Health Psychology 4th edition Sanderson Test Bank

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Health Psychology (4th)

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Total Questions: 100

Easy

Multiple Choice (22)

Q1. *[Multiple Choice]*

Behavior designed to prevent or diminish the severity of illnesses and diseases is known as _____ prevention.

a) primary ✓ correct
b) secondary
c) tertiary
d) ancillary

Q2. *[Multiple Choice]*

Food deserts are areas where individuals do not have access to _____.

a) fruits, vegetables, and whole grains ✓ correct
b) nutrition information
c) high fat foods
d) meat and potatoes

Q3. *[Multiple Choice]*

Historically, health was believed to be determined solely by _____ factors.

a) physical ✓ correct
b) behavioral
c) psychological
d) social

Q4. *[Multiple Choice]*

Minimizing the damage caused by a disease is _____ prevention, while detecting a disease at an early stage is _____ prevention.

a) tertiary; secondary ✓ correct
b) primary; secondary
c) tertiary; primary
d) secondary; tertiary

Q5. *[Multiple Choice]*

Most health psychologists earn a _____ degree.

a) PhD ✓ correct
b) MSN
c) MS
d) MD

Q6. *[Multiple Choice]*

Most health psychologists earn their graduate degrees in _____.

a) behavioral medicine
b) psychology ✓ correct
c) social work
d) psychiatry

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Q7. *[Multiple Choice]*

Occupational health psychologists blend issues from clinical psychology and _____.

a) behavioral medicine
b) psychosomatic medicine
c) industrial/organizational psychology ✓ correct
d) career readiness

Q8. *[Multiple Choice]*

Originally, health psychology developed in response to the idea that _____ factors play a substantial role in health and illness.

a) biological
b) educational
c) psychological ✓ correct
d) social

Q9. *[Multiple Choice]*

Strategies that help people detect and treat problems at an early point in the disease's progression are part of _____ prevention.

a) tertiary
b) primary
c) secondary ✓ correct
d) ancillary

Q10. *[Multiple Choice]*

Taking a health psychology course is _____.

a) only beneficial for medical professionals
b) useful for anyone who wants to learn about a healthier lifestyle ✓ correct
c) most often used as a foundation for medical school
d) only helpful for people pursuing careers in public health

Q11. *[Multiple Choice]*

The field of health psychology examines how _____ factors influence health and illness.

a) medical and pharmaceutical
b) clinical and relational
c) biological, social, and psychological ✓ correct
d) social, clinical, and behavioral

Q12. *[Multiple Choice]*

The oldest of the following health–related fields is _____.

a) health psychology
b) psychosomatic medicine ✓ correct
c) behavioral medicine
d) behavioral health

Q13. *[Multiple Choice]*

The two ends of the health continuum are _____.

a) biology and psychology
b) wellness and illness ✓ correct
c) treatment and prevention
d) interventions and relationships

Q14. *[Multiple Choice]*

Today, the leading cause of death in the United States is _____.

a) cardiovascular disease ✓ correct
b) kidney disease
c) cancer
d) acute infectious diseases

Q15. *[Multiple Choice]*

Treatments that help people manage or control the effects of an already–developed illness or disease are known as _____ prevention.

a) primary
b) secondary
c) tertiary ✓ correct
d) ancillary

Q16. *[Multiple Choice]*

Which field focuses on using knowledge gained to promote and maintain physical health, including preventing and treating injury and disease, identifying causes of health problems, and improving health policy and the health care system?

a) behavioral medicine
b) clinical health psychology ✓ correct
c) behavioral health
d) psychosomatic medicine

Q17. *[Multiple Choice]*

Which field uses behavioral techniques to help people overcome health–damaging behaviors?

a) psychiatry
b) psychosomatic medicine
c) behavioral medicine ✓ correct
d) behavioral health

Q18. *[Multiple Choice]*

Which of these ethnic groups has the longest life span, on average?

a) Asian people ✓ correct
b) White people
c) Latinx people
d) Black people

Q19. *[Multiple Choice]*

Which of these groups particularly benefitted from the Affordable Care Act (ACA)?

a) women
b) children
c) people of color ✓ correct
d) unemployed people

Q20. *[Multiple Choice]*

Which studies how emotional, social, and psychological factors influence the development and progression of illness?

a) the biomedical model
b) psychosomatic medicine ✓ correct
c) behavioral medicine
d) behavioral health

Q21. *[Multiple Choice]*

Which type of health psychologist works in industry settings to help businesses protect and promote worker safety, health, and well–being?

a) behavioral
b) clinical
c) occupational ✓ correct
d) career

Q22. *[Multiple Choice]*

Within the discipline of behavioral health, the emphasis is on health _____.

a) enhancement ✓ correct
b) retention
c) education
d) prevention

True/False (2)

Q23. *[True/False]*

Health care costs in the United States have risen sharply in the last fifty years.

a) True ✓ correct
b) False

Correct answer: True

Q24. *[True/False]*

Secondary prevention methods cost less than primary prevention strategies.

a) True
b) False ✓ correct

Correct answer: False

Medium

Multiple Choice (35)

Q25. *[Multiple Choice]*

According to Hippocrates' humoral theory, disease is caused by a(n) _____.

a) failure to exercise
b) personality variable
c) change in microorganisms
d) imbalance in circulating bodily fluids ✓ correct

Q26. *[Multiple Choice]*

According to the reserve capacity model, those who are lower SES experience more frequent stressful situations and _____.

a) are less educated
b) have fewer resources ✓ correct
c) are less likely to engage in primary prevention
d) are more likely to experience racism

Q27. *[Multiple Choice]*

After obtaining a graduate degree, many health psychologists will gain additional training and skills by _____.

a) acquiring a postdoctoral or internship position ✓ correct
b) continuing on to medical school
c) volunteering to work as a nurse
d) immediately taking a job in industry

Q28. *[Multiple Choice]*

Conscientious people experience better health outcomes because they _____.

a) are more likely to eat a healthy diet ✓ correct
b) have more friends
c) are more optimistic about their future
d) avoid strenuous activities

Q29. *[Multiple Choice]*

Getting a mammogram is an example of a(n) _____ prevention strategy.

a) primary
b) secondary ✓ correct
c) tertiary
d) ancillary

Q30. *[Multiple Choice]*

Graduate programs in health psychology typically provide training in biological areas such as anatomy; the broad domains of psychology, such as personality; and social factors, such as race and culture. This training best reflects the _____ model of health and wellness.

a) biopsychosocial ✓ correct
b) neurological
c) sociocultural
d) biomedical

Q31. *[Multiple Choice]*

Hostility and optimism have _____ effects on health.

a) minimal
b) identical
c) similar
d) opposite ✓ correct

Q32. *[Multiple Choice]*

How do most people respond when they hear a celebrity they like endorsing a particular health behavior?

a) People are more likely to do what a celebrity says, not what the celebrity actually does.
b) People recognize that celebrities are not experts in health behaviors, so they typically ignore celebrity recommendations.
c) Celebrity endorsements generally facilitate positive health behaviors. ✓ correct
d) People typically ignore what a celebrity says and instead engage in negative health behaviors.

Q33. *[Multiple Choice]*

How do personality and coping styles relate to chronic diseases?

a) Personality and coping styles relate to the progression of chronic diseases, but not to the acquisition of those diseases.

b) Personality and coping styles relate to whether people acquire diseases, but not the progression of those diseases.

c) Personality and coping styles have little influence on the acquisition or progression of chronic diseases.

d) Personality and coping style relate to both the acquisition and progression of chronic diseases. ✓ correct

Q34. *[Multiple Choice]*

How does loneliness impact health behaviors and symptoms?

a) Lonely people have more time to take care of themselves, so they are typically healthier.

b) Lonely people experience more acute health symptoms but do not suffer from more long term health problems.

c) Lonely people experience more acute symptoms and long–term, chronic health problems. ✓ correct

d) Lonely people engage in more negative health behaviors but experience less long–term, chronic health problems.

Q35. *[Multiple Choice]*

How should students determine whether they want a career in health psychology or one of its allied fields?

a) They should decide which training path takes the least amount of time.

b) They should base the decision on their major interests and goals for their work life. ✓ correct

c) Students should base this decision on whether they want to obtain a graduate degree or not.

d) Students should decide their career path via an aptitude test.

Q36. *[Multiple Choice]*

If one wants to obtain a graduate degree in health psychology, some classes in _____ might be required preparation.

a) health administration

b) statistics and research methods ✓ correct

c) nursing

d) communication

Q37. *[Multiple Choice]*

If students are interested in a career in health psychology, in terms of coursework, they should _____.

a) take courses related to health and nursing

b) get a solid background in all sciences

c) take a broad range of psychology courses ✓ correct

d) follow a pre–medical school training pathway

Q38. *[Multiple Choice]*

In 2015, the MCAT changed to include more questions regarding _____.

a) health promotion

b) the biomedical model

c) human behavior and psychology ✓ correct

d) disease prevention

Q39. *[Multiple Choice]*

In addition to coursework, health psychologists are trained in _____ within their graduate programs.

a) pharmaceuticals
b) research ✓ correct
c) environmental influences
d) the biomedical model

Q40. *[Multiple Choice]*

One study that examined the link between sleep quantity and the development of cold symptoms found that _____.

a) social support lessened the likelihood of developing a cold, even for those who were not sleeping well
b) a lower quantity of sleep increased the likelihood of experiencing cold symptoms ✓ correct
c) those who got less sleep were less likely to develop a cold
d) a greater quantity of sleep decreased the body's resistance to illness

Q41. *[Multiple Choice]*

The idea that the mind influences the body _____.

a) originated in the 1960s
b) arose as early as 400 B.C. ✓ correct
c) has only recently been explored
d) initially gained support during the 17th century

Q42. *[Multiple Choice]*

The more secondary prevention strategies one uses, the _____.

a) lower their quality of life and life expectancy are
b) lower their quality of life is but the higher their life expectancy is
c) lower their life expectancy is but the higher their quality of life is.
d) higher their quality of life and life expectancy are. ✓ correct

Q43. *[Multiple Choice]*

The principles of health psychology can be used to persuade people to seek medical care to detect health problems at an early stage. Health psychology, therefore, can encourage _____ prevention.

a) primary
b) secondary ✓ correct
c) tertiary
d) behavioral

Q44. *[Multiple Choice]*

Though, historically, people sought treatment for acute infectious diseases, they were still likely to die from them because _____.

a) they were unable to communicate their symptoms
b) medications had too many side effects
c) doctors had little knowledge or resources to treat these illnesses ✓ correct
d) people did not trust their medical diagnoses

Q45. *[Multiple Choice]*

Two thirds of individuals who do not have health insurance say the main reason they do not is because _____.

a) they do not need it
b) they do not trust medical professionals
c) the cost of the insurance is too high ✓ correct
d) they are unable to adhere to treatment plans

Q46. *[Multiple Choice]*

Until the early 1900s, most people in the United States died from _____.

a) acute infectious diseases ✓ correct
b) cardiovascular disease
c) cancer
d) environmental deficits

Q47. *[Multiple Choice]*

When cancer patients use palliative care, they _____.

a) do not survive as long
b) spend more money on their health care
c) are more satisfied with the care they receive ✓ correct
d) experience more pain during treatment

Q48. *[Multiple Choice]*

When it comes to costs, primary prevention is _____.

a) about the same as secondary prevention
b) more expensive than tertiary prevention
c) less expensive than treatment ✓ correct
d) more expensive than secondary prevention

Q49. *[Multiple Choice]*

Which describes the relationship between ongoing stress and cancer?

a) People who experience ongoing stress are less likely to be diagnosed with cancer.
b) Ongoing stress can lead to fewer cancer symptoms.
c) People who experience ongoing stress are twice as likely to die from cancer. ✓ correct
d) Ongoing stress leads to an increased immune response to cancer.

Q50. *[Multiple Choice]*

Which health model views the mind and body as inherently connected?

a) biomedical
b) biopsychosocial ✓ correct
c) biochemical
d) biological

Q51. *[Multiple Choice]*

Which historical view is most consistent with the idea that both the mind and the body influence health?

a) Hippocrates' view that health depends on an equilibrium ✓ correct
b) Descartes' view that disease results from the breakdown of the body's machine
c) Newton's demonstration that physical phenomena can be explained by concrete laws
d) Pasteur's work in the role of microorganisms in causing disease

Q52. *[Multiple Choice]*

Which of these was a goal of the Affordable Care Act (ACA)?

a) increase access to health care ✓ correct
b) encourage more individuals to enter the health care industry
c) fund research designed to cure diseases and illnesses
d) provide funds so individuals could afford elective surgeries

Q53. *[Multiple Choice]*

Which question can the biomedical model answer?

a) Why are women who feel anxious about their pregnancies more likely to give birth prematurely?
b) How can chemotherapy delay the spread of cancer? ✓ correct
c) How can placebos lead to symptom improvement?
d) Why are people with neuroticism more likely to develop coronary heart disease?

Q54. *[Multiple Choice]*

Which statement best expresses the relationship between behavioral medicine and behavioral health?

a) Behavioral health is a subfield of behavioral medicine. ✓ correct
b) Behavioral medicine and behavioral health are different names for the same fields.
c) Behavioral medicine and behavioral health are different branches of psychosomatic medicine.
d) Behavioral medicine is a subfield of behavioral health.

Q55. *[Multiple Choice]*

Which statement contains a valid explanation for the rising cost of health care?

a) Life expectancy has increased. ✓ correct
b) Medical procedures are more difficult to schedule.
c) Families are getting larger.
d) Patients can now choose any doctor they want, regardless of their health care coverage.

Q56. *[Multiple Choice]*

Why are people who experience stress at greater risk for illnesses?

a) They often forget to wash their hands.
b) Stress weakens the immune system. ✓ correct
c) People who are stressed have fewer friends.
d) Stress keeps people from seeing the doctor.

Q57. *[Multiple Choice]*

Why are women who use doulas less likely to have Cesarean sections?

a) The psychological support the doula offers reduces birth risks. ✓ correct
b) Doulas are better able to spot warning signs during labor than other medical professionals are.
c) Doulas are more likely to recommend risk–reducing technological advancements during delivery.
d) Doulas are more likely to speed the pace of labor and delivery than doctors are.

Q58. *[Multiple Choice]*

Why has racism been denoted as a public health crisis in some areas across the United States?

a) Racism leads to cardiovascular problems, premature aging, and psychological distress. ✓ correct
b) Members of certain races do not have access to medication and other pharmaceutical treatments.
c) Members of certain races are less likely to socially support one another.
d) Racism causes obesity, which leads to further discrimination.

Q59. *[Multiple Choice]*

Why might some minor illnesses be treated by pharmacists in the future?

a) It is less expensive for pharmacists to treat minor illnesses than doctors. ✓ correct
b) Pharmacists are more trusted medical professionals than physicians are.
c) Pharmacists are the only ones who have the authority to prescribe drugs in some states.
d) Doctors are refusing to treat minor, acute illnesses due to malpractice concerns.

True/False (13)

Q60. *[True/False]*

About half of all cancer deaths are caused by behavioral choices.

a) True ✓ correct

b) False

Correct answer: True

Q61. *[True/False]*

Approximately half of all people do not take medications as they are prescribed.

a) True ✓ correct

b) False

Correct answer: True

Q62. *[True/False]*

Decreased rates of infectious diseases have led to minimal increases in life expectancy.

a) True

b) False ✓ correct

Correct answer: False

Q63. *[True/False]*

Health–promotion programs are typically quite expensive.

a) True

b) False ✓ correct

Correct answer: False

Q64. *[True/False]*

Historically, the medical community has resisted collaborating with psychologists.

a) True ✓ correct

b) False

Correct answer: True

Q65. *[True/False]*

On average, optimistic people live ten years longer than people who aren't optimistic.

a) True

b) False ✓ correct

Correct answer: False

Q66. *[True/False]*

Physicians who use more expensive, technologically based care extend their patients' life expectancies.

a) True

b) False ✓ correct

Correct answer: False

Q67. *[True/False]*

Psychological factors have a substantial impact on physiology.

a) True ✓ correct

b) False

Correct answer: True

Q68. *[True/False]*

Reducing the cost of college would have beneficial effects on health.

a) True ✓ correct

b) False

Correct answer: True

Q69. *[True/False]*

The Affordable Care Act resulted in reduced health care coverage.

a) True

b) False ✓ correct

Correct answer: False

Q70. *[True/False]*

The biomedical model has led to a number of benefits for society.

a) True ✓ correct

b) False

Correct answer: True

Q71. *[True/False]*

Wealthier individuals do not live as long as middle class individuals.

a) True

b) False ✓ correct

Correct answer: False

Q72. *[True/False]*

Women who live in walkable neighborhoods are less likely to develop certain types of cancer.

a) True ✓ correct

b) False

Correct answer: True

Essay (13)

Q73. *[Essay]*

During the 17th century, why did the holistic view of health change to a view where health was believed to be caused solely by bodily processes?

Suggested answer: *Sample response: First, René Descartes's development of the doctrine of mind–body dualism, namely, the view that the mind and body are two separate entities with little interaction, led to the view that the body was basically a machine. Disease was seen as resulting from the physical breakdown of the machine, and it was believed that the physician's job was to fix the machine. Second, advances in other scientific fields such as physics led to the view that science could be used to determine precise physical principles. For example, Isaac Newton's demonstration of an apple falling to the earth because of gravitational pull led other theorists to believe that all physical phenomena could be observed with such ease and explained by concrete laws. Third, various scientific advances, including Giovanni Battista Morgagni's work in autopsy, Rudolf Virchow's work in pathology, and Louis Pasteur's work in bacteriology, led to a focus on how microorganisms cause disease. All of these factors facilitated the focus on a biomedical model.*

Q74. *[Essay]*

How are education and health outcomes linked?

Suggested answer: *Sample response: Many of the same factors that contribute to health disparities as a function of race and income also explain educational differences in health outcomes. People with lower levels of education are more likely to engage in harmful health behaviors, such as smoking and eating less nutritious foods. People with lower levels of education tend to experience higher levels of stress, to live in less safe environments, and to lack health insurance. All of these explanations point to the urgent need to create societal changes that increase people's opportunity to pursue high education.*

Q75. *[Essay]*

How can racial differences in health outcomes be reduced? Support your answer.

Suggested answer: *Sample response: One key strategy that could be used to reduce racial differences in health outcomes is to address societally based racial discrimination. Redlining—a type of housing discrimination—and other forms of structural racism are linked with poorer health, including higher rates of hypertension, diabetes, and heart disease. Redlining explains why wealthy communities have far more trees and parks—and far less concrete—than poorer communities. Since average temperatures are 10 degrees higher in places without trees compared to those without, people living in neighborhoods with less tree cover are more at risk of experiencing heat exhaustion, asthma, and cardiovascular disease. Relatedly, air pollution—which is often caused by soot from power plants, construction sites, and other industrial activities—disproportionately effects people of color and those who are low-income. Estimates are that setting stricter air pollution standards would lead to overall decreases in mortality across the United States but would have particular benefits for lower-income white and Black adults as well as higher-income Black adults. Finally, reducing the drastic rate of poverty in some parts of the United States, especially in inner cities, is probably the most important means of improving health in people of color.*

Q76. *[Essay]*

How do clinical health psychologists help improve patient outcomes?

Suggested answer: *Sample response: Clinical health psychological positions often involve working in a hospital, medical school, HMO, pain and rehabilitation clinic, or independent practice. People in this field could help prepare patients for surgery and other medical procedures, design programs to help patients adhere to medical recommendations and cope with chronic pain and evaluate different interventions for treating obesity or coping with cancer. Clinical health psychologists could also work directly with medical professionals to improve patient outcomes, such improving communication with patients or increasing physicians' use of the surgical safety checklist in the operating room*

Q77. *[Essay]*

How do psychological factors influence pain experiences?

Suggested answer: *Sample response: Psychological factors, including environmental stress, personality, and social support, influence the development and treatment of pain. Pain is also influenced by other psychological factors, such as the rewards received for experiencing pain, people's thoughts about the results of the pain, and modeling.*

Q78. *[Essay]*

How has the definition of health changed over the years?

Suggested answer: *Sample response: The meaning of health has changed in several ways over the last 100 years. We used to think of health as simply the absence of illness or disease, but the World Health Organization now defines health as "a state of complete physical, mental and social well-being, and not merely the absence of disease and illness."*

Q79. *[Essay]*

Why did the American Psychological Association (APA) create a health–related task force in the 1970s?

Suggested answer: *Sample response: The growing awareness of the role of psychological factors in influencing physical health led the American Psychological Association (APA) to create a task force to examine how the field of psychology could contribute to health research. In turn, a Health Psychology division within the APA was also created with the goal of providing "a scientific, educational, and professional organization for psychologists interested in (or working in) areas at one or another of the inter-faces of medicine and psychology."*

Q80. *[Essay]*

Why do some people follow doctors' recommendations and others ignore these messages?

Suggested answer: *Sample response: Psychological factors, including people's thoughts about their symptoms and illnesses as well as interactions with health care providers and the medical system in general, influence how people react to treatment plans, and hence whether they recover from illness.*

Q81. *[Essay]*

Why have death rates from infectious diseases declined?

Suggested answer: *Sample response: First, changes in technology and lifestyle, such as the development of sewage treatment plants, water purification efforts, and better overall nutrition, have led to better overall hygiene. Second, the development of antibiotics such as penicillin has enabled physicians to treat bacterial infections, such as pneumonia and cholera. Third, the development of vaccinations, which help the immune system fight infections, has prevented people from contracting–and dying from–diseases such as smallpox, measles, tuberculosis, polio, rubella (German measles), and pertussis.*

Q82. *[Essay]*

Why have health care costs markedly increased within the United States? Explain.

Suggested answer: *Sample response: A number of factors contribute to the relatively higher rate of health care costs in the United States. One factor is that physicians and hospitals in the United States spend much more on administrative costs, including advertising to recruit patients, filing for reimbursement from insurance companies, and obtaining permission to do various procedures. These costs are largely due to the many different ways in which people in the United States receive health insurance, depending on their employer, income, and age. In many countries health care is viewed as a guaranteed consumer good or service and is funded at least in part by the government. Patients can typically choose any doctor they want, and all citizens' medical bills, including prescription drugs and mental health services, are covered by taxes. In contrast, people in the United States pay for health coverage in very different ways; employers may offer different types of managed care systems (such as health maintenance organizations, or HMOs; preferred provider organizations, or PPPs; and high-deductible health plan, or HDHPs), people 65 and older receive government coverage (Medicare), people with limited income receive government coverage (Medicaid), and other people opt for traditional (and most costly) fee-for-service care. These different types of health care options contribute to the higher cost of health care in the United States compared to in other countries.*

Q83. *[Essay]*

Why is secondary prevention such an important health care strategy?

Suggested answer: *Sample response: Secondary prevention is very important because in many cases people have more treatment options and a better likelihood of curing their problem if it is caught early. For example, the recent decline in cancer deaths is attributed in part to changes in behavior, such as fewer people smoking, but also to increases in the ability to detect and treat cancer at early stages. Similarly, people who learn they are HIV-positive quickly are able to start antiretroviral therapy (ART), which slows the growth of the virus in the body.*

Q84. *[Essay]*

Why is the biopsychosocial model considered holistic?

Suggested answer: *Sample response: The biopsychosocial model is holistic in that it considers the mind and body as inherently connected. In addition, it acknowledges that biological factors can and do influence health and illness, but that social, cultural, and psychological factors also exert an effect. The biopsychosocial model therefore contributes to the biomedical model by helping to explain the impact of psychological factors on the development and progression of chronic conditions as well as how people cope with pain, illness and disease.*

Q85. *[Essay]*

Why might even relatively expensive lifestyle interventions be cost–effective in the long–term?

Suggested answer: *Sample response: Even relatively expensive lifestyle interventions can be cost-effective, if they reduce costly medical procedures or reliance on expensive drugs. In other words, companies may prefer to pay the considerable costs of a lifestyle-change program that includes diet, exercise, meditation, and so on rather than the cost of a coronary artery bypass surgery. A large proportion of health care costs employers pay are linked to behaviors people could modify in some way. Employers clearly benefit from having healthy employees; the average health care cost for healthy employees in the above study was less than $3,000 a year, compared to over $10,000 a year for employees with at least one medical condition. In sum, employee wellness programs, which both increase awareness about the link between behavioral choices and health outcomes and help people build skills to change these health-related behaviors, could lead to substantial cost savings for both employees and businesses.*

Hard

Multiple Choice (13)

Q86. *[Multiple Choice]*

A doctor working from the biomedical model is treating a patient with recurring heart pain. How would they likely treat this patient's illness?

a) prescribe movement and exercise
b) run objective tests to identify the problem ✓ correct
c) provide psychological interventions
d) attempt to rebalance the patient's bodily fluids

Q87. *[Multiple Choice]*

A prospective health psychologist enjoys working directly with people. Because of this, they are least likely to pursue a degree in _____.

a) nursing
b) clinical psychology
c) counseling
d) public health ✓ correct

Q88. *[Multiple Choice]*

A state implemented a comprehensive smoking cessation program with the money it received from a settlement with a large tobacco company. With respect to such chronic conditions as lung cancer and emphysema, the program is an example of _____ prevention.

a) primary ✓ correct
b) secondary
c) tertiary
d) social

Q89. *[Multiple Choice]*

A team of campus counselors creates a campaign called "More Sleep, More Hugs" to promote student wellness. Is the campaign's title a good one, based on information provided in the text?

a) No. Hugs spread germs.
b) No. Sleep leads to lethargy and depression.
c) Yes. Although sleep and hugs don't really do much for health, they also don't produce negative effects.
d) Yes. Sleep and social support are both positively associated with health. ✓ correct

Q90. *[Multiple Choice]*

A team of faculty and counselors at a large high school introduces a program of interventions across the curriculum aimed at encouraging such feelings as joy, happiness, hopefulness, and pride among the adolescent student body. The program appears strongly influenced by _____.

a) positive psychology ✓ correct
b) psychosomatic medicine
c) occupational health psychology
d) the biomedical model

Q91. *[Multiple Choice]*

Interactions between health care professionals and their clients may be influenced by ethnicity. This statement best reflects the _____ component of the _____ model of health.

a) biological; biomedical
b) medical; biomedical
c) psychological; biopsychosocial
d) social; biopsychosocial ✓ correct

Q92. *[Multiple Choice]*

Jasinta has been hired by the Ford Motor Company to encourage their employees to participate in the employee wellness program. Jasinta is most likely a(n) _____.

a) behavioral medicinist
b) clinical health psychologist
c) occupational health psychologist ✓ correct
d) medical internist

Q93. *[Multiple Choice]*

Lupe examines how social support may buffer the negative effects of stigma on the well–being of HIV+ gay men of color. Lupe is most likely a _____.

a) nurse practitioner
b) functional medicine doctor
c) health psychologist ✓ correct
d) psychiatrist

Q94. *[Multiple Choice]*

Mason, a prospective student, is primarily interested in people's physical and physiological responses and in exploring how bodies work. He should likely obtain a degree in _____.

a) physical therapy ✓ correct
b) clinical psychology
c) counseling
d) public health

Q95. *[Multiple Choice]*

Maya did not finish high school. Which of the following health outcomes is Maya likely to experience?

a) longer life expectancy
b) reduced risk of developing asthma
c) lower stress levels
d) increased risk of chronic pain ✓ correct

Q96. *[Multiple Choice]*

Sofano has a chronic illness, but because he and his family live in poverty, he has no health insurance. This is an example of the power of _____.

a) the biomedical model
b) tertiary prevention
c) social determinants of health ✓ correct
d) racism

Q97. *[Multiple Choice]*

Which of the following health psychologists would be most likely to assist a firm in the oil–and–gas industry in protecting the safety and promoting the wellness of offshore drillers?

a) environmental
b) clinical
c) occupational ✓ correct
d) educational

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Q98. *[Multiple Choice]*

_____ prevention is illustrated by actions such as taking medicine to reduce the development of symptoms of AIDS once infected with HIV; engaging in regular physical therapy to recover from an injury; or following diet recommendations following a heart attack.

a) Primary
b) Secondary
c) Tertiary ✓ correct
d) Behavioral

Essay (2)

Q99. *[Essay]*

Hana is a student who wants to go into the field of health psychology. If Hana is interested primarily in research and policies on health–related issues, what should her training path and career goal be? Explain.

Suggested answer: *Sample response: In the field of health psychology, those who are interested in research and policy typically work in government agencies like the National Institutes of Health, the Centers for Disease Control and Prevention or the United Nations. This work could include things like examining the effects of raising cigarette prices on smoking or designing public service announcements promoting vaccinations. In order to become a health psychologist in these settings, students should try to get a broad background in psychology, anatomy and physiology, and statistics and research methods in their undergraduate degree. Then, they should pursue a graduate degree in some discipline within psychology that incorporates training in biology, psychology, social factors, and research.*

Q100. *[Essay]*

Javon suffers from chronic, severe headaches. Compare and contrast the biomedical and biopsychosocial models of health by illustrating how each model might inform the understanding and treatment of Javon's headaches.

Suggested answer: *Sample response: Both the biomedical and biopsychosocial models consider the physiological causes of health complaints or illness. For example, both models might consider muscular tension or eye strain as potential sources of Javon's headaches. The biopsychosocial model; however, goes further than the biomedical model in considering the psychological and sociocultural factors that might contribute to Javon's experience of headaches. Anxiety, stress, cultural disapproval of expressing negative emotions are examples of factors that the biopsychosocial model might explore when a client complains of headaches. The distinction between the model extends to treatment. Both models suggest that anti-inflammatory medicine, exercise to reduce muscular tension, and the correction of myopia and other visual problems are important elements in treating headaches. However, the biopsychosocial model would also suggest the potential utility of relaxation training, meditation, and appropriate ways to express conflict and negative emotions in treating headaches.*