Connect Core Concepts in Health BRIEF BOUND Edition 18th edition Insel Test Bank

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Chapter 01 Taking Charge of Your Health

CORRECT ANSWERS ARE LOCATED IN THE 2ND HALF OF THIS DOC.

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) The key element of wellness is the absence of disease.
   - ◎ true
   - ◎ false

2) Self-confidence affects self-esteem.
   - ◎ true
   - ◎ false

3) Strong friendships are a key component of a person's environmental wellness.
   - ◎ true
   - ◎ false

4) Religion is a requirement for good spiritual health.
   - ◎ true
   - ◎ false

5) It is not possible to have health in the absence of wellness.
   - ◎ true
   - ◎ false

6) Interpersonal wellness includes the ability to detect problems.
   - ◎ true
   - ◎ false

7) Prior to the 20th century, infectious diseases were a primary cause of mortality.
   - ◎ true
   - ◎ false

8) Poor lifestyle choices are a primary factor in American mortality in the 21st century.
   - ◎ true
   - ◎ false

9) Morbidity and mortality are synonymous.
   - ◎ true
   - ◎ false

10) One goal being developed for *Healthy People 2030* is to eliminate health disparities among Americans.
   - ◎ true
   - ◎ false

11) Gender differences in rates of chronic diseases are reflected in the fact that men have higher risk of Alzheimer's disease and women are at a greater risk of depression.
   - ◎ true
   - ◎ false

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12) Deaths from opioid overdose and alcohol abuse increased during the Covid-19 pandemic.
- ◎ true
- ◎ false

13) According to the National Center for Health Statistics, significant progress to reduce racial and ethnic health disparities has been made over the past 15 years and there is no longer a gap in life expectancy between white people and Black people.
- ◎ true
- ◎ false

14) Education and economic status are among the factors considered significant health determinants within *Healthy People 2030.*
- ◎ true
- ◎ false

15) The attainment of a four-year college degree is associated with an additional decade of life expectancy.
- ◎ true
- ◎ false

16) Deeply rooted behaviors like addiction can never be changed through independent self-management techniques alone.
- ◎ true
- ◎ false

17) A detailed cost-benefit analysis of a behavior change is recommended in the precontemplation stage of change.
- ◎ true
- ◎ false

18) Motivation and commitment to change behavior increase with an external locus of control.
- ◎ true
- ◎ false

19) Motivation for behavior change is unaffected by social support.
- ◎ true
- ◎ false

20) The role of visualization in behavior change is to increase your external locus of control.
- ◎ true
- ◎ false

21) Lapses into previous unhealthy behaviors should be considered failures.
- ◎ true
- ◎ false

22) A health journal should address only the specific target behavior rather than the circumstances around that behavior.
- ◎ true
- ◎ false

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23) Most people are more likely to be motivated toward behavior change by long-term goals such as the avoidance of disease in the future.
- ◎ true
- ◎ false

24) In the maintenance phase of behavior change, a person has exited the cycle of change and is no longer tempted to revert to their old behavior.
- ◎ true
- ◎ false

25) Making adjustments to an original plan of action is a common part of the termination phase of behavior change.
- ◎ true
- ◎ false

26) Effective rewards and support for behavior change are a key element of "SMART" goal setting.
- ◎ true
- ◎ false

27) A person has just moved to a new town, started a new job, and is settling into a new apartment when they learn that their grandmother has passed away. This may be the perfect time to institute a behavior change program.
- ◎ true
- ◎ false

28) Making a successful change in a physical health behavior has the additional benefit of improved self-efficacy.
- ◎ true
- ◎ false

29) Behavior choices and actions have no impact beyond the health and wellness of the individual making the change.
- ◎ true
- ◎ false

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

30) According to the Centers for Disease Control and Prevention data on leading causes of death, which lifestyle factor is LEAST associated with an increased risk of death from diabetes mellitus?
- A) excessive alcohol consumption
- B) inactive lifestyle
- C) smoking
- D) poor dietary habits

31) Which of the following is NOT considered one of the nine dimensions of wellness?
- A) dietary wellness
- B) emotional wellness
- C) environmental wellness
- D) cultural wellness

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32) The nine dimensions of wellness
- A) are entirely within people's control.
- B) are interrelated and may affect each other.
- C) ensure the separation of mind and body.
- D) are static and unchangeable.

33) Which behavior or practice would contribute to a person's physical wellness?
- A) participating in workplace training opportunities
- B) avoiding unsafe casual sex
- C) avoiding debt and impulse buying
- D) establishing an intimate relationship

34) Trust, self-confidence, and the ability to understand and accept one's feelings are components of
- A) emotional wellness.
- B) interpersonal wellness.
- C) intellectual wellness.
- D) spiritual wellness.

35) Which quality is a component of emotional wellness?
- A) trust
- B) self-confidence
- C) ability to understand and accept
- D) All of these answers are correct.

36) Immigrant parents are not concerned about their child's ability to adapt to school because the child is curious, open to new ideas, and eager to learn new skills. Which wellness dimension BEST reflects the child's qualities?
- A) emotional
- B) intellectual
- C) interpersonal
- D) cultural

37) Spiritual wellness is enhanced by having
- A) a strong support network of family and friends.
- B) a selfless concern for the well-being of others.
- C) the ability to express oneself creatively.
- D) an openness to new ideas.

38) The ability to interact well with people from different religions, ethnicities, or sexual orientations is an aspect of
- A) interpersonal wellness.
- B) spiritual wellness.
- C) intellectual wellness.
- D) cultural wellness.

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39) Financial wellness includes a person's ability to
A) find a job that has a retirement pension.
B) balance income and expenses.
C) avoid occupational hazards.
D) earn enough money to leave a regular occupation.

40) What is the significance of annual percentage rate (APR) and the minimum monthly payment for credit cards?
A) The minimum monthly payment determines the APR.
B) The APR is reflected in the interest you pay on your balance with each monthly payment.
C) APR and minimum monthly payment are the same thing.
D) Debit cards have a higher APR than credit cards.

41) Which behavior or quality best demonstrates a person's interpersonal wellness?
A) motivation to master new skills
B) creativity and capacity for love
C) the ability to cultivate a support system of friends and family
D) a sense of belonging to something greater than oneself

42) Occupational wellness can be enhanced by all of the following EXCEPT
A) contributing to a retirement fund.
B) being recognized and valued by the employer.
C) enjoying social time with coworkers on lunch breaks.
D) participating in continuing education opportunities at work.

43) Every Saturday, a couple walks to and from the local soup kitchen, where they volunteer. They have made new friends and never miss a shift, even when it's raining or inconvenient. This routine improves their
A) emotional and environmental wellness.
B) intellectual and cultural wellness.
C) occupational and interpersonal wellness.
D) spiritual and physical wellness.

44) Self-acceptance differs from self-esteem in that it
A) means having a set of guiding beliefs, principles, or values that give meaning and purpose to their life.
B) is concerned with how a person perceives that others view them.
C) is a feeling of trust in one's own abilities and qualities.
D) refers to personal satisfaction with oneself, regardless of other people's opinions.

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45) What is the role of genetics in determining life span?
- A) The strongest correlation between genes and mortality is susceptibility to coronary artery disease.
- B) Studies show that over 75% of the variability in life span can be traced to genetics.
- C) Mortality is entirely determined by environmental and behavioral factors.
- D) Mortality is unrelated to genetics.

46) According to the Centers for Disease Control and Prevention, life expectancy for Americans declined between 2014 and 2017 primarily due to all of the following conditions EXCEPT Which condition was NOT identified by the Centers for Disease Control and Prevention as a primary factor in the decline of life expectancy between 2014 and 2017?
- A) homicide.
- B) obesity.
- C) suicide.
- D) drug overdose.

47) Public health achievements during the 20th century are credited with changing the major causes of death from_____ to_____.
- A) infectious diseases; chronic diseases
- B) accidents; drug overdoses
- C) chronic diseases; infectious diseases
- D) infectious diseases; drug overdoses

48) Life expectancy among Americans almost doubled from 1900 to 1980 due to all of the following measures EXCEPT
- A) development of vaccines.
- B) production of antibiotics.
- C) purification of water.
- D) availability of more immunotherapy drugs.

49) Which was the number one cause of death in 2020–2021 in the United States?
- A) accidents
- B) malignant neoplasms
- C) heart disease
- D) diabetes mellitus

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50) Which of the following statements about obesity and life expectancy is FALSE?
- A) Researchers have identified obesity as a cause of recent declines in life expectancy.
- B) Rates of obesity among children have recently stabilized at about 10%, or 1 in 10 children.
- C) Developing obesity as a younger age is associated with greater obesity-related health effects due to longer exposure to excess body fat.
- D) Obesity is associated with multiple of the U.S. leading causes of death, including Covid-19.

51) To address the obesity epidemic, health promotion advocates proposed a solution to
- A) change food pricing to promote healthful options.
- B) include daily physical education classes in schools.
- C) control advertising of unhealthy foods targeting children.
- D) All of these answers are correct.

52) Which lifestyle factor would contribute to the development of heart disease?
- A) sex
- B) cigarette smoking
- C) family history
- D) age

53) The leading cause of death among Americans aged 15 to 24 is
- A) accidents.
- B) infectious diseases.
- C) homicide.
- D) suicide.

54) The dominant focus of U.S. government health policies is
- A) improving diversity among health care providers.
- B) preventing unhealthy behaviors.
- C) improving access to healthcare through provisions of the Affordable Care Act (ACA).
- D) preventing deaths from respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD).

55) A primary goal of *Healthy People 2030* is to
- A) shift the focus to environmental factors instead of social factors in determining health.
- B) increase the proportion of adults who meet federal guidelines for exercise.
- C) increase life expectancy beyond 100 years.
- D) reduce the cost of health care.

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56) Which statement about the Affordable Care Act (ACA) is TRUE?
- A) Being a student disqualifies a person from being eligible for Medicaid.
- B) "Catastrophic" health plans are available but will have a higher premium.
- C) The majority of people can avoid a penalty if they choose not to get a health plan.
- D) Rehabilitative services are recognized as one of the policy's 10 essential benefits.

57) On average, compared to people living in urban areas, people living in rural areas are
- A) more likely to seek preventive health care.
- B) more likely to be physically active.
- C) less likely to die of an injury-related cause.
- D) less likely to wear a seatbelt when driving.

58) Income and education are correlated with health status. The relationship between the poverty rate and health status is_____ , while the relationship between education level and health status is_____.
- A) direct; direct
- B) inverse; direct
- C) direct; inverse
- D) inverse; inverse

59) As used in the discussion of health issues for diverse populations, the concept of sex differs from that of gender in that sex refers to
- A) the act of intercourse.
- B) an individual's internal sense of self.
- C) behaviors learned by a person according to prevailing cultural norms.
- D) the biological and physiological characteristics that define men, women, and intersex people.

60) Which gender-related wellness risk factor impacts women more than men?
- A) rising rates of injury deaths
- B) higher rates of smoking
- C) more drinking episodes
- D) lower earnings despite doing similar work

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61) Which statement regarding the health of diverse population groups is TRUE?
A) Rates of death related to smoking and alcohol use are lower among American Indians and Alaska Natives than the general population.
B) Latinos on average have higher rates of suicide than the general population.
C) Rates of diabetes and asthma are lower among Pacific Islanders than the general population.
D) Compared with white people, Black and Hispanic people are less likely to get appropriate medication for heart conditions.

62) Compared to the general population, which of the following diseases is of special concern for many groups of American Indians and Alaska Natives?
A) stroke
B) heart disease
C) cancer
D) diabetes

63) Compared to the general population, African American people have lower rates of
A) osteoporosis.
B) asthma.
C) high blood pressure.
D) stroke.

64) Early screening for_____ may be recommended for African American men due to significantly elevated risk for the condition.
A) osteoporosis
B) suicide
C) prostate cancer
D) skin cancer

65) On average, Latinos have lower rates of_____ compared to the general population.
A) heart disease
B) obesity
C) diabetes
D) gallbladder disease

66) When compared to the overall U.S. population, Asian Americans have
A) lower rates of lung cancer.
B) higher rates of alcohol abuse.
C) lower rates of coronary heart disease.
D) shorter life expectancies.

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67) Which of the following statements about persons with disabilities are TRUE?
- A) Many people with disabilities do not have access to health care services.
- B) People with disabilities are more likely to have obesity, heart disease, diabetes, and to smoke, compared with the general population.
- C) One in every four people in the United States has some form of disability, and the rate is rising, particularly among younger generations.
- D) All of these answers are correct.

68) Which of the following statements about patterns related to health disparities is FALSE?
- A) When patients share equal status regarding education and income, there are no racial/ethnic differences in treatments for heart disease or organ transplantation.
- B) An estimated 250,000 deaths per year in the United States can be attributed to low educational attainment.
- C) People in urban areas are more likely to have health insurance than people living in rural areas.
- D) Health disparities among LGBT individuals may be due to discrimination and denial of their civil and human rights.

69) Which of the following is a goal from *Healthy People 2030*?
- A) Reduce the current use of any tobacco product by adults.
- B) Maintain the proportion of people with health insurance.
- C) Increase the proportion of adults with hypertension.
- D) Increase the proportion of adults who are obese.

70) Which of the following health determinants does a person have the LEAST control over?
- A) diet
- B) exercise
- C) heredity
- D) stress

71) Which is NOT considered an environmental factor that affects health?
- A) household cleaning products
- B) amount of crime in your community
- C) access to vaccinations and screening tests
- D) radiation from sun exposure

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72) Which statement would BEST differentiate the underlying factors related to cystic fibrosis from those related to diabetes?
- A) Both conditions are primarily the result of genetic errors.
- B) Both conditions are due primarily to the interaction of behavior and environment.
- C) Diabetes is primarily related to genetic errors, whereas the interaction of behavior and environment contributes significantly to cystic fibrosis.
- D) Cystic fibrosis is the result of genetic errors, whereas the interaction of behavior and environment contributes significantly to diabetes.

73) Which action would be considered the initial step in improving wellness through lifestyle management?
- A) seeking guidance and assistance from local programs
- B) selecting a target behavior
- C) asking a family member for assistance
- D) evaluating one's current habits

74) Which strategy would MOST likely contribute to success in changing a person's unhealthy behavior?
- A) emphasizing a single target behavior they wish to change
- B) asking family members to track the behavioral changes
- C) adding only the short-term costs of behavior change that they identified and letting go of past failures
- D) identifying many unhealthy target behaviors and working on them all simultaneously

75) What is a target behavior?
- A) a habit or mannerism that is the focus of your behavior change plan
- B) a friend's behavior that you identified needs to be changed
- C) a health condition such as diabetes
- D) a characteristic such as obesity

76) A person can help prevent procrastination when creating their own personal behavior change program by
- A) specifying important dates.
- B) stating their goal.
- C) listing down the steps they will take to measure their progress.
- D) having someone to actively help them with the program.

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77) Which element is MOST likely to indicate the reliability of the information on a website?
A) the popularity of the website
B) the date of the post on the topic
C) the "About Us" link
D) the testimonials page of the website

78) Which strategy is LEAST helpful in promoting a behavior change for better health?
A) Target multiple behaviors simultaneously.
B) Identify cues to behaviors.
C) Incorporate rewards for reaching goals.
D) Make slow, systematic changes in behavior.

79) The belief in one's ability to be successful in the performance of a given task is referred to as
A) self-control.
B) self-efficacy.
C) self-esteem.
D) self-talk.

80) A person who is 25 pounds overweight also has significantly overweight relatives and views this as the reason that they have been unable to successfully lose weight despite trying a variety of diets. Based on this information, you can conclude that this person has
A) poor self-esteem.
B) a lack of self-confidence.
C) an external locus of control.
D) an internal locus of control.

81) Individuals with an internal locus of control believe that events turn out as they do based on
A) fate or luck.
B) heredity.
C) divine power.
D) their own input and actions.

82) Visualizing one's self engaging in a new, healthier behavior is one of the best ways to
A) boost self-efficacy.
B) improve physical strength.
C) identify barriers to change.
D) externalize locus of control.

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83) Which strategy is MOST likely to improve a person's chances of success while attempting to change a behavior?
A) select a different behavior to change in the event of temporary failure
B) stick with the program even during periods of high stress
C) utilize visualization techniques
D) rationalize temporary setbacks to minimize feelings of failure

84) The precontemplation stage is characterized by
A) no acknowledgement of a need to change.
B) an outward modification of behavior.
C) thinking about making a change.
D) seeking outside support for the problem.

85) Following an annual physical, a patient reviews the lab work and finds out that their cholesterol level is elevated. The physician explains that this can increase the risk of heart disease and stroke and recommends exercise. The patient plans to start a walking program when the snow melts in roughly four months. The patient is in which phase of the transtheoretical model of change?
A) denial
B) precontemplation
C) contemplation
D) action

86) A person noticed that their eating behaviors were unhealthy. Their response to stress in the past was to severely restrict calorie intake, frequently eating only one modest meal each day, and their weight plummeted to dangerously low levels. They made numerous changes to address poor eating habits and have been eating better for the past four weeks. They are a lot happier now. Which phase of the transtheoretical model of behavior change is the person in?
A) preparation
B) action
C) maintenance
D) termination

87) Relapses sometimes occur when trying to change a behavior. If this happens, the best strategy is to
A) choose a different behavior to change.
B) acknowledge defeat and give up.
C) give oneself credit for the progress made and avoid self-blame.
D) set an even more challenging goal to become more motivated.

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88) Which action is a key to successful behavior change?
- A) beginning with identifying all the behaviors to be changed
- B) concentrating on several interrelated behaviors
- C) refusing to tolerate temporary setbacks
- D) anticipating problems and providing rewards

89) Which set of actions is the recommended sequence to develop a personalized plan for change?
- A) identify patterns, monitor behavior, establish action plan, set goals, make a personal contract
- B) establish action plan, set goals, monitor behavior, identify patterns, make a personal contract
- C) make a personal contract, set goals, establish action plan, monitor behavior, analyze data
- D) monitor behavior, identify patterns, set goals, establish action plan, make a personal contract

90) Entries made into a health journal about a behavior should note all of the following EXCEPT
- A) how you felt at the time the behavior occurred.
- B) what you were doing when the behavior occurred.
- C) when and where the behavior occurred.
- D) "SMART" goal development.

91) A young person has the goal of exercising at least 30 minutes a day, five days a week, in order to lose 10 pounds within two weeks. According to the "SMART" criteria, which element should they reconsider?
- A) the specificity
- B) the target behavior
- C) the time frame
- D) the reality of committing to five days a week of exercising

92) The chance to succeed in modifying a behavior would increase if a person
- A) set a very ambitious goal.
- B) ignored related habits.
- C) recruited support from friends or family.
- D) focused solely on short-term benefits.

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93) To help ensure success with a behavior change program, a person should
A) establish a very broad goal.
B) involve the people around them.
C) avoid setting a firm deadline for completion.
D) give themselves a reward when the final goal is attained.

94) Rewards included in health action plans should
A) be planned in advance.
B) be provided only when the overall goal has been reached.
C) come in the form of food or alcohol.
D) be given when someone recognizes the person's success.

95) Which item is NOT generally included in a personal contract for behavior change?
A) setting a date to begin
B) stating the goal
C) identifying how to measure progress
D) establishing consequences for failure to reach the goal

96) Which is a recommended strategy for maintaining behavior change?
A) Assess stress levels.
B) Rationalize failures.
C) Avoid social influences.
D) Resist the urge to change techniques.

97) A teenager has a genuine desire to become healthier. Which is the BEST first step for the teenager to take in moving toward that goal?
A) Begin journaling about things that trigger unhappiness.
B) Identify community resources for help.
C) Choose two unhealthy behaviors and make goals for change.
D) Perform a self-assessment and discuss the results with a close friend or family member.

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

98) Select five of the nine dimensions of wellness discussed in the text and, for each dimension, list three behaviors or habits that you would consider engaging in to promote its development.

99) Explain and give an example of the interrelationship between emotional wellness and interpersonal wellness. Clearly distinguish between the two and then demonstrate their interrelationship.

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100) Discuss three ways in which a new graduate with a limited income can improve their financial wellness in the first year out of school.

101) Discuss the role of lifestyle choices in determining quality of life. Give at least three examples of healthy lifestyle choices and explain how they promote quality of life and specifically affect the individual dimensions of wellness.

102) Describe the four broad national goals of *Healthy People 2030*. Then choose one of the special population groups described in *Healthy People 2030* and identify two health issues of particular importance for that group.

103) Describe five strategies for critically evaluating health-related information.

SECTION BREAK. Answer all the part questions.

104) Carla has become very busy since she came to college. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel that she has let her friends down because she has had to miss several activities they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She is frustrated that she cannot spend more time with her friends without giving up her other activities.

104.1) Carla's frustration surrounding limitations to her time with her friends is affecting her _____ wellness.

A) spiritual
B) interpersonal
C) cultural
D) intellectual

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104.2) If Carla succeeds in improving her time management and spending more time with her friends, she will most likely see a corresponding improvement in her _____ wellness.

A) financial
B) physical
C) emotional
D) occupational

104.3) Carla wants to make a plan to spend more time with her friends. Which strategy is most likely to enhance the success of her plan?

A) closely monitoring and evaluating her schedule
B) focusing on what motivated her to change her behavior
C) establishing a reward she can give herself once she has succeeded
D) developing an external locus of control

104.4) Which of Carla's characteristics would most help her succeed in balancing her time so that she can study, be active on campus, and have fun with her friends?

A) her belief that she is in control of her own life
B) her ability to resist rewards
C) her ability to persuade friends to do as she asks
D) her rigid application of a plan without allowing for alterations

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Answer Key

Test name: Chapter 01 Taking Charge of Your Health

1) FALSE
2) TRUE
3) FALSE
4) FALSE
5) FALSE
6) FALSE
7) TRUE
8) TRUE
9) FALSE
10) TRUE
11) FALSE
12) TRUE
13) FALSE
14) TRUE
15) FALSE
16) FALSE
17) FALSE
18) FALSE
19) FALSE
20) FALSE
21) FALSE
22) FALSE
23) FALSE
24) FALSE
25) FALSE
26) FALSE
27) FALSE
28) TRUE
29) FALSE
30) A
31) A
32) B
33) B
34) A
35) D
36) B
37) B
38) D
39) B
40) B
41) C
42) A
43) D
44) D
45) A
46) A
47) A
48) D
49) C
50) B
51) D
52) B
53) A
54) B
55) B
56) D
57) D
58) B
59) D
60) D
61) D
62) D
63) A
64) C
65) A
66) C
67) D
68) A
69) A
70) C
71) C
72) D
73) D
74) A
75) A

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76) A
77) C
78) A
79) B
80) C
81) D
82) A
83) C
84) A
85) C
86) B
87) C
88) D
89) D
90) D
91) C
92) C
93) B
94) A
95) D
96) A
97) D
98) Essay
99) Essay
100) Essay
101) Essay
102) Essay
103) Essay
104) Section Break
104.1) B
104.2) C
104.3) A
104.4) A

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