[Multiple Choice]*

Health psychologists pay close attention to _____.

a) biological and neurological causes of rare illnesses
b) the way that thoughts, feelings, behaviors, and biological processes interact to affect health ✓ correct
c) the way that psychological events predict future health outcomes in individuals under the age of 55
d) cardiovascular health and its predictors in ethnic minorities and underserved communities

Q44. *[Multiple Choice]*

Based on oral traditions and pictorial evidence from early civilizations, history suggests that our ancestors considered the mind and body to be _____.

a) one ✓ correct
b) connected
c) separate
d) part of the spirit

Q45. *[Multiple Choice]*

The Society of Behavioral Medicine's mission is to _____.

a) remove all negative health influences that could aid in the development of future diseases and illnesses
b) educate individuals on the impact of negative health behaviors over time and research new ways to eradicate negative health influences from the overall population
c) promote the study of behavioral and biological interactions and apply that knowledge to improve the health of individuals and families ✓ correct
d) educate individuals on the causes of neurological and psychological illnesses and the impact they can have on physical health

Q46. *[Multiple Choice]*

Brianne is conducting research to better understand why women living in the southern part of the state have higher rates of breast cancer than do their counterparts in the north. Brianne is most likely a(n) _____.

a) epidemiologist ✓ correct
b) cultural anthropologist
c) medical sociologist
d) cultural psychologists

Q47. *[Multiple Choice]*

Dr. Gillum is studying the number of deaths in New York City attributed to AIDS/HIV. Dr. Gillum is collecting data on _____.

a) mortality ✓ correct
b) relative risk
c) morbidity
d) incidence rate

Q48. *[Multiple Choice]*

Many health psychologists are _____.

a) clinicians ✓ correct
b) molecular biologists
c) neonatologists
d) anthropologists

True/False (6)

Q49. *[True/False]*

Traditional Mexican American patients may go to a Western doctor to cure a biological problem but only*curanderos*, or healers, can be trusted to cure spiritual problems.

a) True ✓ correct
b) False

Correct answer: True

Q50. *[True/False]*

American Indians draw distinctions between physical, spiritual, and social entities, and especially draw distinctions between religion and medicine.

a) True

b) False ✓ correct

Correct answer: False

Q51. *[True/False]*

Shanice has been going through a particularly stressful time in her life. However, when asked by her friend how she thinks she got shingles, she quickly responds, “It’s a virus.” This is an example of a biomedical explanation of illness.

a) True ✓ correct

b) False

Correct answer: True

Q52. *[True/False]*

Clinical psychologists such as Freud have contributed to the development of the field of health psychology.

a) True ✓ correct

b) False

Correct answer: True

Q53. *[True/False]*

The Roman Catholic church encouraged Da Vinci and Descartes to draw detailed diagrams of the human body for scientists and artists of that era to perform dissections.

a) True

b) False ✓ correct

Correct answer: False

Q54. *[True/False]*

Dr. Lopez conducts research on interventions to help adolescents stop smoking. Her most recent research examines attitudes toward e-cigarettes. Dr. Lopez was most likely trained as a physician in medical school.

a) True

b) False ✓ correct

Correct answer: False

Essay (3)

Q55. *[Essay]*

Define, compare, and contrast Traditional Chinese Medicine and Ayurveda.

Suggested answer: *Sample response: Traditional Chinese Medicine (TCM): ancient health belief that health is the balance of yin and yang, two complementary forces in the universe. Yin and yang are the two complementary forces in the universe (Kaptuchuk, 2000). Yin and yang are often translated into hot and cold, referring to qualities and not temperatures. To be healthy, what you eat and drink and the way you live your life should have equal amounts of hot qualities and cold qualities. Ayurveda: “Knowledge of Life,” an ancient system of medicine focuses on the body, the sense organs, the mind, and the soul. Three main biological units, enzymes, tissues, and excretory functions, are in harmonious condition and when the mind and sense are cheerful (Chopra & Doiphode, 2002; Kash, Junius, & Dash, 1997). Balancing hot and cold is another critical element. Compare: both ancient medicines, both are about balancing hot and cold elements, both are about the notion of basic elements. Contrast: TCM is about balance of yin and yang and is ancient Chinese medicine. Ayurveda is about balance of mind, body, and soul, and is ancient East Indian medicine.*

Q56. *[Essay]*

Compare and contrast the beliefs and values of traditional Mexican American and most Native American tribes concerning health care.

> ***Suggested answer:*** *Sample response: Mexican American: both natural biological causes and spiritual causes for illness (Trotter & Chavira, 1997). Mexican American patients may go to a Western doctor to cure a biological problem, only curanderos, or healers, can be trusted to cure spiritual problems. Beliefs include the balance of body types and energies. Many Native American tribes (especially the Navajo) strive to achieve a balance between human beings and the spiritual world (Alvord & Van Pelt, 2000). The trees, animals, earth, and sky and the winds are all players in life. Beliefs include spiritual, mental and physical harmony, and harmony with nature.*

Q57. *[Essay]*

How does socioeconomic status affect the health of individuals?

> ***Suggested answer:*** *Sample response: Poverty and illness go together, often linked by factors such as access to health care and insurance. The cultural makeup of who is poor is changing. Disparity in poverty rates of European Americans and other ethnic groups have dropped 23% overall, and such changes can influence usage of health services and other health factors (Wollman, Yoder, Brumbabugh-Smith, & Haynes, 2007). Socioeconomic status is related to a higher occurrence of most chronic and infectious disorders and to higher rates of nearly all major causes of mortality and morbidity (Adler, Boyce, Chesney, Folkman, & Syme, 1993). The more money you have, the better your health.*

Hard

Multiple Choice (6)

Q58. *[Multiple Choice]*

Which of the following people is following a healthy lifestyle?

a) Amber does not smoke, so she feels okay to drink alcohol in excess.
b) Raul exercises regularly to justify eating whatever he wants.
c) Sabina does not smoke, and she also limits her alcohol intake. ✓ correct
d) Jennifer follows a strict healthy diet which allows her to avoid physical activity.

Q59. *[Multiple Choice]*

Which of the following individuals would be most likely to balance hot and cold in what they eat and drink as well as the way they live their lives?

a) James, a Chinese male who adheres to traditional Chinese medicine ✓ correct
b) Jordan, a European American male living in the U.S.
c) Vijay, a Native American male living in Nevada
d) Alejandro, a Mexican male who adheres to Western medicine

Q60. *[Multiple Choice]*

Anna is a member of the largest non-European ethnic group in the U.S. She believes that there are both natural, biological, and spiritual causes for illness. She is most likely _____.

a) Asian American
b) Mexican American ✓ correct
c) Native American
d) African American

Q61. *[Multiple Choice]*

Selena believes she is healthy because she is not sick. Selena most likely follows _____.

a) a Native American model of health
b) the belief system of Ayurveda
c) a traditional Chinese medicine model
d) a Western model of health ✓ correct

Q62. *[Multiple Choice]*

Tamara overestimates the number of plane crashes that occur each year because she hears so much about plane failures on the news. This is an example of the _____.

a) reliability coefficient
b) incidence percentage
c) availability heuristic ✓ correct
d) prevalence rate

Q63. *[Multiple Choice]*

Individuals might start smoking because of personality traits, stress relief, peer pressure from social networks, or because of a biological disposition to addiction. This is a great example of how the _____ approach can be useful.

a) biological
b) psychological
c) biosomatic
d) biopsychosocial ✓ correct

Essay (2)

Q64. *[Essay]*

"Culture" is a broadly defined and dynamic term used to describe beliefs and characteristics shared by certain groups of individuals. Identify at least ten important parts of an individual's culture. Then, using at least five different cultural groupings, answer the social psychologist test question "Who am I?".

Suggested answer: *Sample response: There are several important aspects of an individual's culture including ethnicity, race, religion, age, sex, family values, the region of the country, physical or psychological conditions (such as being deaf or hard of hearing, or having the condition of Cerebral Palsy for two examples), gender or sexual orientation, and marital status. When I answer the "Who am I?" question posed by psychologists, I might say that I am a Christian, Caucasian female who is married and falls in the 25-30 age group.*

Q65. *[Essay]*

Dr. Lopera and Dr. Martinez are health psychologists who belong to APA Division 38, the subdivision of the American Psychological Association referred to as the Society for Health Psychology. Give an example of an area of research these doctors might study.

Suggested answer: *Sample response: Answers will vary, but might include examining the psychological influences on various illness as well as effective interventions. These doctors might also study the impact of educational programs on improving health behaviors and improving lifespan and quality of life over time.*

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