Health Psychology (Canadian) 5th edition Taylor Test Bank

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Chapter 02
The Systems of the Body

True / False Questions

1. Regulation of the autonomic nervous system occurs via the sympathetic nervous system and the parasympathetic nervous system.
TRUE

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Medium
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-02 The Brain

2. The structures of the limbic system play an important role in stress and emotional responses.
TRUE

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-03 The Role of Neurotransmitters

3. The endocrine system is responsible for fast-acting, short-duration responses to changes in the body.
FALSE

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-07 Disorders of the Endocrine System

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4. Angina pectoris is most likely to occur when a clot has developed in a coronary vessel and blocks the flow of blood to the heart.
FALSE

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-13 Disorders Related to White Cell Production

5. Arteriosclerosis results when elasticity of arteries decreases making them rigid and hard.
TRUE

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-13 Disorders Related to White Cell Production

6. Antigens are foreign substances whose presence stimulates the production of antibodies in the cell tissues.
TRUE

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Easy
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-20 What are the Physiological Systems Involved in the Stress Response?

7. Compared to women, men are at greater risk of contracting autoimmune disease.
FALSE

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

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Multiple Choice Questions

8. The nervous system consists of which two primary components?
A. brain; spinal cord
B. central nervous system; peripheral nervous system
C. internal nervous system; external nervous system
D. sensory nervous system; motor nervous system
E. sympathetic nervous system; parasympathetic nervous system

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-02 The Brain

9. The peripheral nervous system consists of the _____ and the _____.
A. brain; spinal cord
B. central nervous system; parasympathetic nervous system
C. central nervous system; sympathetic nervous system
D. somatic nervous system; autonomic nervous system
E. central nervous system; somatic nervous system

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Medium
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-02 The Brain

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10. The _____ nervous system connects the central nervous system with all internal organs.
A. internal
B. external
C. autonomic
D. somatic
E. voluntary

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Hard
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-02 The Brain

11. The _____ nervous system mobilizes the body in response to stress; the _____ nervous system controls the activities of the visceral organs under normal conditions.
A. parasympathetic; sympathetic
B. sympathetic; parasympathetic
C. central; peripheral
D. internal; external
E. voluntary; central

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Hard
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-02 The Brain

12. Damage to the cerebellum is associated with impaired
A. muscular coordination.
B. respiration.
C. blood flow.
D. memory.
E. vision.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-03 The Role of Neurotransmitters

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13. The _____ helps regulate the centres in the medulla that control cardiac functioning, blood pressure, and respiration.
A. forebrain
B. hindbrain
C. hypothalamus
D. medulla
E. primary somatic sensory cortex

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-03 The Role of Neurotransmitters

14. Mark has been preparing for his graduate school entrance exam for several weeks and is very nervous about how he will perform. Furthermore, Mark has lost his appetite and his boyfriend is concerned that he has lost interest in him because he has not displayed any sexual desire lately. Which area of Mark's brain appears to be dysregulated?
A. hypothalamus
B. adrenal medulla
C. limbic system
D. pituitary gland
E. parietal lobe

Accessibility: Keyboard Navigation
Blooms: Apply
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-05 How Does the Endocrine System Operate?

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15. John appears to be physically rigid. He walks slowly and seems to always have a shaky left hand. Which condition is John presenting?
A. epilepsy
B. Parkinson's disease
C. cerebral palsy
D. Alzheimer's disease
E. multiple sclerosis

Accessibility: Keyboard Navigation
Blooms: Apply
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-05 How Does the Endocrine System Operate?

16. Which of the following is the most frequent cause of dementia?
A. Alzheimer's disease
B. Huntington's disease
C. cerebral palsy
D. arthritis
E. heart disease

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-05 How Does the Endocrine System Operate?

17. Catecholamines are
A. specific genes.
B. neurotransmitters.
C. antigens.
D. responsible for a decrease in heart rate.
E. responsible for decreasing blood pressure.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Hard
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-04 Disorders of the Nervous System

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18. Secretion of catecholamines
A. decreases heart rate and blood pressure.
B. produces a state of relaxation.
C. increases heart rate and blood pressure.
D. stimulates digestion and urination.
E. dilates blood vessels.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Hard
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-04 Disorders of the Nervous System

19. _____ is a chronic, nonprogressive disorder of the nervous system that is marked by lack of muscle control.
A. Epilepsy
B. Parkinson's disease
C. Myasthenia gravis
D. Cerebral palsy
E. Multiple Sclerosis

Accessibility: Keyboard Navigation
Blooms: Apply
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-05 How Does the Endocrine System Operate?

20. At birth, the blood supply to Fatima's brain was interrupted, which caused brain damage. As a result, she lacks control of her muscles and frequently experiences seizures. Fatima has ____.
A. epilepsy
B. Parkinson's disease
C. myasthenia gravis
D. cerebral palsy
E. multiple sclerosis

Accessibility: Keyboard Navigation
Blooms: Apply
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-05 How Does the Endocrine System Operate?

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21. The gene for _____ has been isolated, and a test is now available that can indicate if a person is a carrier of the gene and at what age the carrier will succumb to the disease.
A. epilepsy
B. myasthenia gravis
C. multiple sclerosis
D. Parkinson's disease
E. Huntington's disease

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-05 How Does the Endocrine System Operate?

22. The nervous system is chiefly responsible for _____ responses to changes in the body; whereas the endocrine system governs mainly _____ responses.
A. fast-acting, short-duration; slow-acting, long-duration
B. slow-acting, long-duration; fast-acting, short-duration
C. fast-acting, long-duration; slow-acting, short-duration
D. complementary; antagonistic
E. slow-acting, short-duration; fast-acting, long-duration

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Hard
Learning Objective: 02-02 Explain how the endocrine system operates.
Topic: 02-07 Disorders of the Endocrine System

23. The release of steroids via the adrenal cortex is stimulated by
A. oxytocin.
B. cortisol.
C. thyrotropic hormone (TSH).
D. adrenocorticotropic hormone (ACTH).
E. vasopressin.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Hard
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-08 What is the Cardiovascular System?

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24. Type I diabetes
A. typically occurs after age 40.
B. is a condition that occurs when the immune system falsely identifies and destroys cells in the pancreas, which compromises or eliminates their ability to produce insulin.
C. is a condition that is heavily influenced by one's lifestyle.
D. is different than type II diabetes because it lacks a genetic origin.
E. disproportionately affects white males.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-09 The Heart

25. Conditions associated with diabetes include
A. deafness.
B. colour blindness.
C. coronary heart disease.
D. skeletal system damage.
E. loss of hair.

Accessibility: Keyboard Navigation
Blooms: Apply
Difficulty: Hard
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-09 The Heart

26. The _____ carry blood from the heart to oxygenate other organs and tissues.
A. arteries
B. veins
C. capillaries
D. ventricles
E. atria

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-11 Blood Pressure

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27. _____ is chest pain which occurs because the muscle tissue of the heart must continue its activity without a sufficient supply of oxygen or adequate removal of carbon dioxide and other waste products.
A. Angina pectoris
B. Myocardial infarction
C. Phlebitis
D. Arteriosclerosis
E. Aneurysm

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-13 Disorders Related to White Cell Production

28. Atherosclerosis is associated with which two primary clinical manifestations?
A. angina pectoris; myocardial infarction
B. multiple sclerosis; amyotrophic lateral sclerosis
C. upper respiratory tract infections; lower respiratory tract infections
D. Crohn's disease; celiac disease
E. cystic fibrosis; mesothelioma

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-13 Disorders Related to White Cell Production

29. During _____, blood is pumped out of the heart. During _____, blood is taken into the heart.
A. relaxation; contraction
B. diastole; systole
C. systole; diastole
D. atherosclerosis; hypertension
E. angina pectoris; myocardial infarction

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-11 Blood Pressure

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30. Hypertension is caused by
A. low blood pressure.
B. a viral infection.
C. a bacterial infection.
D. a parasitic infection.
E. too high of a cardiac output.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-14 Disorders Related to Red Cell Production

31. Approximately ____% of Canadians aged 12 and over have hypertension.
A. 10
B. 14
C. 18
D. 22
E. 26

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-14 Disorders Related to Red Cell Production

32. Approximately 55% of blood volume is composed of
A. platelets.
B. white blood cells.
C. red blood cells.
D. plasma.
E. hemoglobin.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-04 Describe the function of the immune system.
Topic: 02-15 What is the Function of the Immune System?

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33. _____ is a blood clotting disorder in which individuals are unable to produce thromboplastin and fibrin.
A. Arteriosclerosis.
B. Anemia.
C. Leukopenia.
D. Hemophilia.
E. Erythrocytosis.

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-04 Describe the function of the immune system.
Topic: 02-17 Immunity

34. The course of infection follows a specific sequence. Which of the following lists presents the correct order of sequence?
A. incubation period, period of nonspecific symptoms, acute phase, period of decline.
B. period of nonspecific symptoms, incubation period, acute phase, period of decline.
C. acute phase, incubation period, period of nonspecific symptoms, period of decline.
D. incubation period, acute phase, period of decline.
E. incubation period, period of nonspecific symptoms, period of decline, recovery.

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Hard
Learning Objective: 02-04 Describe the function of the immune system.
Topic: 02-19 Disorders Related to the Immune System

35. B lymphocytes play an important role in the functioning of the immune system by
A. secreting chemicals that kill invading organisms and infected cells.
B. providing protection against bacteria, neutralizing toxins produced by bacteria, and preventing viral infection.
C. down-regulating and eventually turning off the immune response.
D. preventing the circulation of body fluids, such as blood.
E. acting immediately after cells become infected.

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-04 Describe the function of the immune system.
Topic: 02-18 The Lymphatic System's Role in Immunity

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36. Nabila contracted influenza from school when she accidentally shared and infected classmate's water bottle. This is an example of _____ transmission.
A. direct
B. indirect
C. biological
D. mechanical
E. chemical

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-04 Describe the function of the immune system.
Topic: 02-18 The Lymphatic System's Role in Immunity

37. Infections may be
A. localized, focal, or systemic.
B. localized, focal, or non-systemic.
C. non-localized, non-focal, or non-systemic.
D. localized, non-focal, or systemic.
E. non-localized, focal, or systemic.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Medium
Learning Objective: 02-04 Describe the function of the immune system.
Topic: 02-19 Disorders Related to the Immune System

38. Nonspecific immunity is mediated in four ways. Which of the following is not one of the four ways?
A. anatomical barriers.
B. phagocytosis.
C. inflammatory responses.
D. antimicrobial substances.
E. blood clotting.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Hard
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-20 What are the Physiological Systems Involved in the Stress Response?

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39. Shanice had an outbreak of measles. Her body has now built _____ immunity for measles.
A. natural
B. artificial
C. acquired
D. nonspecific
E. specific

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Hard
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-20 What are the Physiological Systems Involved in the Stress Response?

40. Humoral immunity is mediated by
A. B lymphocytes.
B. TC cells
C. NK cells.
D. phagocytosis.
E. TH cells.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-20 What are the Physiological Systems Involved in the Stress Response?

41. Cell-mediated immunity is mediated by
A. B cells.
B. TC and TH cells.
C. B cells and helper and suppressor T cells.
D. interferon.
E. NK cells.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-20 What are the Physiological Systems Involved in the Stress Response?

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42. The spleen
A. secretes insulin and bile into the bloodstream.
B. produces neurotransmitters and corticosteroids.
C. aids in the production of B and T cells and filters the blood.
D. produces red blood cells.
E. aids in the production of NK cells.

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-21 Sympathetic Activation

43. Infectious disorders
A. are acute problems that end when their course has run.
B. that are kept in control through hygiene may have paradoxically increased the rates of these disorders.
C. are not linked to the development of any chronic diseases.
D. are largely under control in developed countries.
E. are genetic in origin.

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

44. Infectious disorders
A. are eradicated in the most developed countries.
B. may be a result of advanced sanitation and refrigeration.
C. consist of viral infections only.
D. do not cause chronic diseases.
E. can be treated effectively with large doses of antibiotics.

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

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45. Autoimmunity
A. involves the progressive, chronic enlargement of lymphatic tissue.
B. is a viral disorder marked by an unusually large number of monocytes.
C. is acquired through measures such as vaccination.
D. is a condition in which a specific humoral or cell-mediated immune response attacks the body's own tissue.
E. is a condition seen only in women.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Easy
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

46. Autoimmunity may be implicated in
A. diabetes.
B. arthritis.
C. hypertension.
D. jaundice.
E. typhoid.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

47. Systemic lupus erythematosus is _____.
A. an autoimmune disorder
B. a genetic disorder which primarily affects men.
C. a non-generalized disorder.
D. not a severe condition.
E. a birth-related disorder.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

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48. Inflammation is also implicated in
A. strokes.
B. renal failure.
C. hemophilia.
D. asthma.
E. mood disorders.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Medium
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

49. The adrenal cortex produces _____ in response to stress.
A. epinephrine and norepinephrine
B. glucocorticoids
C. endogenous opioids
D. ACTH
E. oxytocin

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

50. The activation of the hypothalamic-pituitary-adrenocortical (HPA) axis most closely resembles the _____ model of stress.
A. fight or flight
B. tend and befriend
C. general adaptation syndrome
D. primary appraisal
E. sympathetic arousal

Accessibility: Keyboard Navigation
Blooms: Remember
Difficulty: Easy
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-22 HPA Activation

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Short Answer Questions

51. Describe the difference between the nervous system and endocrine system's response to stress. Provide at least two functions of each system's stress response in your answer.

Answers may vary.

Accessibility: Keyboard Navigation
Blooms: Remember
Blooms: Understand
Difficulty: Hard
Learning Objective: 02-01 Describe the function of the nervous system.
Topic: 02-02 The Brain

52. Describe the structure and function of both sides of the heart. In your answer, explain the two phases of the cardiac cycle.

Answers may vary.

Accessibility: Keyboard Navigation
Blooms: Remember
Blooms: Understand
Difficulty: Hard
Learning Objective: 02-03 Identify how the cardiovascular system works.
Topic: 02-12 The Blood

53. Compare and contrast nonspecific and specific immune mechanisms. Provide at least two examples of each.

Answers may vary.

Accessibility: Keyboard Navigation
Blooms: Analyze
Difficulty: Hard
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-20 What are the Physiological Systems Involved in the Stress Response?

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54. Explain how the sympathetic-adrenomedullary (SAM) and hypothalamic-pituitary-adrenocortical (HPA) axis are implicated in the physiological response to stress.

Answers may vary.

Accessibility: Keyboard Navigation
Blooms: Understand
Difficulty: Hard
Learning Objective: 02-05 Understand the physiological systems involved in the stress response.
Topic: 02-21 Sympathetic Activation
Topic: 02-22 HPA Activation

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