Health Psychology (Canadian) 6th edition Taylor Test Bank

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

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

1) The sympathetic nervous system is a _____system and the parasympathetic nervous system is a _____ system.
   A) simple; complex
   B) static; dynamic
   C) inflexible; flexible
   D) brain; muscle
   E) catabolic; anabolic

2) _____ refers to impulses that are sent to the extremities and internal organs; _____ refers to impulses that are sent from the peripheries to the brain.
   A) External; internal
   B) Peripheral; central
   C) Efferent; afferent
   D) Afferent; efferent
   E) Somatic; autonomic

3) 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

4) The diencephalon and telencephalon are located in the
   A) forebrain.
   B) midbrain.
   C) hindbrain.
   D) cerebellum.
   E) autonomic nervous system.

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5) In what aspect of brain functioning is the telencephalon most involved?
   A) Automatic body functions
   B) Sensory perception
   C) Thirst and hunger
   D) Balance and coordination
   E) Higher order intelligence

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

7) Which of these is the chief relay centre for sensory messages?
   A) Reticular system
   B) Limbic system
   C) Telencephalon
   D) Thalamus
   E) Hypothalamus

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8) Which of the following is NOT a lobe in the brain?
   A) Frontal lobe
   B) Central lobe
   C) Temporal lobe
   D) Occipital lobe
   E) Parietal lobe

9) Which part of the brain plays a particularly important role in stress and emotional responses?
   A) The pons
   B) Somatosensory cortex
   C) Limbic system
   D) Reticular activating system
   E) Cerebellum

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10) 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

11) 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

12) 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

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

14) Which two neurotransmitters are involved in sympathetic nervous system activation?
   A) Serotonin and dopamine
   B) Glutamate and glycine
   C) Catecholamine and acetylcholine
   D) Endorphins and beta-endorphins
   E) Epinephrine and norepinephrine

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15) 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.

16) _____ 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

17) 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

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18) 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

19) 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

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20) 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.

21) 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.

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

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

24) The _____ carry deoxygenated blood to the heart.
A) arteries
B) veins
C) capillaries
D) ventricles
E) atria

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25) _____ 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

26) 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

27) _____, is when blood is pumped out of the heart. During _____, the heart relaxes, between beats.
A) Relaxation; contraction
B) Diastolic; systolic
C) Systolic; diastolic
D) Atherosclerosis; hypertension
E) Angina pectoris; myocardial infarction

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28) 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.

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

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30) Where are blood cells manufactured?
A) Lymph system
B) Bone marrow
C) Brain stem
D) Heart
E) Pancreas

31) Leukopenia leaves an individual susceptible to disease because
A) it reduces the number of white blood cells.
B) it increases the number of white blood cells.
C) it decreases the number of red blood cells.
D) it increases the number of red blood cells.
E) it decreases platelets.

32) _____ occurs when the level of red blood cells or hemoglobin is below normal.
A) Leukemia
B) Leukopenia
C) Anemia
D) Hemophilia
E) Bone marrow depletion

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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.

34) Which of the following is NOT one of the modes of transmission of infections?
A) Direct
B) Indirect
C) Biological
D) Mechanical
E) Specified

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35) What mode of transmission of disease involves bodily contract, such as through handshaking or sexual contact?
A) Direct
B) Indirect
C) Biological
D) Mechanical
E) Specified

36) When illness occurs due to microbes that travel in the air, like with COVID-19, this is _____ transmission.
A) Direct
B) Indirect
C) Biological
D) Mechanical
E) Specified

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37) _____ transmission involves contraction of an illness via a carrier such as dirty hands, dirty water, rats, and flies.
A) Direct
B) Indirect
C) Biological
D) Mechanical
E) Passive

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38) 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.

39) 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.

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40) 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.

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

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

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43) Cell-mediated immunity is mediated by
A) B cells.
B) T cells.
C) B cells and helper and suppressor T cells.
D) Interferon.
E) NK cells.

44) 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.

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45) 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.

46) Infectious disorders
A) are eradicated in the most developed countries.
B) may paradoxically 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.

47) Which immune response can sometimes become so overly protective that it becomes a cause for disease?
A) Non-specific immunity
B) Specific immunity
C) Cell-mediated immunity
D) Humoral immunity
E) Inflammatory response

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48) 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.

49) New science has revealed that the _____ is implicated in many disease states, including psychological ones such as anxiety and depression.
A) skin microbiome
B) gut microbiome
C) bone marrow
D) lymphatic system
E) HPA axis

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50) In response to stress, the adrenal glands secrete
A) epinephrine and norepinephrine
B) glucocorticoids
C) endogenous opioids
D) ACTH
E) oxytocin

51) 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

52) Repeated activation of the HPA axis in response to stress can ultimately compromise its functioning. This is called
A) inflammatory reaction.
B) stress rebound.
C) HPA depletion.
D) allostatic load.
E) parasympathetic exhaustion.

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SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

53) 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.

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

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

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

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Answer Key

Test name: Chapter 02

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

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38) A
39) B
40) E
41) A
42) A
43) B
44) C
45) B
46) B
47) E
48) D
49) B
50) B
51) C
52) D
53) Short Answer
Answers may vary.

54) Short Answer
Answers may vary.

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55) Short Answer
Answers may vary.

56) Short Answer
Answers may vary.

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