Your Health Today - Choices in a Changing Society 7th edition Teague Test Bank

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Your Health Today, 7e **(Teague)**
Chapter 2 Mental Health and Stress

1) The approach to psychological research that, instead of studying mental illness, studies such things as happiness, character strengths, and healthy emotions is called
A) positive thinking.
B) positivism.
C) positive health modeling.
D) positive psychology.

Answer: D
Section: What Is Mental Health?
Topic: Positive Psychology; Mental Health
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
Accessibility: Keyboard Navigation

2) Research on positive psychology has led scientists to identify six virtues that "enable human thriving." One of these is
A) temperance.
B) competitiveness.
C) individualism.
D) zeal.

Answer: A
Section: What Is Mental Health?
Topic: Positive Psychology
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

3) The highest level of Maslow's needs hierarchy is characterized by
A) constant self-absorption.
B) a profound sense of unworthiness.
C) a continuing drive to achieve more.
D) a state of transcendence and well-being.

Answer: D
Section: What Is Mental Health?
Topic: Self-Actualization
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
Accessibility: Keyboard Navigation

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4) The basic premise of Maslow's hierarchy of needs theory is that people will pursue their highest potential when
A) circumstances force them to do it.
B) they model the behavior of other successful people.
C) they can acknowledge all their psychological faults.
D) their basic needs are met.

Answer: D
Section: What Is Mental Health?
Topic: Self-Actualization
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
Accessibility: Keyboard Navigation

5) In the hierarchy of needs pyramid, the order of human needs progresses as follows:
A) safety and security; physiological needs; self-esteem; love and belongingness; self-actualization.
B) physiological needs; safety and security; love and belongingness; self-esteem; self-actualization.
C) physiological needs; safety and security; self-actualization; self-esteem; love and belongingness.
D) safety and security; love and belongingness; physiological needs; self-esteem; self-actualization.

Answer: B
Section: What Is Mental Health?
Topic: Self-Actualization
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

6) Which of the following is most strongly associated with better mental health?
A) isolation
B) optimism
C) intelligence
D) self-employment

Answer: B
Section: What Is Mental Health?
Topic: Optimism
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
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7) Which type of intelligence involves self-awareness and sensitivity to others?
A) spatial
B) general
C) emotional
D) interpersonal

Answer: C
Section: What Is Mental Health?
Topic: Emotional Intelligence
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
Accessibility: Keyboard Navigation

8) Mentally healthy people tend to have
A) high-paying jobs.
B) high self-esteem.
C) a high percentage of risk factors.
D) a minimal support system.

Answer: B
Section: What Is Mental Health?
Topic: Character Strengths
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
Accessibility: Keyboard Navigation

9) Which of the following is a key to reducing stress and leading a mentally healthy life?
A) going to a top-10 college
B) getting married
C) social support
D) having children

Answer: C
Section: Managing Stress
Topic: Managing Stress
Learning Objective: Identify strategies for managing stress.
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10) You are demonstrating a sense of self-efficacy when you believe you are
A) always right.
B) a good person.
C) more gifted than others.
D) in control of your circumstances.

Answer: D
Section: What Is Mental Health?
Topic: Optimism; Self-Efficacy
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

11) The ability to bounce back from an adverse event is known as
A) realism.
B) retribution.
C) resilience.
D) recognition.

Answer: C
Section: What Is Mental Health?
Topic: Optimism; Resilience
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

12) Your brain is not fully developed until you reach your
A) early twenties.
B) teens.
C) fifth birthday.
D) fortieth birthday.

Answer: A
Section: The Brain's Role in Mental Health and Illness
Topic: Brain Development
Learning Objective: Identify the brain's role in mental health and illness.
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13) A person suffering from depression commonly experiences
A) a lack of guilt.
B) improved concentration.
C) an unusual passion for hobbies.
D) fatigue.

Answer: D
Section: Mental Disorders and Treatment
Topic: Mental Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

14) Jorge has always been a top student, but for the past couple of months he no longer enjoys school and can't concentrate, so his grades are far lower than they could be. With which of the following conditions is Jorge most likely to be diagnosed?
A) bipolar disorder
B) hypersomnia
C) major depressive disorder
D) panic disorder

Answer: C
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Apply
Accessibility: Keyboard Navigation

15) Jenna sometimes "shops till she drops," meaning she shops on an exhilarating high until she crashes into a major depressive episode. Jenna's behavior is most common to which disorder?
A) obsessive-compulsive
B) major depressive
C) bipolar
D) generalized anxiety

Answer: C
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Apply
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16) Geoff showers four or five times during the course of a day and washes his hands almost every time he touches something. Geoff's behavior most closely resembles symptoms of
A) agoraphobia.
B) obsessive-compulsive disorder.
C) a major depressive disorder.
D) a psychosis.

Answer: B
Section: Mental Disorders and Treatment
Topic: Anxiety Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Apply
Accessibility: Keyboard Navigation

17) Which of the following statements about schizophrenia is true?
A) Brain scanning technologies reveal abnormalities in the brains of people with schizophrenia.
B) There is no hereditary risk in the occurrence of schizophrenia.
C) Behavioral therapies are the only available treatments.
D) People who are schizophrenic always hear voices.

Answer: A
Section: Mental Disorders and Treatment
Topic: Psychotic Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

18) Scott, age 24, has withdrawn from most social contact and stopped dressing appropriately. When you speak with him, his conversation tends to make no sense. Of the following options, Scott is most likely to be diagnosed with
A) a generalized anxiety disorder.
B) a specific phobia.
C) an addiction.
D) schizophrenia.

Answer: D
Section: Mental Disorders and Treatment
Topic: Psychotic Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Apply
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19) Suicide is the _____ leading cause of death among college students.
A) third
B) first
C) second
D) fifth

Answer: C
Section: Mental Disorders and Treatment
Topic: Suicide
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

20) Which of the following is a warning sign or event that often precedes a suicide attempt?
A) acting normally
B) social isolation
C) decrease in risk-taking behaviors
D) a constant desire for companionship

Answer: B
Section: Mental Disorders and Treatment
Topic: Suicide
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

21) When a person with a physiological dependence on a substance needs higher and higher doses to achieve a high, that person is experiencing the characteristic signs of
A) a compulsion.
B) loss of interest.
C) tolerance.
D) withdrawal.

Answer: C
Section: Mental Disorders and Treatment
Topic: Addiction
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
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22) Which part of the brain activates the stress response?
A) corticoid
B) cerebral cortex
C) parasympathetic nervous system
D) hypothalamus

Answer: B
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

23) The stress response is a series of _____ that occur in the face of a threat.
A) physiological changes
B) trained behaviors
C) threatening images
D) irrational thoughts

Answer: A
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
Bloom's: Understand
Accessibility: Keyboard Navigation

24) Which system controls our involuntary, unconscious actions?
A) autonomic nervous system
B) sympathetic system
C) limbic system
D) autoimmune system

Answer: A
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
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25) Of the following bodily changes, which is associated with the stress response?
A) decreased blood pressure
B) muscle relaxation
C) slowed heart rate
D) increased metabolism

Answer: D
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
Bloom's: Understand
Accessibility: Keyboard Navigation

26) Selye proposed the General Adaptation Syndrome (GAS) model to explain
A) how organisms respond physiologically to stressors.
B) how different people respond differently to stress.
C) the difference between good and bad stress.
D) the effects of stress on our health.

Answer: A
Section: Stress and Your Health
Topic: General Adaptation Syndrome
Learning Objective: Describe the impact of stress on health.
Bloom's: Understand
Accessibility: Keyboard Navigation

27) The _____ stage of the General Adaptation Syndrome is characterized by a reduction in immune system functioning that will be temporary if the stress is over quickly.
A) exhaustion
B) alarm
C) fight-or-flight
D) resistance

Answer: B
Section: Stress and Your Health
Topic: General Adaptation Syndrome
Learning Objective: Describe the impact of stress on health.
Bloom's: Remember
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28) The body can no longer keep up with the demands of the stressor in the _____ stage of the General Adaptation Syndrome.
A) alarm
B) exhaustion
C) fight-or-flight
D) resistance

Answer: B
Section: Stress and Your Health
Topic: General Adaptation Syndrome
Learning Objective: Describe the impact of stress on health.
Bloom's: Remember
Accessibility: Keyboard Navigation

29) Long-term exposure to stress can damage the cardiovascular system by causing
A) sudden, dangerous increases in the heart rate.
B) excessive electrical activity in heart muscle.
C) chronic high blood pressure.
D) heart valve malfunction.

Answer: C
Section: Stress and Your Health
Topic: Chronic Stress
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

30) Iraq war veteran Mallory was diagnosed with post-traumatic stress disorder based on the fact that her symptoms were
A) acute and disabling.
B) irregular and nonspecific.
C) hampering her readjustment to civilian life.
D) not apparent until a year after she returned home.

Answer: D
Section: Stress and Your Health
Topic: Stress and Health
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Apply
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31) In which of the following would a response to a stressor continue for a longer period than would normally be expected?
A) acute stress disorder
B) adjustment disorder
C) bipolar disorder
D) post-traumatic stress disorder

Answer: B
Section: Stress and Your Health
Topic: Stress and Health
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

32) An achievement orientation is associated with which personality type?
A) Type A
B) Type B
C) Type C
D) Type D

Answer: A
Section: Stress and Your Health
Topic: Personality
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

33) Which of the following personality types describes people who are impulsive, need to get things done quickly, and live their lives on a time schedule?
A) Type A
B) Type B
C) Type C
D) Type X

Answer: A
Section: Stress and Your Health
Topic: Personality
Learning Objective: Identify factors that affect your experience of stress.
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34) Among Type A individuals, the trait that appears to be most harmful to health is
A) hostility.
B) infidelity.
C) self-esteem.
D) competitiveness.

Answer: A
Section: Stress and Your Health
Topic: Personality; Stress Mediators
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

35) Kristi's friends all describe her as cool and not easily frustrated. Kristi most likely has which type of personality type?
A) Type A
B) Type B
C) Type C
D) Type D

Answer: B
Section: Stress and Your Health
Topic: Personality; Stress Mediators
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Apply
Accessibility: Keyboard Navigation

36) Which of the following statements displays "hardiness"?
A) "I don't know what to do—all of my professors are so difficult!"
B) "My new professor has it in for me. It will be easier just to drop the class."
C) "This class is hard, so I'll just do the bare minimum to pass."
D) "My new professor is difficult, but I know that if I work hard enough I'll learn a lot from her."

Answer: D
Section: Stress and Your Health
Topic: Stress Response; Stress Mediators
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Apply
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37) _____ is a style of coping with stress that features a positive outlook, a sense of commitment, and a sense of control.
A) Distorted thinking
B) Visualization
C) Hardiness
D) Realism

Answer: C
Section: Stress and Your Health
Topic: Personality; Stress Mediators
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

38) Holmes and Rahe created the Social Readjustment Scale to measure a person's
A) ability to cope with stressors.
B) recovery from an acute stress disorder.
C) risk of developing stress-related illnesses.
D) risk of encountering environmental stressors.

Answer: C
Section: Sources of Stress
Topic: Life Events; Stress
Learning Objective: Identify sources of stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

39) Daily hassles, such as arguments and car problems, can cause health problems when
A) they coincide with a major stressful life event.
B) you don't have a period of recovery.
C) you forget to take an anti-anxiety medication.
D) they occur infrequently.

Answer: B
Section: Sources of Stress
Topic: Stress; Daily Hassles
Learning Objective: Identify sources of stress.
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40) Groups of conditions that often start before a child enters grade school and include limitations on learning and difficulty with behavior control and social skills are known as
A) mood disorders.
B) psychotic disorders.
C) neurodevelopmental disorders.
D) depressive disorders.

Answer: C
Section: Mental Disorders and Treatment
Topic: Neurodevelopmental Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

41) James is an impulsive 7-year-old who is constantly in motion and has an extreme inability to focus. After evaluation, he is diagnosed with a neurodevelopmental disorder. Of the following, which is the most likely diagnosis?
A) autism spectrum disorder (ASD)
B) bipolar disorder
C) obsessive-compulsive disorder
D) attention-deficit/hyperactivity disorder (ADHD)

Answer: D
Section: Mental Disorders and Treatment
Topic: Neurodevelopmental Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Apply
Accessibility: Keyboard Navigation

42) The concept central to _____ is to calm the mind, cleanse the body, and raise awareness through activities involving posture, breathing, and body and mind awareness.
A) yoga
B) t'ai chi
C) biofeedback
D) affirmations

Answer: A
Section: Managing Stress
Topic: Relaxation Techniques
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
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43) _____ are positive thoughts that one can write down or say to oneself to balance negative thoughts.
A) Affirmations
B) Distortions
C) Biofeedbacks
D) Achievements

Answer: A
Section: Managing Stress
Topic: Relaxation Techniques
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

44) Gathering information about your heart rate, breathing, and skin temperature in order to recognize stress response symptoms is a technique referred to as
A) affirmation.
B) regulation.
C) biofeedback.
D) yoga.

Answer: C
Section: Managing Stress
Topic: Relaxation Techniques
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

45) The concept central to _____ is to promote the flow of life energy throughout the body.
A) affirmations
B) biofeedback
C) yoga
D) t'ai chi

Answer: D
Section: Managing Stress
Topic: Relaxation Techniques
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

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46) According to Kübler-Ross, when a person believes he or she is in the process of dying, the person passes through five stages. Which of the following is the linear order originally presented by Kübler-Ross?
A) anger; denial and isolation; bargaining; depression; acceptance
B) denial and isolation; bargaining; depression; anger; acceptance
C) denial and isolation; anger; bargaining; depression; acceptance
D) depression; bargaining; anger; denial and isolation; acceptance

Answer: C
Section: The Grieving Process: Part of Life
Topic: Grief; Facing Death
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
Accessibility: Keyboard Navigation

47) Which of the following is NOT a symptom of grief?
A) lethargy
B) eustress
C) headaches
D) sleep disturbances

Answer: B
Section: The Grieving Process: Part of Life
Topic: Grief
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
Accessibility: Keyboard Navigation

48) Kathleen's brother passed away six months ago. Recently, Kathleen has been imagining herself having conversations with her brother as if he were still alive. What phase of bereavement is she most likely experiencing?
A) separation
B) numbness and shock
C) disorganization
D) reorganization

Answer: A
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Apply
Accessibility: Keyboard Navigation

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49) It's been two years since Frank's mother passed away, but Frank still finds that he has trouble concentrating on anything for too long and often feels tired. What phase of bereavement is Frank most likely experiencing?
A) numbness and shock
B) separation
C) disorganization
D) reorganization

Answer: C
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Apply
Accessibility: Keyboard Navigation

50) Which of the following is recommended for someone who has just lost a loved one?
A) Set a timetable for grieving.
B) Spend time alone, away from your social network.
C) Eat well, exercise, and get plenty of rest.
D) Focus on others rather than on your loss.

Answer: C
Section: The Grieving Process: Part of Life
Topic: Grief
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Apply
Accessibility: Keyboard Navigation

51) Bereavement typically involves four phases. Which of the following is NOT one of the four phases?
A) numbness and shock
B) depression
C) separation
D) reorganization

Answer: B
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
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52) IQ is one of the best predictors of success and happiness in life.

Answer: FALSE
Section: What Is Mental Health?
Topic: Happiness
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
Accessibility: Keyboard Navigation

53) The concept of self-actualization was developed by Abraham Lincoln in the 1960s as a model of human personality development.

Answer: FALSE
Section: What Is Mental Health?
Topic: Self-Actualization
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

54) Social support can help protect you against illness.

Answer: TRUE
Section: Managing Stress
Topic: Social Support
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

55) Pessimists view failure as temporary and limited.

Answer: FALSE
Section: What Is Mental Health?
Topic: Optimism
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

56) Taking reasonable risks is part of being mentally healthy.

Answer: TRUE
Section: What Is Mental Health?
Topic: Character Strengths
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Understand
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57) "Executive functions" of the brain, including planning and organizing, are not fully developed until the early- to mid-20s.

Answer: TRUE
Section: The Brain's Role in Mental Health and Illness
Topic: Brain Development
Learning Objective: Identify the brain's role in mental health and illness.
Bloom's: Remember
Accessibility: Keyboard Navigation

58) The brain is fully developed by the time a child reaches puberty.

Answer: FALSE
Section: The Brain's Role in Mental Health and Illness
Topic: Brain Development
Learning Objective: Identify the brain's role in mental health and illness.
Bloom's: Remember
Accessibility: Keyboard Navigation

59) In the United States today, it is unusual for people to live with undiagnosed mental disorders.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Mental Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

60) Approximately half of depressed individuals seek help.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Treatment of Mental Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
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61) Generalized anxiety disorder is characterized by behaviors such as repetitive hand washing.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Psychotic Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

62) The symptoms of schizophrenia most commonly manifest themselves in childhood.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Psychotic Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

63) Women usually develop schizophrenic symptoms earlier than men do.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Psychotic Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

64) People addicted to sex, Internet use, or shopping can experience euphoria similar to that experienced with drug use.

Answer: TRUE
Section: Mental Disorders and Treatment
Topic: Addiction
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
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65) When a person stops using drugs, the uncomfortable symptoms that result are called tolerance.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Addiction
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

66) Research has established that drugs cause addiction by operating on the "pleasure pathway" in the brain.

Answer: TRUE
Section: Mental Disorders and Treatment
Topic: Addiction
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

67) In the United States, firearms are used in 55-60 percent of all suicides.

Answer: TRUE
Section: Mental Disorders and Treatment
Topic: Suicide
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

68) Female use of firearms to commit suicide has decreased in recent years.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Suicide
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

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69) Alzheimer's, dementia, and amnesia are examples of cognitive disorders.

Answer: TRUE
Section: The Brain's Role in Mental Health and Illness
Topic: Brain Development
Learning Objective: Identify the brain's role in mental health and illness.
Bloom's: Remember
Accessibility: Keyboard Navigation

70) Drugs to treat mood disorders are among the most frequently prescribed medications in the United States.

Answer: TRUE
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

71) Individuals who self-mutilate rarely have a history of physical abuse or substance use, thus making it difficult for scientists to identify the cause of self-inflicted harm.

Answer: FALSE
Section: Mental Disorders and Treatment
Topic: Self-Injury
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

72) Studies indicate that antidepressants can increase the risk of suicidal thoughts in young adults.

Answer: TRUE
Section: Mental Disorders and Treatment
Topic: Suicide; Treatment of Mental Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
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73) Humans are unique in that they are the only members of the animal kingdom that need sudden bursts of energy to fight or flee from situations perceived as dangerous.

Answer: FALSE
Section: What Is Stress?
Topic: Stress
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

74) Immunity breaks down in the resistance stage of the General Adaptation Syndrome.

Answer: FALSE
Section: Stress and Your Health
Topic: General Adaptation Syndrome
Learning Objective: Describe the impact of stress on health.
Bloom's: Remember
Accessibility: Keyboard Navigation

75) It is not the stressor itself that creates health problems, but the body's natural responses to the stressor.

Answer: TRUE
Section: Stress and Your Health
Topic: Stress Response; Stressors
Learning Objective: Describe the impact of stress on health.
Bloom's: Understand
Accessibility: Keyboard Navigation

76) Introducing a relaxation response is one way to fight illness during moments of stress.

Answer: TRUE
Section: Managing Stress
Topic: Managing Stress
Learning Objective: Identify strategies for managing stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

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77) Symptoms of post-traumatic stress disorder usually appear immediately after the traumatic event.

Answer: FALSE
Section: Stress and Your Health
Topic: Stress and Health
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

78) Ulcers are more of a psychological problem than a biological problem.

Answer: FALSE
Section: Stress and Your Health
Topic: Stress and Health
Learning Objective: Describe the impact of stress on health.
Bloom's: Remember
Accessibility: Keyboard Navigation

79) Hostility is related to coronary heart disease and may contribute to premature death.

Answer: TRUE
Section: Stress and Your Health
Topic: Stress and Health
Learning Objective: Describe the impact of stress on health.
Bloom's: Remember
Accessibility: Keyboard Navigation

80) Major life events are more strongly related to illness and disease than are daily hassles.

Answer: FALSE
Section: Sources of Stress
Topic: Life Events; Daily Hassles
Learning Objective: Identify sources of stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

81) Job pressure is a leading stressor for American adults.

Answer: TRUE
Section: Sources of Stress
Topic: Daily Hassles; Stressors
Learning Objective: Identify sources of stress.
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82) Approximately 70 percent of Americans report that their financial situation is a cause of stress.

Answer: TRUE
Section: Sources of Stress
Topic: Daily Hassles; Stressors
Learning Objective: Identify sources of stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

83) Acts of self-injurious behavior may include but are not limited to cutting, burning, scratching, branding, and hand banging.

Answer: TRUE
Section: Mental Disorders and Treatment
Topic: Self-Injury
Learning Objective: Identify sources of stress.
Bloom's: Understand
Accessibility: Keyboard Navigation

84) In 1969, Elisabeth Kübler-Ross proposed a set of stages that people go through when they believe that they are in the process of dying. Studies have shown that these stages are experienced in a distinctly linear fashion; once a stage is completed, it is never revisited.

Answer: FALSE
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Understand
Accessibility: Keyboard Navigation

85) The separation stage of bereavement is characterized by the pain of loss and an intense yearning to be reunited with the person who passed away.

Answer: TRUE
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
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86) Studies suggest that people involved in religion at the end of life tend to be less anxious about death than those who are less religiously involved.

Answer: TRUE
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
Accessibility: Keyboard Navigation

87) Grief can have a negative impact on immune system functioning.

Answer: TRUE
Section: The Grieving Process: Part of Life
Topic: Grief
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
Accessibility: Keyboard Navigation

88) Studies have shown that surviving spouses may have increased odds for heart disease, cancer, depression, alcoholism, and suicide.

Answer: TRUE
Section: The Grieving Process: Part of Life
Topic: Grief
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
Accessibility: Keyboard Navigation

89) Healthy grieving should last no longer than three months after the death of a loved one.

Answer: FALSE
Section: The Grieving Process: Part of Life
Topic: Grief
Learning Objective: Describe strategies for coping with loss and facing death.
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90) The psychological, emotional, cognitive, and spiritual aspects of our lives are known as our _____ health.

Answer: mental
Section: What Is Mental Health?
Topic: Mental Health
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

91) Daniel Goleman's term for a person's social competence, self-control, empathy, and motivation is _____ intelligence.

Answer: emotional
Section: What Is Mental Health?
Topic: Emotional Intelligence
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

92) The ability to bounce back from a negative event is called _____.

Answer: resilience
Section: What Is Mental Health?
Topic: Resilience
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

93) Someone who tends to view problems as temporary and specific can be said to have a(n) _____ explanatory style.

Answer: optimistic
Section: What Is Mental Health?
Topic: Optimism; Character Strengths; Happiness
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
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94) If you possess self-_____, meaning you believe you have some control over a situation, you are much more likely to be successful.

Answer: efficacy
Section: What Is Mental Health?
Topic: Self-Efficacy
Learning Objective: Define mental health; and list characteristics of mentally healthy people.
Bloom's: Remember
Accessibility: Keyboard Navigation

95) Depressive and bipolar disorders are classified as _____ disorders.

Answer: mood
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

96) Major depressive disorder is characterized by the experience of one or more episodes of depression lasting at least two _____.

Answer: weeks
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
Accessibility: Keyboard Navigation

97) The occurrence of manic episodes that alternate with depressive episodes is called _____ disorder.

Answer: bipolar
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
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98) Palpitations, sweating, shortness of breath, and/or chest pain typify the reaction known as a(n) _____.

Answer: panic attack
Section: Mental Disorders and Treatment
Topic: Anxiety
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

99) _____ is the dependence on a substance or behavior.

Answer: Addiction
Section: Mental Disorders and Treatment
Topic: Addiction
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

100) A specific _____ is an intense fear of an activity, situation, or object.

Answer: phobia
Section: Mental Disorders and Treatment
Topic: Anxiety Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

101) A person with bipolar disorder experiences one or more _____ episodes, a distinct period during which the person has an abnormally elevated mood.

Answer: manic
Section: Mental Disorders and Treatment
Topic: Mood Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Understand
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102) The severe mental disorder characterized by disorganized and disordered thinking and perceptions, bizarre ideas, hallucinations, and impaired functioning is called _____.

Answer: schizophrenia
Section: Mental Disorders and Treatment
Topic: Psychotic Disorders
Learning Objective: Identify symptoms and treatment approaches for major categories of mental disorders.
Bloom's: Remember
Accessibility: Keyboard Navigation

103) A(n) _____ is an agent that elicits a stress reaction.

Answer: stressor
Section: What Is Stress?
Topic: Stressors
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

104) Positive stress is also called _____.

Answer: eustress
Section: What Is Stress?
Topic: Life Events; Stress
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

105) The _____ response, or stress response, prepares us with a burst of energy to deal with threats or danger.

Answer: fight-or-flight
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
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106) *Stress* may be defined as any challenge to the body's systems that challenges the body's ability to stay in balance, a condition called _____.

Answer: homeostasis
Section: What Is Stress?
Topic: Relaxation Response
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

107) During the fight-or-flight response, the _____ branch of the autonomic nervous system is responsible for initiating a series of changes in the body, such as increasing heart rate.

Answer: sympathetic
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

108) Managing your _____ well by focusing on planning and prioritizing is a key to reducing stress.

Answer: time
Section: What Is Stress?
Topic: Managing Stress
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

109) Another name for adrenaline is _____.

Answer: epinephrine
Section: What Is Stress?
Topic: Stress Response
Learning Objective: Describe stress and the stress response.
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110) The turning-off of the body's response to stress is called the _____ response.

Answer: relaxation
Section: What Is Stress?
Topic: Stress Response; Relaxation Response
Learning Objective: Describe stress and the stress response.
Bloom's: Remember
Accessibility: Keyboard Navigation

111) The stress response itself can become damaging when people live in a state of _____ stress, in which the stressful conditions are ongoing and the stress response continues without resolution.

Answer: chronic
Section: What Is Stress?
Topic: Chronic Stress
Learning Objective: Describe stress and the stress response.
Bloom's: Understand
Accessibility: Keyboard Navigation

112) Selye's model for the physiological changes associated with the stress response is called the _____ (GAS).

Answer: General Adaptation Syndrome
Section: Stress and Your Health
Topic: General Adaptation Syndrome
Learning Objective: Describe the impact of stress on health.
Bloom's: Remember
Accessibility: Keyboard Navigation

113) People who tend to be impulsive, who need to get things done quickly, and who are sometimes considered hostile, competitive, or impatient, are Type _____ individuals.

Answer: A
Section: Stress and Your Health
Topic: Personality
Learning Objective: Identify factors that affect your experience of stress.
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114) Some people display a great deal of _____, which is defined as an ongoing accumulation of anger and irritation.

Answer: hostility
Section: Stress and Your Health
Topic: Personality; Stress
Learning Objective: Identify factors that affect your experience of stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

115) The technique for stress reduction that uses relaxing images to bring about a relaxation response is called _____, or visualization.

Answer: guided imagery
Section: Managing Stress
Topic: Relaxation Techniques
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

116) The ancient Hindu practice of _____ includes physical, mental, social, and spiritual components.

Answer: yoga
Section: Managing Stress
Topic: Relaxation Techniques
Learning Objective: Identify strategies for managing stress.
Bloom's: Remember
Accessibility: Keyboard Navigation

117) According to Kübler-Ross, the second stage that individuals pass through when they have been diagnosed with a terminal illness is _____.

Answer: anger
Section: The Grieving Process: Part of Life
Topic: Facing Death
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
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118) In Kübler-Ross's view, the last stage people go through when they believe they are dying is _____.

Answer: acceptance
Section: The Grieving Process: Part of Life
Topic: Facing Death
Learning Objective: Describe strategies for coping with loss and facing death.
Bloom's: Remember
Accessibility: Keyboard Navigation

119) The second phase people go through after the loss of a loved one is _____.

Answer: separation
Section: The Grieving Process: Part of Life
Topic: Bereavement
Learning Objective: Describe strategies for coping with loss and facing death.
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