Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

SKU: 9781265295004-TEST-BANK

Correct answers located at the end of the chapter.

1) You are writing a report on the factors influencing the onset of puberty. You need to prioritize the most significant elements based on their impact on the timing of puberty. Which factor should you emphasize based on the current understanding of puberty triggers?
   A) genetic predisposition alone, as it defines the exact timing of puberty
   B) the role of leptin and melatonin in the brain, due to their direct influence on kisspeptin production
   C) socioeconomic status, as it affects overall health and well-being
   D) the individual's psychological readiness and stress levels

2) Monica, a 15-year-old girl, has been showing increased emotional arousal and a desire for exciting activities. Her parents are concerned and want to understand why she is behaving this way. What is the most appropriate explanation?
   A) Pubertal changes in the brain increase emotional arousal and desire for rewarding activities.
   B) Monica's behaviour is likely due to a lack of parental control.
   C) Changes in diet during puberty are causing her increased activity levels.
   D) Her behaviour is a result of increased peer pressure during adolescence.

3) A 12-year-old boy named Leif has recently shown a rapid acceleration in height and weight. His parents are concerned and bring him to their family doctor. Based on your understanding of puberty, what is the most appropriate explanation the doctor could provide to Alex's parents?
   A) Leif is experiencing the normal physical changes associated with puberty.
   B) Leif may have a hormonal imbalance that needs further investigation.
   C) Leif's rapid growth is likely due to increased physical activity and diet.
   D) Leif is developing secondary sex characteristics prematurely.

4) David is evaluating the effectiveness of different educational strategies for teaching adolescents about puberty. He wants to prioritize the most impactful approach based on current scientific understanding. Which strategy should he choose?
   A) focusing solely on the genetic aspects of puberty.
   B) discussing the hormonal changes without context.
   C) combining biological and environmental factors to provide a holistic understanding.
   D) emphasizing psychological readiness and emotional changes.

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

5) Jasmine is planning a research study on adolescent stress responses. She needs to justify her focus on cortisol levels as a key variable. Which rationale best supports her decision?
   A) Puberty causes a general increase in all hormones, making cortisol levels less relevant.
   B) Cortisol directly affects the development of secondary sex characteristics.
   C) The responsiveness to stress and the resulting cortisol levels are heightened during puberty, increasing vulnerability to mental health issues.
   D) Cortisol levels remain stable and are not influenced by puberty.

6) What triggers the onset of puberty according to the research on puberty?
   A) an increase in kisspeptin production influenced by leptin and melatonin
   B) the development of primary sex characteristics
   C) a rapid acceleration in growth due to increased sleep
   D) changes in the brain's anatomy and activity

7) Jenny, a 13-year-old girl, lives near the equator and has more body fat compared to her peers who live closer to the poles. She also begins puberty earlier than them. Which factors are most likely contributing to the early onset of her puberty?
   A) her genetic predisposition and living near the equator
   B) her increased body fat and greater exposure to sunlight
   C) her level of physical maturity and access to nutritional resources
   D) her exposure to stress and social evaluation

8) Kai, a 16-year-old, is going through puberty and has developed significant body odour. Their parents are curious about what causes this change. What explanation best describes the reason for Kai's body odour?
   A) Maturation of the adrenal glands (adrenarche) contributes to the development of body odour.
   B) Increased physical activity during adolescence leads to body odour.
   C) Dietary changes during puberty cause body odour.
   D) Hormonal changes in the central nervous system lead to body odour.

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

9) Which of the following changes is **NOT** a direct result of hormonal changes during puberty?
   A) changes in brain organization due to prenatal hormone exposure
   B) development of secondary sex characteristics
   C) increased emotional arousal and sensitivity to rewards
   D) growth of pubic, facial, and body hair

10) Cal is designing a health education program to address early puberty in children. He must decide which factor to focus on to most effectively mitigate early onset. Based on research on puberty, which factor should he prioritize?
   A) increasing light exposure to balance melatonin levels
   B) encouraging healthy body weight to regulate leptin levels
   C) enhancing stress management techniques
   D) improving socioeconomic conditions

11) Casey, a 13-year-old girl, has started to develop pubic and body hair, and her breasts are beginning to grow. Based on your knowledge of puberty, which physical manifestation explains these changes?
   A) development of secondary sex characteristics
   B) rapid acceleration in growth
   C) changes in the brain's anatomy and activity
   D) development of primary sex characteristics

12) What is the role of cortisol during adolescence?
   A) It is a stress hormone that can lead to increased vulnerability to stress and mental health issues.
   B) It stimulates the development of primary sex characteristics.
   C) It regulates the sleep cycle by influencing melatonin levels.
   D) It suppresses the production of leptin, delaying puberty.

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

13) During a school health class, students are learning about the endocrine system's role in puberty. One student asks what triggers the increase in hormone levels necessary for puberty to begin. What would be the most accurate response?
    A) Several genetic and environmental signals instruct the brain to change the set point for hormone levels.
    B) The body starts producing new hormones for the first time.
    C) The pituitary gland independently decides to stimulate hormone production.
    D) An increase in physical activity and diet triggers hormonal changes.

14) Which of the following best describes the role of the HPG axis in puberty?
    A) It is a feedback loop that regulates levels of sex hormones.
    B) It produces new hormones specifically for puberty.
    C) It only starts functioning during adolescence.
    D) It is responsible for regulating the body's growth rate.

15) How does adrenarche contribute to sexual maturation?
    A) by stimulating early sexual feelings and the development of body odour
    B) by increasing height and weight dramatically
    C) by developing secondary sex characteristics like pubic hair
    D) by regulating the sleep cycle through melatonin production

16) During an experiment, researchers measured the hormonal levels of three adolescents: Alastair, who has just started puberty; Sam, who is in the middle of puberty; and Taylor, who is nearing the end of puberty. Which pattern of hormonal changes would you expect to see in their endocrine systems?
    A) Alastair has the highest levels of hormones, followed by Sam, then Taylor
    B) Sam has the highest levels of hormones, followed by Taylor, then Alastair
    C) Taylor has the highest levels of hormones, followed by Sam, then Alastair
    D) Hormonal levels remain constant throughout puberty for all individuals

17) What is the primary function of leptin in the context of puberty?
    A) to stimulate the production of kisspeptin, which triggers puberty
    B) to suppress the production of melatonin, which delays puberty
    C) to increase the levels of cortisol in response to stress
    D) to regulate growth spurts by increasing hormone levels

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

18) A 14-year-old boy is experiencing late puberty and feels self-conscious among his peers. His parents are considering different approaches to help him cope. Which approach should they prioritize based on the psychological and social impact of puberty?
   A) encourage him to focus on academics to distract from his concerns
   B) engage in open discussions about his feelings and experiences to provide emotional support
   C) consider medical interventions to accelerate his development
   D) encourage him to ignore his peers' comments and focus on his strengths

19) Which of the following best explains why early-maturing girls may experience body dissatisfaction during adolescence?
   A) They spend less time talking about their looks with friends.
   B) They are less affected by mass media portrayal of thinness.
   C) They begin dating early and mature physically earlier than peers.
   D) They are less susceptible to peer pressure.

20) A 16-year-old boy is frustrated because his voice is deepening and he is developing acne. He feels embarrassed and wants to know why this is happening. How can you explain these changes to him?
   A) These changes are normal during puberty and are caused by increased hormone levels affecting your larynx and skin glands.
   B) This indicates poor hygiene and requires better skin care.
   C) This is a sign of a skin infection that needs medical treatment.
   D) This suggests you are not getting enough sleep and need to rest more.

21) Alex, a 17-year-old male, is concerned about his acne and increased oiliness of the skin during puberty. He has read different sources about the causes. Which of the following is the most likely cause of his acne?
   A) increased activity of sweat glands and oil production
   B) poor dietary habits
   C) lack of hygiene
   D) stress from school

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

22) David, a 16-year-old boy, recently experienced his first ejaculation and is uncertain about his sexual maturation. Considering the sequence of sexual maturation in boys, what should be explained to David?
    A) explain that his sexual maturation is complete and he will not experience further changes
    B) inform him that the first ejaculation is a normal part of puberty and that he will continue to experience changes in his sexual maturation
    C) advise him to seek medical attention as the first ejaculation at his age is unusual
    D) suggest that he focus on comparing his sexual development with his peers to understand what is normal

23) Sarah is a 13-year-old girl who has recently started feeling self-conscious about her body image, particularly after noticing her friends discussing their appearances and seeing images of thin models on social media. Based on the information provided, which factor is most likely contributing to her body dissatisfaction?
    A) comparing herself with her friends
    B) seeing images of thin models on social media
    C) her recent physical changes due to puberty
    D) pressure from parents to maintain a certain weight

24) During puberty, which part of the body is first to accelerate in growth?
    A) head, hands, and feet
    B) arms and legs
    C) torso and shoulders
    D) breasts and pubic hair

25) Which of the following is a marker for the conclusion of puberty?
    A) the growth of pubic hair
    B) the appearance of underarm hair
    C) epiphysis
    D) the onset of menarche

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

26) Emma, a 14-year-old girl, has been feeling pressured to lose weight because her friends and some boys at school have teased her about her body. Despite being within the normal weight range for her age and height, she is considering dieting. What is the most significant factor contributing to her desire to diet?

A) teasing about her weight
B) media portrayal of thinness
C) her own health concerns
D) influence of family members

27) A 13-year-old boy has noticed that some of his peers are growing taller and developing faster than he is. He feels anxious about being left behind. Based on your knowledge of adolescent development, what would be the most appropriate advice to give him?

A) Everyone grows at their own pace, and you will likely catch up with your peers soon.
B) You should take growth supplements to speed up your development.
C) You are experiencing a rare growth disorder and should consult a specialist.
D) It's best to avoid physical activities until you reach the same height as your peers.

28) James is a 15-year-old boy who has recently experienced a significant increase in height and muscle mass. He is puzzled by his sudden clumsiness and awkward movements. Which explanation best accounts for James's current physical state?

A) uneven growth of different body parts
B) lack of physical exercise
C) nutritional deficiencies
D) hormonal imbalances

29) A school counsellor is working with a group of early-maturing girls who are experiencing body dissatisfaction. What strategy should the counsellor implement to help these girls improve their body image?

A) encourage the girls to engage in discussions that focus on their strengths and abilities rather than their looks
B) advise the girls to follow strict diet plans to control their weight
C) suggest that the girls avoid social media to escape negative body image influences
D) recommend that the girls wear loose clothing to hide their bodies

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

30) Which of the following statements about sexual maturation in boys is correct?
    A) Boys develop pubic hair before the growth of the penis.
    B) Boys are fertile before they appear physically mature.
    C) The deepening of the voice occurs early in adolescence.
    D) Boys develop underarm hair before pubic hair.

31) Jasper, a 12-year-old boy, is experiencing the early stages of puberty and is shorter than most of his peers, causing him to feel insecure. Considering the adolescent growth spurt and sex differences in height, what advice should be given to Jasper?
    A) reassure Jasper that his height will remain shorter than his peers throughout adolescence
    B) advise Jasper to be patient as boys generally experience their growth spurt later and he will likely catch up in height
    C) suggest Jasper should engage in intensive physical exercise to accelerate his growth
    D) recommend that Jasper compares his height with girls to feel better about his stature

32) Laura is a 14-year-old girl experiencing rapid weight gain during puberty. She is concerned about her body image and is considering a strict diet to lose weight quickly. Based on somatic development knowledge and body dissatisfaction among adolescent girls, what recommendation should be given to Laura?
    A) encourage Laura to follow a strict diet to quickly lose weight and feel better about her body
    B) advise Laura to maintain a balanced diet and engage in regular physical activity, emphasizing that weight gain during puberty is normal
    C) suggest Laura should ignore her concerns about body image as they will naturally resolve over time
    D) recommend Laura to focus on comparing herself with her friends to understand what is normal

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

33) Mark, a 16-year-old boy, has started noticing changes in his voice and the emergence of facial hair. He is curious about whether he is now capable of fathering a child. Based on the sequence of male pubertal development, what is the most accurate explanation regarding his fertility?

A) He is likely already fertile as fertility precedes the development of adult-like appearance.
B) He will become fertile after his voice fully deepens.
C) He will become fertile once his facial hair fully develops.
D) He is not yet fertile until he reaches late adolescence.

34) What is the muscle-to-fat ratio for boys at the end of adolescence?

A) 1 to 1
B) 5 to 4
C) 3 to 1
D) 2 to 2

35) A 12-year-old girl has started developing pubic hair and breast buds. Her parents are unsure if this is normal. Based on the stages of sexual maturation, what should you tell them?

A) These are normal early signs of puberty, indicating that her body is developing as expected.
B) This is unusual and requires a medical evaluation.
C) This suggests she is developing too quickly and should be monitored closely.
D) This indicates a hormonal imbalance that needs to be corrected.

36) At what age does the adolescent growth spurt typically start for boys?

A) 7–13 years
B) 9½–14½ years
C) 10½–16 years
D) 11–14½ years

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

37) A sociologist is exploring the factors contributing to the secular trend of declining age of menarche in industrialized nations. They posit that increased exposure to artificial light and human-made chemicals play a significant role. Which additional factor should be considered to provide a more comprehensive explanation?

A) improved nutritional status and overall health
B) genetic predispositions to early puberty
C) increased levels of physical activity among adolescents
D) the prevalence of father-absent families

38) A researcher is studying the secular trend in pubertal timing and is investigating why the average age of menarche has declined over the past 150 years. Which explanation best applies environmental influences knowledge on pubertal timing?

A) Improved nutrition, sanitation, and control of infectious diseases have contributed to the earlier onset of puberty.
B) Changes in genetic makeup due to natural selection have led to earlier puberty.
C) Increased physical activity among youth has caused the secular trend.
D) Greater exposure to artificial light has solely resulted in the decline in the age of menarche.

39) A psychologist is working with a 15-year-old boy named Marcus who has been experiencing chronic illness since childhood and is concerned about his delayed pubertal development. How can the psychologist apply knowledge about the influences on pubertal timing to address Marcus's concerns?

A) explain to Marcus that his chronic illness is likely contributing to his delayed pubertal development
B) suggest that Marcus's delayed puberty is due to his genetic predisposition alone
C) advise Marcus to increase his physical exercise to accelerate puberty
D) tell Marcus that his delayed puberty is a result of poor family environment

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

40) A school counsellor is working with a 13-year-old boy named Jake who is feeling self-conscious because he is one of the last boys in his class to start puberty. How might the counsellor apply knowledge about variations in the timing and tempo of puberty to help Jake?
    A) reassure Jake that variations in the timing of puberty are normal and that late maturers often end up being taller as adults
    B) suggest that Jake start a high-protein diet to accelerate his pubertal development
    C) advise Jake to engage in more physical exercise to speed up his puberty
    D) tell Jake that he should be concerned about his delayed puberty and seek medical intervention

41) Considering the secular trend in the declining age of puberty, what should public health officials prioritize to mitigate potential risks associated with this trend?
    A) increase monitoring of exposure to artificial light and human-made chemicals in the environment
    B) prioritize early intervention programs that promote healthy behaviours related to nutrition and physical activity
    C) focus on genetic research to better understand and predict the timing of puberty
    D) implement policies to reduce stress in families and improve socioeconomic conditions

42) A researcher is studying the impact of chronic illness on pubertal timing in adolescents. They have collected data on a group of individuals with various chronic illnesses and their age of onset of puberty. How should the researcher prioritize the factors when analyzing the data?
    A) focus on genetic predispositions and familial influences, as these are the primary determinants of pubertal timing
    B) prioritize the overall physical well-being, including nutrition and chronic illness, as these significantly impact pubertal timing
    C) consider socioeconomic factors and stress as the main determinants of pubertal timing
    D) analyze the influence of geographic and ethnic factors first, as they are more impactful than health conditions

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

43) A pediatrician is assessing a 10-year-old girl named Sarah who has already completed several stages of pubertal development. Her parents are worried about her early maturation. What explanation can the pediatrician provide based on the understanding of familial and environmental influences on pubertal timing?

A) Sarah's early maturation could be influenced by genetic factors and environmental conditions such as family stress.
B) Sarah's early maturation is likely due to a lack of physical activity.
C) Sarah's early maturation is exclusively due to her genetic predisposition.
D) Sarah's early maturation is because she lives in a different province with different environmental conditions.

44) A researcher is examining the relationship between family conflict and the onset of puberty in adolescents. What should the researcher prioritize in their study design to ensure robust findings?

A) focus on the presence of a stepfather and exposure to pheromones as the main factors
B) controlling for genetic susceptibility and other stress factors to isolate the impact of family conflict
C) consider socioeconomic status and nutritional factors as the primary determinants
D) examine the influence of broader environmental factors like geographic location first

45) Liam, a 13-year-old boy, is experiencing emotional difficulties and mood swings early in puberty. What intervention would be most effective in helping him manage these changes?

A) monitor his hormone levels regularly
B) counselling to develop coping skills
C) increase his physical activity
D) provide medication to stabilize his mood

46) Axel, a 14-year-old transgender boy, is considering puberty blockers to alleviate distress from gender-noncongruent physical changes. What should his healthcare provider prioritize in this situation?

A) prescribe puberty blockers immediately
B) conduct a comprehensive assessment and develop a support plan
C) discourage the use of puberty blockers to avoid medical intervention
D) suggest Axel wait and see how his feelings evolve

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

47) Which statement best explains the relationship between early maturation and problem behaviour in adolescents?
    A) Early-maturing adolescents are more likely to engage in delinquency and substance use due to unsupervised time and older peer associations.
    B) Early-maturing adolescents show less interest in academic activities.
    C) Early-maturing adolescents consistently have better relationships with parents.
    D) Early-maturing adolescents are more likely to experience positive social feedback.

48) Mark is a teacher who notices that his students are increasingly sleepy and less engaged during morning classes. He is considering advocating for a later school start time. What is the strongest evidence Mark can use to support his recommendation?
    A) Adolescents are least alert between 8:00 and 9:00 a.m. due to changes in melatonin levels.
    B) Adolescents prefer staying up late due to increased availability of electronic media.
    C) Students report higher levels of anxiety and stress at the end of the school year.
    D) Early school start times have not changed significantly over the past 30 years.

49) What is a significant psychosocial effect observed among gender-diverse youth during puberty?
    A) increased risk for mental health problems
    B) improved academic performance
    C) reduced need for peer support
    D) heightened physical activity levels

50) A group of adolescents is being studied for the impact of puberty on family relationships. It is observed that conflict increases between parents and adolescents during puberty. What might be the primary cause of this increased conflict?
    A) adolescents' increased desire for autonomy and independence
    B) parents' increased warmth and support
    C) adolescents' improved academic performance
    D) parents' decreased expectations for their children

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

51) A research team is designing a study to investigate the psychological impacts of early versus late puberty. They are considering different methodologies. Which approach would be most effective in isolating the effects of puberty timing on psychological development?

A) a longitudinal study tracking individuals over time
B) a cross-sectional study comparing different age groups at a single point in time
C) a survey-based study collecting self-reported data from adolescents
D) an experimental study with randomized assignment to early and late puberty conditions

52) In a longitudinal study, adolescents who received gender-affirming medical interventions, such as puberty blockers, were compared to those who did not receive such interventions but desired them. Which pattern best explains the mental health outcomes of the two groups?

A) Both groups showed similar levels of mental health improvement.
B) Those who received medical interventions showed better mental health outcomes.
C) Those who did not receive medical interventions had better mental health outcomes.
D) There was no significant difference in mental health outcomes between the two groups.

53) How does early puberty typically affect adolescent girls in terms of emotional well-being?

A) They experience higher rates of depression and anxiety
B) They have a significantly better self-image
C) They are less likely to engage in delinquent behaviour
D) They receive more parental warmth and support

54) A researcher is studying two groups of adolescents: one group that has experienced early puberty and another that has experienced late puberty. The researcher notices that early-maturing girls report higher levels of emotional difficulties compared to late-maturing girls. What is the most likely explanation for these findings?

A) Early-maturing girls receive more social support from peers.
B) Early-maturing girls are more likely to face social pressures and body dissatisfaction.
C) Early-maturing girls tend to have better communication with their parents.
D) Early-maturing girls generally feel more confident about their physical changes.

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

55) Which factor is known to contribute to sleep deprivation in adolescents during puberty?
A) delayed timing of melatonin secretion
B) reduced need for sleep
C) increased academic responsibilities
D) greater parental control over bedtime

56) A researcher is investigating the impact of sleep deprivation on adolescents. Which of the following outcomes is most likely to be observed among adolescents who do not get enough sleep?
A) improved cognitive functioning and school performance
B) increased risk of depression and substance abuse
C) better relationships with peers and family
D) decreased likelihood of obesity

57) A school principal is reviewing policies to support students' mental health and is considering implementing a program to educate parents about the impacts of puberty. Which key point should the principal emphasize to parents?
A) Puberty affects the brain in ways that make adolescents more responsive to social stressors.
B) Hormonal changes at puberty directly cause adolescent moodiness.
C) Early maturation is always more stressful than late maturation.
D) Physical changes at puberty are the main cause of conflict between parents and adolescents.

58) Maria, a 14-year-old girl, has recently started puberty and feels anxious about the increased attention from older boys. As her school counsellor, what strategy would you recommend to help her manage this new social dynamic?
A) encourage Maria to avoid interactions with older boys
B) help Maria develop healthy boundaries and effective communication skills through counselling
C) advise Maria to confront the boys about their behaviour
D) suggest Maria consult her parents for advice on handling the situation

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

59) What is a common outcome for adolescents who receive medical intervention for pubertal suppression?
A) They are less likely to have suicidal ideations.
B) They experience increased academic performance.
C) They have higher levels of physical activity.
D) They show greater interest in social activities.

60) Sage, a 16-year-old girl, has been experiencing sleep problems since starting puberty. What strategy should her parents implement to help improve her sleep patterns?
A) allow Sage to set her own sleep schedule
B) establish a consistent sleep routine
C) encourage Sage to catch up on sleep during weekends
D) reduce Sage's screen time before bed

61) Which of the following impacts is most likely to occur due to biological changes during puberty?
A) heightened activity in brain regions controlling reward and emotions
B) increased desire for academic success
C) improved memory and cognitive function
D) reduced need for social interactions

62) Rather than the hormonal changes of puberty, which factor is most likely to contribute to adolescents' mood fluctuations?
A) daily activities and social interactions
B) consistent levels of testosterone and estrogen
C) stable family dynamics
D) predictable school routines

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

63) A community health organization is planning an intervention to improve body satisfaction among adolescents. They have to choose between a media literacy program, a peer support group, and a physical fitness initiative. Which intervention is likely to be the most effective in reducing body dissatisfaction?

A) media literacy program
B) peer support group
C) physical fitness initiative
D) combination of peer support and physical fitness

64) Which factor is **NOT** directly associated with the increased prevalence of obesity among Indigenous youth in Canada?

A) food insecurity
B) high levels of physical activity
C) consumption of energy-dense foods
D) negative school environments

65) How do neuroimaging studies explain the increased risk of obesity in some individuals?

A) greater activation of the brain's reward centres and poorer impulse control
B) reduced activation of the brain's reward centres and better impulse control
C) greater activation of the brain's motor centres and better physical activity
D) reduced activation of the brain's motor centres and poorer physical activity

66) An adolescent clinic is evaluating treatment plans for patients with binge eating disorder. They can choose between cognitive behavioural therapy (CBT) alone, antidepressant medications alone, or a combination of both. Which treatment plan should be recommended based on evidence of effectiveness?

A) cognitive behavioural therapy (CBT) alone
B) antidepressant medications alone
C) combination of CBT and antidepressant medications
D) family therapy

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

67) Given a scenario where an adolescent continues to gain weight despite trying various diets, which approach is likely to be the most effective?
    A) combining behaviour modification with weight-loss medication
    B) relying solely on fad diets
    C) exclusively increasing physical activity
    D) using weight-loss medication without behaviour modification

68) A longitudinal study tracks the BMI and sleep duration of adolescents. Results show that shorter sleep duration is associated with higher BMI. What is the most likely explanation for this pattern?
    A) Shorter sleep duration leads to increased physical activity.
    B) Shorter sleep duration increases calorie intake and reduces energy expenditure.
    C) Shorter sleep duration has no impact on metabolism.
    D) Shorter sleep duration directly decreases BMI.

69) An adolescent is in treatment for bulimia. Which combination of treatments is supported by research as being most effective?
    A) individual psychotherapy and family therapy
    B) hospitalization and cognitive behavioural therapy
    C) cognitive behavioural therapy and antidepressant medications
    D) behavioural therapy and nutritional education

70) A public health researcher is assessing the effectiveness of various approaches to prevent obesity among Indigenous youth. The options include implementing land-based learning, increasing access to traditional foods, or improving sleep quality. Which approach should be prioritized?
    A) land-based learning
    B) increasing access to traditional foods
    C) improving sleep quality
    D) combination of access to traditional foods and sleep quality

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

71) A team of psychologists is designing a study to address eating disorders among adolescents in a culturally diverse urban area. They are considering focusing on media exposure, peer influence, or family dynamics. Which factor is likely to have the most significant impact on preventing eating disorders?
    A) media exposure
    B) peer influence
    C) family dynamics
    D) combination of media and peer influence

72) A high school implements a new policy to reduce the availability of unhealthy foods in the cafeteria. Despite this, obesity rates among students do not decrease. Which of the following best explains why this policy alone may not be effective?
    A) Students purchase unhealthy foods from nearby stores
    B) The policy did not address physical activity
    C) The majority of food intake comes from the home environment
    D) Students are not influenced by school policies

73) A researcher observes that adolescents who frequently use social media have higher rates of body dissatisfaction. Which factor is most likely contributing to this observation?
    A) increased peer pressure to conform to social norms
    B) exposure to idealized images and comparisons
    C) lack of parental supervision while using social media
    D) social media use reduces physical activity

74) What is the most widely used method to determine whether an adolescent is overweight?
    A) calculating their body mass index (BMI)
    B) measuring their waist circumference
    C) taking skinfold measurements
    D) assessing body fat percentage

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

75) Which statement best explains the relationship between body dissatisfaction and disordered eating in adolescents?
A) Body dissatisfaction often leads to the development of disordered eating behaviours.
B) Body dissatisfaction is unrelated to eating behaviours.
C) Disordered eating causes body dissatisfaction among adolescents.
D) Adolescents with body dissatisfaction usually do not develop eating disorders.

76) A study finds that Indigenous youth in Canada have higher rates of obesity compared to non-Indigenous youth. The study identifies several contributing factors, including food insecurity, low physical activity, and negative school environments. Which of the following best explains the primary cause of higher obesity rates among Indigenous youth?
A) negative school environments
B) food insecurity and low-income households
C) cultural pressures to conform to Western standards
D) lack of parental encouragement for physical activity

77) A researcher is studying the impact of sleep duration on adolescent BMI. Based on the presented research, which group is most likely to benefit from interventions aimed at improving sleep duration?
A) adolescents with shorter sleep duration
B) adolescents with higher physical activity levels
C) adolescents with diets high in fruits and vegetables
D) adolescents experiencing body dissatisfaction

78) In what way can schools contribute to the prevention of obesity among adolescents?
A) providing healthier food options and encouraging physical activity
B) eliminating physical education classes
C) promoting sugary drinks in school canteens
D) discouraging participation in extracurricular sports

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

79) An adolescent girl is diagnosed with bulimia and is undergoing cognitive behavioural therapy (CBT). Despite treatment, she continues to engage in binge-purge behaviours. Which factor is most likely undermining the effectiveness of her treatment?

A) lack of support from peers
B) co-occurring psychological problems such as depression
C) inadequate focus on nutritional education
D) insufficient duration of therapy sessions

80) A nutritionist is working with an Indigenous community to reduce obesity rates among adolescents. Which intervention is most appropriate?

A) promoting increased physical exercise among adolescents
B) encouraging the reduction of sugary soft drinks and junk food
C) improving relationships between adolescents and their parents
D) implementing culturally tailored, school-based nutrition interventions

81) A public health official is tasked with reducing the prevalence of eating disorders in adolescents by addressing cultural pressures. Which of the following actions is the most appropriate?

A) start school-based programs to educate about the dangers of eating disorders
B) launch media campaigns promoting diverse body types and healthy body images
C) implement stricter regulations on diet pill advertisements
D) increase the availability of mental health services in schools

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

Answer Key

Test name: Chapter 01

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

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

38) A
39) A
40) A
41) B
42) B
43) A
44) B
45) B
46) B
47) A
48) A
49) A
50) A
51) A
52) B
53) A
54) B
55) A
56) B
57) A
58) B
59) A
60) B
61) A
62) A
63) A
64) B
65) A
66) C
67) A
68) B
69) C
70) A
71) C
72) C
73) B
74) A
75) A
76) B
77) A

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank

78) A
79) B
80) D
81) B

Adolescence 2026 (Canadian) 1st edition Steinberg Test Bank