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Correct answers located at the end of the chapter.

1) ____ is the subarea of psychology devoted to understanding psychological influences on health, illness, and responses to those states, as well as the psychological origins and impacts of health policy and health interventions.
   A) Psychosomatic medicine
   B) Health psychology
   C) Medical psychology
   D) Biomedical psychology
   E) The biopsychosocial model

2) According to the textbook, health psychology encompasses all options **EXCEPT** which one?
   A) health promotion and maintenance
   B) prevention and treatment of illness
   C) etiology and correlations of health, illness, and dysfunction
   D) the health care system and the formulation of health policy
   E) a primary focus on the biology of illness and disease

3) Etiology refers to ____
   A) the origins or causes of illness
   B) a special kind of disease state
   C) cures for diseases
   D) the effects of stress
   E) the prevalence of disease in a population

4) Health psychologists who are interested in the behavioural and social factors that contribute to health or illness and dysfunction would focus on which of the following in particular?
   A) microorganisms (i.e., bacteria)
   B) cardiovascular system
   C) health habits (i.e., exercise)
   D) the biomedical model
   E) immunology

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5) Health psychologists who are interested in the impact of health institutions and health professionals on people's behaviour would focus on all of the following, EXCEPT which one?
   A) emergency room wait times
   B) physician-patient communication
   C) geographical locations of hospitals
   D) the biomedical model
   E) physician malpractice

6) What is the process called where small holes were created in skulls, presumably to let the evil spirits out?
   A) cauterization
   B) exorcism
   C) stenting
   D) letting
   E) trephination

7) Very early medicine believed that illness occurred when assorted bodily fluids became unbalanced. This was called ____.
   A) humoral theory
   B) equilibrium theory
   C) fluidity theory
   D) dynamic theory
   E) biological determinism

8) Which group proposed humoral theory for understanding the links between temperament and illness?
   A) Ancient Chinese
   B) Aztecs
   C) Neolithics
   D) Ancient Greeks
   E) Indigenous Shamans

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9) Hippocrates placed the origin of disease within the body and argued for the balance of which humours?
   A) blood, bile, phlegm, feces
   B) green bile, yellow bile, mucus, blood
   C) blood, black bile, yellow bile, phlegm
   D) green bile, yellow bile, blood, phlegm
   E) mucus, feces, blood, bile

10) In addition to determining illnesses, humoral theory was also thought to be somewhat predictive of ____.
   A) life expectancy
   B) fertility
   C) vitality
   D) strength
   E) personality

11) In 1986, the Epp Report proposed a health promotion approach to health that meant giving greater consideration to the ____ that contour health.
   A) temperature and climate
   B) biological mechanisms
   C) social forces
   D) psychological conditions
   E) microorganisms

12) In ____, the Church was the guardian of medical knowledge.
   A) ancient Greece
   B) the Middle Ages
   C) the Renaissance
   D) 19th century
   E) the Stone Age

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13) When was it first accepted that thoughts and beliefs of the mind could influence the occurrence and treatment of physical states?
A) ancient Greece
B) the Middle Ages
C) the Renaissance
D) 19th century
E) Industrial Revolution

14) Which philosopher argued for a doctrine of mind–body dualism?
A) Plato
B) Socrates
C) Aristotle
D) Descartes
E) Nietsche

15) Which Freudian construct implicates a mind/body connection?
A) conversion hysteria
B) unconscious conflict
C) sexual and aggressive drives
D) reaction formation
E) ego and id

16) Conversion hysteria ____.
A) is still a dominant viewpoint in health psychology
B) occurs when specific unconscious conflicts produce physical disturbances
C) opposed the viewpoints of Sigmund Freud
D) was proposed by the ancient Greeks
E) occurs when physical disturbances produce specific unconscious conflicts

17) ____ linked patterns of personality rather than a single specific conflict to specific illnesses.
A) Dunbar and Alexander
B) Galen
C) Hippocrates
D) Freud
E) Cattell

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18) Who argued that conflicts produce anxiety, which becomes unconscious and takes a physiological toll on the body?
   A) Hippocrates
   B) Dunbar and Alexander
   C) Ancient Greeks
   D) Ancient Romans
   E) Scholars in the Middle Ages

19) An example of a disorder believed to be psychosomatic in origin is ____.
   A) ulcers
   B) a tumour
   C) typhoid
   D) yellow fever
   E) measles

20) Which best describes our current conceptualization of the association between personality characteristics and illness?
   A) A few personality characteristics seem to bring about a wide array of health conditions.
   B) Particular personality types aren't sufficient to produce illness.
   C) Sometimes a particular personality characteristic is causally related to a particular disorder.
   D) Personality characteristics are rarely associated with illnesses.
   E) We do not yet understand the association between personality and illness.

21) The field of behavioural medicine ____.
   A) focuses on objective and clinically relevant interventions
   B) relies on subjective interventions
   C) does not consider biofeedback a legitimate form of treatment
   D) preceded the work of Sigmund Freud
   E) was the basis for the field of psychoanalysis

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22) Which of the following statements best reflects a current perspective of the mind-body relationship?
A) Repressed psychological conflicts can manifest as physical symptoms and illness.
B) Health and healing involve the interrelation of all of the body's systems, and illness arises as a disharmony between these systems.
C) Illness is largely a product of one's temperament.
D) Healing relies most heavily on the patient's belief in the treatment.
E) Illness results only from a breakdown of organic and cellular changes within the body.

23) According to the text, all conditions of health and illness are influenced by ____.
A) psychological factors
B) social factors
C) biological and social factors
D) biological, psychological, and social factors
E) psychological and social factors

24) The fundamental assumption of the ____ model is that health and illness are consequences of the interplay of biological, psychological, and social factors.
A) biomedical
B) sociocultural
C) clinical
D) psychosocial
E) biopsychosocial

25) The ____ model maintains that all illness can be explained on the basis of aberrant somatic processes.
A) biomedical
B) psychoemotional
C) biopsychosocial
D) psychosocial
E) psychosomatic

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26) Samir is feeling achy, congested, and lethargic. Samir's doctor tells him he has been infected with a cold virus and does not consider any other contributing factors to his illness. Which model is Samir's doctor demonstrating?

A) biopsychosocial
B) sociocultural
C) psychosocial
D) biomedical
E) behavioural

27) A single-factor model of illness assumes that ____.

A) psychological and social forces combine into a single factor, which ultimately causes illnesses to develop
B) other forces may contribute to the development of illness, but only psychological forces should be considered
C) illness can be explained in terms of a biological malfunction
D) only one factor of an illness can be dealt with at one time
E) all illnesses are the result of a single and repetitive negative thought

28) The idea that health is the absence of disease most closely resembles the ____.

A) biomedical model
B) biopsychosocial model
C) psychosomatic model
D) psychosocial model
E) holistic model

29) The biopsychosocial model of health ____.

A) emphasizes the social and psychological factors in health
B) views the body as a system of organs that work holistically together
C) proposes that complex phenomenon can be reduced down to their simpler components
D) emphasizes the microlevel factors in health
E) maintains that biological, psychological, and social factors are all important determinants of health and illness

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30) According to the biopsychosocial model, state of health and illness are produced by ____.
A) microlevel processes
B) macrolevel processes
C) the interaction of microlevel and macrolevel processes
D) environment
E) microlevel processes and the environment

31) The ____ maintains that health and illness are caused by multiple factors and produce multiple effects.
A) biopsychosocial model
B) psychosomatic model
C) reductionistic model
D) biomedical model
E) psychosocial

32) Systems theory assumes a principle of hierarchical organization. This implies that ____.
A) changes in any one level will affect all other levels of the system
B) only changes in the highest level will affect all levels of the system
C) changes in one level will affect only lower levels of the system
D) changes in intermediate levels have the most profound impacts
E) if changes occur on only one level, all other levels will remain unchanged

33) According to the biopsychosocial model, ____.
A) an interdisciplinary team approach may lead to conflicting diagnoses
B) treatment must focus on biological, psychological, and social factors
C) patients' and practitioners' relationships aren't important to health outcomes
D) a person's lifestyle is not related to illness
E) individuals with unhealthy habits cannot recover from illness

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34) Until early into the 20th century, ____ were among the major causes of illness and death in Canada.
A) acute disorders
B) chronic illnesses
C) hereditary disorders
D) accidents and homicides
E) non-communicable diseases

35) Acute disorders are ____.
A) short-term medical illnesses that are usually responsive to cure
B) typically non-communicable
C) currently the major causes of death and illness in Canada
D) long-term medical illnesses that are usually responsive to cure
E) are very rarely caused by viruses and bacteria

36) Currently, in industrialized countries, ____ is/are the major contributor/s to disability and death.
A) acute disorders
B) chronic illnesses
C) HIV/AIDs
D) accidents and homicides
E) suicide

37) Chronic illnesses ____.
A) are not hereditary in nature
B) are difficult for patients to manage, but seldom contribute to disability or death
C) are short-term medical illnesses that are usually responsive to cure
D) are illnesses in which psychological and social factors play an important role in both cause and management
E) are rare in industrialized countries

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38) Health psychology arose in part due to changing patterns of illness. Which of the following is **NOT** one of these?
   A) Chronic illnesses have overtaken acute illnesses as our primary causes of death.
   B) Chronic illnesses, by definition, will require ongoing adjustment and management.
   C) Physician shortages necessitated development of non-medical treatments where other health practitioners could deliver services.
   D) Chronic illness can be difficult to live with, creating its own psychological issues.
   E) Psychological and social factors are central to lifestyle changes.

39) ____ is the study of the frequency, distribution, and causes of infectious and non-infectious disease in a population, based on an investigation of the physical and social environment.
   A) Health psychology
   B) Etiology
   C) Morbidity
   D) Epidemiology
   E) Immunology

40) ____ refers to the number of cases of a disease that exist at some given point in time. ____ refers to numbers of deaths due to particular causes.
   A) Morbidity; Mortality
   B) Mortality; Etiology
   C) Epidemiology; Pathology
   D) Etiology; Epidemiology
   E) Epidemiology; Mortality

41) Which of the following is **NOT** a term epidemiologists use to describe aspects of the patterns of disease?
   A) morbidity
   B) prognosis
   C) mortality
   D) incidence
   E) prevalence

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42) During epidemics, including COVID-19, a lot of information is provided about things like where the virus is spreading, what the rate of the spread is in different communities, hospitalization rates, and death counts. These statistics are gathered by which branch of science?

A) Biomedicine
B) Population statistics
C) Behavioural medicine
D) Epidemiology
E) Census data

43) Which of the following is **NOT** likely to be a significant contributor to explaining why cancers make up a much greater proportion of our causes of death today than they did 100 years ago?

A) People live longer and therefore have many more years within which to develop a cancer.
B) We now seldom die at relatively young ages due to infectious diseases.
C) The evolution of our genes over the past century.
D) We are exposed to more pollution and chemicals now than we were 100 years ago.
E) We have worse health behaviours now that increase the likelihood of cancer.

44) In 2021, chronic obstructive pulmonary disease (COPD) was the fourth leading cause of death and Alzheimer's disease (and other dementias) was the seventh. In 2060, it is predicted that more people will die of Alzheimer's disease (and other dementias) than from COPD. Which of the following is **NOT** likely to be significant contributor to why that change is expected to occur?

A) Fewer people smoke now than did before 2021 so COPD would become less prevalent.
B) Advances in medicine, including lung transplants, may allow COPD patients to live longer.
C) Now that we are living longer and that dementias increase with age, more people will develop Alzheimer's or other dementias.
D) Our ever-worsening health in terms of obesity, diabetes, and sedentary lifestyles will increase the development of dementias.
E) Our genes have been shifting towards greater development of dementias.

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45) Which of the following is **NOT** considered a determinant of health according to a population health approach?
   A) social support networks
   B) health services
   C) biology and genetic endowment
   D) employment/working conditions
   E) intelligence

46) What best describes a "good" theory in health psychology?
   A) It would be strongly attached to a broader theoretical framework so that prior methods and findings can carry over.
   B) It would incorporate all the interconnections between the micro and macro variables in the biopsychosocial system.
   C) It would describe how one variable affects another in a way that could promote and maintain people's health and guide interventions.
   D) It would focus on maximizing its differentiation from current and previous approaches in order to cover new ground and expand findings.
   E) It would concentrate specifically on the development of new interventions given that treating health issues is the primary goal of health psychology.

47) ____ accredits a number of clinical health psychology graduate programs in Canada, thereby setting a standard of training.
   A) American Psychological Association
   B) American Psychiatric Association
   C) The World Health Organization
   D) The Canadian Psychological Association
   E) Public Health Agency of Canada

48) ____ are known for working with individuals who are emotionally and physically disabled (e.g., people who have mental illness or a disabling chronic illness).
   A) Occupational therapists
   B) Dietitians
   C) Social workers
   D) Physiotherapists
   E) Chiropractors

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49) Which of the following is **NOT** an allied health professional?
A) physiotherapist
B) physician
C) dietitian
D) occupational therapist
E) social worker

50) As an allied health professional Susan has the opportunity to apply the principles of health psychology with her clients. For example, she helps patients with ongoing health issues, help them learn to use adaptive devices and become accustomed to new ways of performing old tasks. Susan most likely works as a(n) ____.
A) physiotherapist
B) physician
C) dietitian
D) occupational therapist
E) social worker

51) Although heart disease is the leading cause of death worldwide, ____ is/are the leading cause(s) of death in Canada according to recent data.
A) cerebrovascular diseases
B) malignant neoplasms
C) diabetes mellitus
D) unintentional injuries
E) chronic obstructive pulmonary disease

52) What allied health professional can evaluate existing capacities of patients and also teach creative tasks such as painting?
A) occupational therapists
B) social workers
C) physiotherapists
D) dieticians
E) chiropractors

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53) In addition to university departments of psychology, health psychologists may work in ____.
A) medical schools
B) hospitals
C) other treatment settings
D) medical schools, hospitals, and other treatment settings

54) Health psychologists have developed and tested a variety of short-term behavioural interventions to address a wide variety of health-related problems, including ____.
A) treating depression
B) modifying bad health habits
C) gene therapy
D) surgical interventions
E) genetic consulting

55) A health behaviour change program is only as good as the ____.
A) scientist who designed it
B) setting in which it is adopted
C) setting in which it is prescribed
D) theory on which it is based

56) Explain the factors that contributed to the development of behavioural medicine. In what ways has the field of behavioural medicine influenced the practice of health psychology?

57) Explain how current views of the mind-body relationship have been influenced by the growing interest in holistic health and healing.

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58) Compare and contrast the biopsychosocial and biomedical models. Explain why the biopsychosocial model has advantages over biomedical model?

59) Explain how the changing patterns of illness have contributed to the rise of health psychology. Provide an example of the changing patterns of illness in Canada.

60) Training in health psychology can lead to opportunities to work in a variety of different fields. Name any of these fields and provide examples of the roles associated with each.

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Answer Key

Test name: Chapter 01

1) B
2) E
3) A
4) C
5) D
6) E
7) A
8) D
9) C
10) E
11) C
12) B
13) B
14) D
15) A
16) B
17) A
18) B
19) A
20) B
21) A
22) B
23) D
24) E
25) A
26) D
27) C
28) A
29) E
30) C
31) A
32) A
33) B
34) A
35) A
36) B
37) D

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38) C
39) D
40) A
41) B
42) D
43) C
44) E
45) E
46) C
47) D
48) A
49) B
50) A
51) B
52) A
53) D
54) B
55) D
56) Short Answer
57) Short Answer
58) Short Answer
59) Short Answer
60) Short Answer

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