Adult Development and Aging 2nd edition Patrick Test Bank

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Adult Development and Aging (2nd)

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Total Questions: 60

Multiple Choice (40)

Q1. *[Multiple Choice] · Cognitive Domain: Application*

Individuals who experienced the Great Depression might have had a greater impact on the future of children during that time compared to adults during that time. This is an example of how the importance of _____.

a) socioeconomic factors shifts over the life span
b) biological factors does not shift over the life span
c) cultural factors does not shift over the life span
d) biological and cultural factors shifts over the life span ✓ correct

Q2. *[Multiple Choice] · Cognitive Domain: Knowledge*

From a developmental perspective, we are each _____.

a) a collection of different systems
b) a single, integrated unit ✓ correct
c) at risk for cognitive impairment
d) solely the product of our environment

Q3. *[Multiple Choice] · Cognitive Domain: Knowledge*

Paul Baltes is recognized as a pioneer in the field of aging and one of his major contributions was the _____.

a) principles of life span development ✓ correct
b) guidelines of lifelong acculturation
c) developmental milestones
d) rules of environmental scaffolding

Q4. *[Multiple Choice] · Cognitive Domain: Knowledge*

The study of gerontology began in the _____.

a) early 1700s
b) mid–1700s
c) 1920s
d) 1940s ✓ correct

Q5. *[Multiple Choice] · Cognitive Domain: Knowledge*

The most well–known checklist about age stereotypes was created by _____.

a) Paul Baltes
b) Bernice Neugarten
c) Daniel Levinson
d) Erdman Palmore ✓ correct

Q6. *[Multiple Choice] · Cognitive Domain: Knowledge*

Large cultural events that may influence a group of people differently are called _____.

a) History–normative influences ✓ correct
b) Nonnormative influences
c) Age–normative influences
d) Generational cohorts

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Q7. *[Multiple Choice] · Cognitive Domain: Knowledge*

Influences that are related to a person's chronological age are called _____.

a) History–normative influences
b) Non–normative influences
c) Age–normative influences ✓ correct
d) Generational cohorts

Q8. *[Multiple Choice] · Cognitive Domain: Application*

Non–normative influences might include _____.

a) early illness ✓ correct
b) becoming a parent
c) retirement
d) puberty

Q9. *[Multiple Choice] · Cognitive Domain: Comprehension*

Age–normative influences might include _____.

a) winning the lottery
b) the 2001 terrorist attacks
c) experiencing a religious conversion
d) becoming a grandmother around age 47 ✓ correct

Q10. *[Multiple Choice] · Cognitive Domain: Comprehension*

That we are capable of growth and change throughout our lives best describes which principle of life span development?

a) the allocation of biological resources
b) development being plastic ✓ correct
c) puberty being influenced by historical period
d) life involving both losses and gains

Q11. *[Multiple Choice] · Cognitive Domain: Comprehension*

Early in life, much of our biological reserve is used for growth and repair and as we reach midlife, our bodies begin to use more energy for maintenance. This describes which principle of life span development?

a) Development involves a change in the allocation of biological resources. ✓ correct
b) Development is plastic.
c) Development is influenced by historical period and culture.
d) Development involves both losses and gains.

Q12. *[Multiple Choice] · Cognitive Domain: Knowledge*

A group of people who are born in the same historical period and who experience many of the same cultural and historical events in similar ways, but often differently than those who are older or younger is called a(n) _____.

a) social age
b) age–normative influence
c) generational cohort ✓ correct
d) history–normative influence

Q13. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following generations was born between 1981 and 1996?

a) Gen Z
b) the Silent Generation
c) the Greatest Generation
d) Millennials ✓ correct

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Q14. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which generation might experience concerns related to Social Security and Immigration more than others?

a) Gen Z ✓ correct
b) Millennials
c) Gen X
d) Baby Boomers

Q15. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which of the following factors does not influence the numbers and proportions of older adults in a society?

a) Births
b) Deaths
c) Immigration/emigration
d) Employment rate ✓ correct

Q16. *[Multiple Choice] · Cognitive Domain: Knowledge*

Which cohort is slower to enter the workforce when compared to other generational cohorts?

a) Gen X ✓ correct
b) Gen Z
c) Millennials
d) Baby Boomers

Q17. *[Multiple Choice] · Cognitive Domain: Knowledge*

The Gen X cohort has an estimated _____ million births in the United States.

a) 47
b) 55 ✓ correct
c) 76
d) 84

Q18. *[Multiple Choice] · Cognitive Domain: Knowledge*

Baby Boomers are a generational cohort that experienced _____.

a) Vietnam War ✓ correct
b) the Great Depression
c) worldwide media
d) increased school–related violence

Q19. *[Multiple Choice] · Cognitive Domain: Knowledge*

Children of the Great Depression who experienced the rise of factories and corporations are in which cohort?

a) Gen X
b) Gen Z
c) The Silent Generation ✓ correct
d) The Greatest Generation

Q20. *[Multiple Choice] · Cognitive Domain: Knowledge*

Individuals who tend to be frugal with their money and believe in merit and hard work as a means to success are likely to be in which cohort?

a) Gen X
b) Gen Z
c) The Silent Generation
d) The Greatest Generation ✓ correct

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Q21. *[Multiple Choice] · Cognitive Domain: Knowledge*

The impact of significant historical events or societal changes that occur at a specific time and influence the development of individuals across different age groups are known as _____.

a) cohort sequential designs
b) period effects ✓ correct
c) generational cohorts
d) age–normative influences

Q22. *[Multiple Choice] · Cognitive Domain: Knowledge*

After consulting with experts in adult development and acquiring more sophisticated statistical analysis tools, the Pew Research Center decided to move away from reporting average differences across cohorts to only reporting results from _____.

a) cohort sequential designs ✓ correct
b) period effects
c) generational cohorts
d) age–normative influences

Q23. *[Multiple Choice] · Cognitive Domain: Knowledge*

Three big factors influence the numbers and proportions of older adults in a society: births, deaths, and which of the following?

a) finances
b) illnesses/health
c) immigration/emigration ✓ correct
d) period effects

Q24. *[Multiple Choice] · Cognitive Domain: Knowledge*

The study of older persons as a group and the study of aging as a developmental process is called _____.

a) child psychology
b) gerontology ✓ correct
c) pedicatrics
d) developmental psychopathology

Q25. *[Multiple Choice] · Cognitive Domain: Knowledge*

The length of time that one has been alive is called _____.

a) social age
b) functional age
c) biological age
d) chronological age ✓ correct

Q26. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following is affected by genes, the environment, and the interaction between the two?

a) social age
b) functional age
c) biological age ✓ correct
d) chronological age

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Q27. *[Multiple Choice] · Cognitive Domain: Knowledge*

How well a person is able to live independently (including completing basic activities of daily living and instrumental activities of daily living) is defined as _____.

a) social age
b) functional age ✓ correct
c) biological age
d) chronological age

Q28. *[Multiple Choice] · Cognitive Domain: Comprehension*

Which of the following acknowledges the cultural and age–normative expectations that one faces throughout their life?

a) Social age ✓ correct
b) Functional age
c) Psychological age
d) Chronological age

Q29. *[Multiple Choice] · Cognitive Domain: Application*

Despite being 30 years old, Sally feels much older due to her poor health and lack of social activities. Sally's perception of how old she feels is best described as her _____.

a) social age
b) functional age
c) psychological age ✓ correct
d) chronological age

Q30. *[Multiple Choice] · Cognitive Domain: Knowledge*

Cross–sectional studies are most useful for when researchers want to _____.

a) compare average interindividual differences ✓ correct
b) do not allow for comparison of different ages
c) compare change in one group over time
d) have the strongest statistical analysis design

Q31. *[Multiple Choice] · Cognitive Domain: Comprehension*

A researcher who wants to study changes over time would conduct a(n) _____.

a) cross–sectional study
b) longitudinal study ✓ correct
c) correlational study
d) archival study

Q32. *[Multiple Choice] · Cognitive Domain: Comprehension*

Studying a group of 30–year–olds in 1995, 30–year–olds in 2005, and 30–year–olds in 2015 is an example of which type of study?

a) cross–sectional study
b) longitudinal study
c) time–lag study ✓ correct
d) archival study

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Q33. *[Multiple Choice] · Cognitive Domain: Application*

If a researcher compared different age groups within the 1995 column and then replicated that study in 2015, with a new sample, this is an example of what kind of study?

a) cross–sectional study
b) longitudinal study
c) history–gap study
d) time–sequential study ✓ correct

Q34. *[Multiple Choice] · Cognitive Domain: Application*

If a researcher wanted to examine both age and cohort effects, the researcher could use which of the following types of studies to sample from two or more different birth cohorts over time?

a) cohort–sequential design ✓ correct
b) longitudinal study
c) time–lag study
d) time–sequential study

Q35. *[Multiple Choice] · Cognitive Domain: Knowledge*

The socioemotional selectivity theory was formulated and investigated primarily by _____.

a) Paul Baltes
b) Bernice Neugarten
c) Daniel Levinson
d) Laura Carstensen ✓ correct

Q36. *[Multiple Choice] · Cognitive Domain: Knowledge*

The socioemotional selectivity theory (SST) proposes _____.

a) humans are not unique in our ability to ponder time
b) we cannot prioritize different goals at different points in our lives
c) our time horizon influences what individuals prioritize in their daily lives ✓ correct
d) individuals need to socialize with selected individuals

Q37. *[Multiple Choice] · Cognitive Domain: Knowledge*

Whether we view our time left as expansive or very constricted is called which of the following?

a) Health disparities
b) Period effect
c) Time horizon ✓ correct
d) Double jeopardy

Q38. *[Multiple Choice] · Cognitive Domain: Knowledge*

The Cumulative Dis/Advantage approach is rooted in a much earlier sociological framework known as _____.

a) Socioemotional Selectivity Theory (SST)
b) gerontology
c) double jeopardy ✓ correct
d) generational cohorts

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Q39. *[Multiple Choice] · Cognitive Domain: Comprehension*

The tenets of the Cumulative Dis/Advantage Theory states that which of the following are observed between older racial, ethnic, and other members of underrepresented groups and are typically the result of the accumulation of risks and exposures across the life span?

a) Period effects
b) Average intraindividual changes
c) Health disparities ✓ correct
d) Generational cohorts

Q40. *[Multiple Choice] · Cognitive Domain: Knowledge*

The majority of factors that influence disparties observed between older racial, ethnic, and other members of underrepresented groups are _____.

a) inevitable
b) chronic
c) preventable ✓ correct
d) debatable

True/False (10)

Q41. *[True/False] · Cognitive Domain: Knowledge*

Adults with dementia can demonstrate growth and adaptation.

a) True ✓ correct
b) False

Correct answer: True

Q42. *[True/False] · Cognitive Domain: Comprehension*

From a developmental perspective, people are a collection of different systems such as bones and strength, and vision.

a) True
b) False ✓ correct

Correct answer: False

Q43. *[True/False] · Cognitive Domain: Knowledge*

Age–normative influences are those large, cultural events which may influence a group of people differently.

a) True
b) False ✓ correct

Correct answer: False

Q44. *[True/False] · Cognitive Domain: Knowledge*

Although Millennials are currently the most racially and ethnically diverse cohort in U.S. history, Gen X is expected to be even more diverse.

a) True ✓ correct
b) False

Correct answer: True

Q45. *[True/False] · Cognitive Domain: Knowledge*

Biological age is also known as physiological age.

a) True ✓ correct
b) False

Correct answer: True

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Q46. *[True/False] · Cognitive Domain: Knowledge*

Self–assessment of how old one feels based on their thoughts and behaviors is sometimes described as social age.

a) True

b) False ✓ correct

Correct answer: False

Q47. *[True/False] · Cognitive Domain: Knowledge*

There is strong evidence that being the recipient of others' negative stereotypes can have negative effects on a person's health and well–being.

a) True ✓ correct

b) False

Correct answer: True

Q48. *[True/False] · Cognitive Domain: Application*

For scholars who are most interested in the ways that younger adults differ from middle–aged and older adults, the most effective research method to use is a longitudinal method.

a) True

b) False ✓ correct

Correct answer: False

Q49. *[True/False] · Cognitive Domain: Knowledge*

Double Jeopardy refers to the idea that social structures disadvantage certain groups of people and make adaptation to aging more difficult.

a) True ✓ correct

b) False

Correct answer: True

Q50. *[True/False] · Cognitive Domain: Knowledge*

Cumulative Dis/Advantage suggests that health disparities observed among underrepresented groups are the result of the accumulation of risks and exposures across the life span.

a) True ✓ correct

b) False

Correct answer: True

Essay (10)

Q51. *[Essay] · Cognitive Domain: Comprehension*

Explain how the Baby Boomer generation has impacted the United States since the end of World War II.

Suggested answer: *Sample response: Following the end of World War II, America and the world experienced a significant increase in the number of babies born. In the United States, this was accompanied by a rise in factory jobs and the middle class and increased access to education for many. As those born between 1946 and 1964 aged, more elementary schools were needed. As they became teenagers, their tastes pushed music, entertainment, fashion, and food choices in the nation. The Baby Boomer generation has continued to push the politics and culture of the nation. Now that all of the Boomers are middle-aged and older adults, they continue to influence politics, health, and recreation services.*

Q52. *[Essay] · Cognitive Domain: Knowledge*

Aside from chronological age, what are two other indices might we use to measure age?

Suggested answer: *Sample response: Social, psychological, and functional.*

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Q53. *[Essay] · Cognitive Domain: Analysis*

Explain the difference between perceived age and biological age.

Suggested answer: *Sample response: Perceived age is a subjective estimate of how old one feels. It combines what one knows about their current health; social activities, within the context of their vitality; illness; and family predispositions. Biological age is affected by genetics, environment, and the interaction between the two.*

Q54. *[Essay] · Cognitive Domain: Knowledge*

Define gerontology.

Suggested answer: *Sample response: Gerontology is both the study of older persons as a group and as the study of aging as a developmental process.*

Q55. *[Essay] · Cognitive Domain: Knowledge*

What is functional age?

Suggested answer: *Sample response: Functional age refers to how well a person is able to live independently in the community based on whether they are able to complete basic activities of daily living (BADLs) and instrumental activities of daily living (IADLs). BADLs relate to hygiene and personal care, including bathing, dressing, grooming, and transferring. IADLs include higher order tasks that are needed to live independently in the community, such as managing medications, doing housework, and preparing meals. IADLs may rely on either physical health and strength (e.g., housework, shopping) or on complex cognitive skills (e.g., taking medication, managing finances).*

Q56. *[Essay] · Cognitive Domain: Application*

Explain how development involves a change in the allocation of biological resources, and how this impacts different times in the lifespan.

Suggested answer: *Sample response: Early in life, much of our biological reserve is used for growth and repair. This isillustrated by the observation that young children recover quickly from the flu or abroken bone. As we reach midlife, our bodies begin to use more energy for maintenance. There may be even fewer available resources in late life. By the time we are old, most of our biological energy is used for maintenance and relatively little is leftfor repair.*

Q57. *[Essay] · Cognitive Domain: Application*

Describe three big factors that influence the numbers and proportions of older adults in society and how this relates to Gen Xers, Millennials, and Gen Z cohorts.

Suggested answer: *Sample response: Three big factors influence the numbers and proportions of older adults in a society: births, deaths, and immigration/emigration. Like the Baby Boom generation, the Millennials and Gen Xers are also large cohorts in terms of the numbers of births. With increasing longevity, we will soon have a society with a large number of middle-aged Millennials and Gen Xers and a large number of late Baby Boomers still living. As these cohorts continue to age, their needs will begin to influence policy and services too. But cohorts also grow as a function of immigration.Most immigrants to the United States are between the ages of 20 and 54 years, thus they are part of the Gen Y, Millennial, and Gen Z cohorts. When Gen Z children migrate to the United States, they often are accompanied by Millennial and Gen Z cohort parents. Finally, many older immigrants die here, and others return to their native countries. Thus, migrants are contributing to a growth in non-Baby Boomer cohorts.*

Q58. *[Essay] · Cognitive Domain: Analysis*

What are the advantages and disadvantages of categorizing people by chronological age?

Suggested answer: *Sample response: Most people first think of chronological age when thinking about aging. Chronological age is easy to define as the length of time one has been alive. Chronological age can be a useful index when we are making rough estimates or broad generalizations. We often use chronological age as an index to categorize adults at different points in the life span. It is important to note, however, that any such categorization is somewhat arbitrary and is likely to be revised as new information is provided by newer cohorts.*

Q59. *[Essay] · Cognitive Domain: Comprehension*

What might those who are trying to create social change based on the Cumulative Dis/Advantage say?

Suggested answer: *Sample response: The tenets of Cumulative Dis/Advantage state that health disparities observed between older racial, ethnic, and other members of underrepresented groups are the result of the accumulation of risks and exposures across the life span. The majority of the factors which influence these disparities and those which contribute the most to these group differences are preventable. Thus, to improve outcomes, it might be possible to focus on those preventable factors, like access to resources, discrimination, poverty, and/or environmental hazards.*

Q60. *[Essay] · Cognitive Domain: Application*

Imagine an individual has a life–threatening illness. Apply the Socioemotional Selectivity Theory to how an individual might select a partner, and explain.

Suggested answer: *Sample response: SST proposes that humans are unique in our ability to ponder time and our own limited life span. Knowing that our time is limited, we prioritize different goals at different points in our lives. Studies of those whose life expectancies were shortened by disease, often preferred social partners with whom they could enjoy maximal emotional connection, similar to the choices of much older adults.*

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