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Correct answers located at the end of the chapter.

1) The physical developments of puberty are influenced by which of the following?
   A) environmental factors
   B) an identity crisis
   C) psychological factors
   D) falling in love

2) What is the physical transition from child to adult during adolescence called?
   A) puberty
   B) early adolescence
   C) middle adolescence
   D) late adolescence

3) The term *puberty* refers to the period during which an individual
   A) is between the ages of 12 and 15.
   B) creates new hormones via the endocrine system.
   C) becomes capable of sexual reproduction.
   D) stops growing in height.

4) Physically, puberty involves a rapid increase in growth, development of primary sex characteristics, changes in the brain's anatomy, and
   A) an increase in psychological stress.
   B) a series of public initiation rites.
   C) development of secondary sex characteristics.
   D) increases in intellectual functioning.

5) The simultaneous release of growth hormones, thyroid hormones, and_____ stimulates rapid acceleration in height and weight during puberty.
   A) leptin
   B) estrogens
   C) androgens
   D) testosterone

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6) The hormonally induced increase in the rate of growth in height and weight is referred to as
   A) the adolescent growth spurt.
   B) peak height velocity.
   C) epiphysis.
   D) somatic development.

7) At the time when adolescents are growing most rapidly, they grow at about the same rate as
   A) newborns.
   B) infants.
   C) toddlers.
   D) elementary schoolchildren.

8) Which of the following is true about the adolescent growth spurt?
   A) generally begins two years earlier for girls than for boys
   B) generally begins two years earlier for boys than for girls
   C) increases around age 15 for boys and girls
   D) proceeds along a smooth and rapid course over the teen years

9) Which of the following statements about changes in skeletal structure during puberty is true?
   A) One marker that indicates the termination in growth in height is epiphysis.
   B) Bones become more porous and more likely to break.
   C) Nearly half an individual's adult height is gained during puberty.
   D) Growth begins with the torso and shoulders, proceeds to the arms and legs, then to the extremities.

10) What is the name for the system that describes the five stages of pubertal development?
   A) primary stages
   B) secondary stages
   C) Tanner stages
   D) pubertal stages

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11) Professor Radon is studying the_____ system, which produces, circulates, and regulates levels of hormones in the body.
A) adrenal
B) circulatory
C) respiratory
D) endocrine

12) Which of the following statements about the production of hormones at puberty is true?
A) The body begins to produce several hormones that have not been present until this time.
B) There is an increase in the production of certain hormones.
C) Boys' bodies produce more estrogens, and girls' bodies produce more androgens.
D) The feedback loop regulating the endocrine system becomes increasingly less important.

13) When levels of androgens and estrogens fall below the set points, the_____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.
A) thyroid
B) adrenal gland
C) hypothalamus
D) feedback loop

14) What is the term for the maturation of the adrenal glands that takes place during adolescence?
A) androgen
B) estrogen
C) adrenarche
D) HPG axis

15) Adrenarche contributes to the development of_____, signaling the beginning of sexual maturation to others.
A) body hair
B) body odor
C) sex characteristics
D) gonads

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16) Which of the following is part of the feedback loop in the endocrine system?
A) adrenal gland
B) melatonin
C) pituitary gland
D) thyroid hormones

17) Which body system produces, circulates, and regulates hormones?
A) endocrine
B) lymphatic
C) integumentary
D) nervous

18) Gonads are the glands that secrete sex hormones: in males, the_____; in females, the_____.
A) epididymis; mammaries
B) hypothalamus; amygdala
C) androgens; estrogens
D) testes; ovaries

19) What is the name of the hormone produced when a person is exposed to stress?
A) androgen
B) cortisol
C) estrogen
D) melatonin

20) Which of the following statements about prenatal development is true?
A) Up until about eight weeks after conception, all human brains are masculine.
B) Puberty is part of a gradual process that begins at conception.
C) Sex hormones do not appear in the brain during fetal development.
D) Fetal exposure to cortisol is directly linked to the timing of puberty.

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21) The average girl in the United States reaches_____, the time of her first menstrual period, sometime between the ages of 12 and 14.
A) sexual maturity
B) menarche
C) puberty
D) adrenarche

22) Which of the following sex characteristics is the first to develop in boys?
A) production of sperm
B) appearance of facial hair
C) growth of testes and scrotum
D) growth of penis

23) Which of the following is true about the occurrence of the first ejaculation of semen?
A) It is biologically predetermined.
B) It is genetically inherited.
C) It is often determined culturally.
D) It is two years after accelerated penis growth.

24) As Yu Yan's breasts are beginning to develop, she will most likely experience concurrent
A) menarche.
B) ovulation.
C) growth of pubic hair.
D) growth in height.

25) Which of the following female sex characteristics is usually the last to develop?
A) menarche
B) regular ovulation
C) development of the areola
D) growth of pubic hair

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26) Which of the following statements about puberty in girls is true?
A) Regular ovulation and the ability to carry a baby to term usually follow menarche immediately.
B) The development of the areola and nipple are far better indicators of sexual maturation than breast size.
C) Menarche occurs very early in the process of sexual development.
D) The changes in the nipple and areola occur earlier in large breasts.

27) The first sign of puberty in girls is generally
A) growth of breasts.
B) underarm hair.
C) menarche.
D) acne.

28) Which of the following statements about the timing and tempo of sexual maturation is true?
A) In the United States, and in all other countries, menarche typically occurs around age 12.
B) The duration of puberty varies widely, from 1.5 to 6 years in girls and 2 to 5 years in boys.
C) Adolescents who begin puberty early also complete it early.
D) Adolescents who begin puberty earlier usually grow to be taller adults.

29) Osman is a junior high student anticipating puberty. He wants to know when puberty will start and how long it will take until he looks like and is considered an adult. What will his health teacher tell him about the timing and rate of puberty?
A) It is highly variable and influenced by both genetic and environmental factors.
B) It is highly predictable, beginning around 12 years of age and taking four years to complete.
C) It can be accelerated through good nutrition and excessive exercise.
D) It is determined more by his environmental and family situation than genetics.

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30) Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to mature earliest?

A) Brandy, a middle-income Black adolescent
B) Miranda, a middle-income Latinx adolescent
C) Emily, a middle-income White adolescent
D) Grace, a middle-income Asian adolescent

31) Which of the following factors is most important in determining the onset of puberty?

A) the presence of sexually mature partners in the environment
B) whether the individual is healthy enough to begin reproduction
C) information coded in an individual's genes
D) whether there are nutritional resources available to support a pregnancy

32) Which of the following statements accurately describes the role leptin plays in the onset of puberty?

A) Low levels of leptin increase melatonin production, which triggers puberty.
B) Leptin stimulates production of kisspeptin, which triggers puberty.
C) Leptin is inhibited by cortisol, which can delay puberty.
D) High levels of leptin inhibit kisspeptin, thus delaying puberty.

33) Which of the following environmental factors affects the onset of puberty?

A) exposure to cold temperatures
B) changing seasons
C) poor air quality
D) amount of light exposure

34) During puberty, the structure and functioning of the brain

A) are impacted by reduced levels of sex hormones.
B) do not undergo changes that influence behavior.
C) have a direct effect on behavior.
D) show less activity in regions controlling emotions.

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35) Pubertal hormones affect brain systems in ways that increase adolescents'
A) aggression levels.
B) emotional arousal.
C) desire to rebel.
D) dependency levels.

36) After about eight weeks of conception, male fetuses are exposed to higher levels of_____, resulting in a more "masculinized" brain than females
A) testosterone
B) melatonin
C) estrogen
D) kisspeptin

37) Which of the following can delay the onset of puberty?
A) stress
B) childhood abuse
C) nutritional deficiencies
D) lack of exercise

38) Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by which factor?
A) hormones
B) genetics
C) exercise
D) psychology

39) Which of the following factors can hasten the onset of maturation?
A) peer pressure
B) protein deficiency
C) chronic illness
D) father absence

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40) Léa is an 18-year-old living in a college dormitory. She has noticed that her menstrual periods have begun to synchronize with_____, which is compelling evidence that social relationships can affect biological functioning.
A) the time her female roommate menstruates
B) her most stressful days of the month
C) the days she feels most sexually aroused
D) her biological sister living in a different city

41) It has been found that, in general, puberty is commencing earlier and taking
A) less time to conclude in girls.
B) longer to conclude in both sexes.
C) longer to conclude in girls.
D) less time to conclude in boys.

42) Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?
A) nutrition
B) sanitation
C) infectious diseases
D) genetics

43) Over the past century, the onset of puberty has been coming at an earlier age due to improved nutrition, better sanitation, and improved control of infectious diseases. This is referred to as the
A) cross-sectional trend.
B) endocrine trend.
C) menarche trend.
D) secular trend.

44) Who is at the greatest risk of developing body dissatisfaction?
A) Callie, an early-maturing White girl who compares herself to her friends
B) Jada, a late-maturing Black girl who compares herself to media images
C) Tyree, an early-maturing Black male who compares himself to his friends
D) Michael, a late-maturing White male who feels he is not muscular enough

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45) Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?
A) After puberty, she will be shorter and heavier than her late-maturing peers.
B) After puberty, she will be shorter and thinner than her late-maturing peers.
C) After puberty, she will be taller and heavier than her late-maturing peers.
D) After puberty, she will be taller and thinner than her late-maturing peers.

46) Which of the following statements about hormonal changes of puberty is true?
A) Hormonal changes affect the brain in ways that increase adolescents' desire for sensation-seeking activities.
B) Hormonal changes of puberty make adolescents more risk averse.
C) Hormonal changes of puberty make adolescents more introverted.
D) Hormonal changes affect the brain in ways that decrease adolescents' desire for rewarding activities.

47) Suzanne and Carlos are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Carlos are more likely to
A) become involved in delinquent behavior.
B) be academically successful in school.
C) be ostracized by their classmates.
D) get along well with their parents.

48) Which of the following characteristics is associated with being an early-maturing boy?
A) fewer problem behaviors
B) more even temperament
C) a more positive self-image
D) more intellectual curiosity

49) Mikhail, an early maturer, is more likely to_____ than Devon, a late maturer.
A) socialize with younger boys
B) suffer greater consequences if bullied by peers
C) be closely supervised by his parents
D) have low self-esteem

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50) Which of the following is true about early-maturing boys?
A) They are more likely to have low self-esteem.
B) They may have higher rates of depression.
C) They are better prepared to deal with changes during adolescence.
D) They act more childish than their later-maturing peers.

51) During puberty, individuals who mature early are likely to exhibit which of the following?
A) more intellectual curiosity
B) less frequent temper tantrums
C) less depression and anxiety
D) problem behavior, such as drug use

52) In America, early-maturing girls are more likely than their late-maturing peers to
A) be unpopular with their peers.
B) have a negative self-image.
C) succeed in school.
D) perceive themselves as attractive.

53) Avram is a late-maturing boy. A year after pubertal onset, we would expect Avram to show which advantage over his early-maturing peers?
A) greater athletic ability
B) more popularity with the opposite sex
C) lower chance of being bullied
D) higher levels of social initiative

54) Which of the following characteristics is typically associated with being an early-maturing girl?
A) more emotional difficulties
B) being less popular, especially with boys
C) a more positive body image
D) better physical health in adulthood

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55) The main reason for sex differences in the impact of early and late maturation is
A) biological differences between male and female brains.
B) psychological differences between boys and girls.
C) the different rates at which boys and girls mature.
D) different cultural expectations of boys and girls.

56) Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be true for Nadia?
A) Nadia is less likely to have depression, anxiety, or an eating disorder.
B) Nadia is likely to be more popular with boys but less popular with girls.
C) Nadia is more likely to be popular with both the girls and the boys.
D) Nadia is less likely to be the victim of rumors, gossip, and social exclusion.

57) The impact of early maturation on problem behaviors or depression is worse when adolescents
A) have many stressful life events.
B) are from ethnic minority families.
C) are involved in romantic relationships.
D) are unpopular with their peers.

58) Follow-up studies of Swedish women who had been early maturers found that as adults they were
A) less likely to experience physical health problems.
B) less likely to continue their education beyond high school.
C) more likely to continue their education beyond high school.
D) indistinguishable from those who had been late maturers.

59) Which of the following girls will experience the greatest menstrual discomfort?
A) Sarita, who is prepared for the physical changes
B) Alison, who is a late maturer
C) Loryn, who has a negative attitude toward menarche
D) Deepika, who is unpopular among her classmates

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60) What have studies shown about prepubertal girls who expect menstruation to be uncomfortable?
A) They have milder menstrual symptoms than their peers.
B) They have more severe menstrual symptoms than their peers.
C) Their menstrual symptoms are about the same as their peers.
D) They experience menarche sooner than their peers.

61) Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?
A) The girl's mother prepares her by describing the unpleasant aspects of menarche.
B) The girl reaches menarche earlier than her peers.
C) Menarche occurs before the girl has learned about the physical changes that will happen.
D) The girl knows the facts about the physical changes her body will undergo.

62) When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?
A) A girl's mother will be the first person the girl tells that she has begun to menstruate.
B) A girl's best friend will be the first person the girl tells that she has begun to menstruate.
C) A girl is likely not to tell anyone that she is menstruating for the first several months.
D) A boy will tell his friends about his first ejaculation soon after it occurs.

63) Which of the following statements about puberty's impact on family relationships is true?
A) Puberty appears to increase distance between parents and children.
B) Other species do not experience distance during the pubertal transition.
C) The distancing effect of puberty on families occurs regardless of ethnicity.
D) Puberty is more likely to disrupt family relationships if it happens early.

64) Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is
A) greater in boys than girls.
B) greater in girls than boys.
C) about the same in both genders.
D) greater in early-maturing girls than in late-maturing boys.

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65) Brianna, an adolescent girl, is more susceptible to feelings of body dissatisfaction if she compares herself to
A) Keegan, her twin brother.
B) Keira, her older sister.
C) Barbara, her mother.
D) Ayomi, her best friend.

66) What effect does the rapid increase in body fat have on adolescent girls?
A) leads to a majority of adolescent girls dieting unnecessarily
B) leads to an increase in healthy eating patterns among adolescent girls
C) increases feelings of body dissatisfaction among Black adolescent girls
D) is a major factor for obesity among adolescent girls

67) In which of the following parts of the world is there a strong pressure on girls to be thin?
A) America, Europe, and Asia
B) Africa and the Middle East
C) the Southern Hemisphere
D) the Eastern Hemisphere

68) The biological changes that take place during puberty can indirectly cause changes in adolescents' behavior in which of the following ways?
A) The biological changes cause adolescents to feel moodier as they mature.
B) The biological changes affect adolescents' self-image.
C) The biological changes cause adolescents' sleep cycle to shift earlier.
D) The biological changes cause increased emotional distance from parents in all ethnic groups.

69) Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?
A) longitudinal
B) cross-sectional
C) vertical
D) correlational

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70) A research design in which subjects of different ages are assessed simultaneously is called a__ study.
A) longitudinal
B) cross-sectional
C) correlational
D) vertical

71) Which of the following statements about adolescent mood swings is true?
A) The effect of hormones on adolescent mood swings is strongest toward the end of puberty.
B) The majority of adolescents do not report large ups and downs in their moods.
C) Adolescent girls are more prone to mood swings than their male peers.
D) Pubertal hormones make adolescents less responsive to their social environment.

72) Which of the following plays the greatest role in the development of depression?
A) rapid increases in hormones
B) early maturation
C) stressful life events
D) the delayed phase preference

73) Studies show that adolescent mood swings are most closely related to changes in
A) hormone levels.
B) seasons.
C) nutrition.
D) activities.

74) Dr. Achikeh is studying whether puberty is stressful. As she recruits candidates for her study, she determines that adolescents who found puberty to be stressful are more likely to come from which group?
A) females who matured late
B) males who matured early
C) females who matured early
D) males who matured late

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75) Heightened susceptibility to stress during adolescence is an example of the fact that puberty makes the brain
A) more malleable.
B) less malleable.
C) higher functioning.
D) lower functioning.

76) Which of the following students is most at risk of developing depression?
A) Johan, a teenage boy who stays up until 12:00 a.m. every night reading books and begins school at 10:00 a.m.
B) Sofia, a teenage girl who stays up until 12:00 a.m. using her smartphone and begins school at 8:00 a.m.
C) Afua, a teenage girl who goes to bed at 10:00 p.m. and begins school at 8:00 a.m.
D) Hinata, a teenage boy who stays up until 1:00 a.m. watching television and begins school at 10:00 a.m.

77) Given a choice, Darrell would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. What is this pattern called?
A) secular trend
B) delayed phase preference
C) longitudinal design
D) Tanner stages

78) Which of the following statements accurately describes melatonin activity during adolescence?
A) The cycle of melatonin secretion is shifted earlier at puberty.
B) The cycle of melatonin secretion is shifted later at puberty.
C) Melatonin levels are not affected by puberty.
D) Melatonin levels change only after puberty is complete.

79) Which of the following is suggested by the delayed phase preference?
A) School should be held in the afternoon and evening.
B) School should be held year-round.
C) School should begin later in the morning.
D) School should begin earlier in the morning.

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80) Maia has an erratic sleep schedule. On weekdays she stays up past midnight and gets up early for school. On weekends she stays up even later and sleeps in until noon. The best way for Maia to improve her sleep is to
A) go to bed early on weekdays and stay up late only on weekends.
B) go to bed early on weekends to make up for lost sleep during the week.
C) get up at the same time on both weekdays and weekends.
D) get up whenever she feels most awake on weekends.

81) Farez's school schedule has changed, and he now gets an extra hour of sleep in the morning. Farez is most likely to experience which of the following?
A) improved self-control
B) cognitive impairment
C) obesity
D) a later rise in melatonin

82) What can be said about the sleep duration of today's teenagers compared to teenagers from several decades ago?'
A) They get about the same amount of sleep.
B) They have more variable amounts of sleep.
C) They sleep significantly more.
D) They sleep significantly less.

83) In which of the following individuals will the nighttime increase in melatonin likely begin latest?
A) Okapi, a 13-year-old boy who has just begun puberty
B) Rochana, a 14-year-old girl who experienced menarche two years prior
C) Aleksy, a 14-year-old boy who is still developing pubic hair
D) Olivia, a 15-year-old girl who is just beginning to develop breasts

84) Melatonin levels change naturally in response to
A) stress hormones.
B) androgens and estrogens.
C) sleep-wake cycles.
D) the amount of light.

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85) The_____ is the minimal amount of energy one uses when resting.
A) basal metabolism rate
B) delayed phase preference
C) secular trend
D) feedback loop

86) The ratio of an individual's weight to height, used to gauge when a person is overweight or obese, is called
A) change in body composition.
B) body mass index.
C) secular trend.
D) feedback loop.

87) Which of the following is true about obesity?
A) Obesity is a body mass index at or above the 95th percentile.
B) Thirty percent of American adolescents are obese.
C) The rate of obesity has quadrupled since 2005.
D) Obesity is caused by a low basal metabolic rate.

88) According to the textbook, in general, the amount of time individuals spend in sedentary activities
A) increases from childhood to adolescence.
B) decreases from childhood to adolescence.
C) remains the same from childhood to adolescence.
D) is directly related to socioeconomic status.

89) Which of the following statements about obesity is true?
A) Obesity is especially prevalent among middle-class adolescents.
B) Adolescent obesity has been especially dramatic among White males.
C) Adolescent obesity is limited to the United States.
D) Obesity is the most serious health problem of American adolescents.

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90) Which of the following adolescents is most likely to maintain a healthy weight?
A) Maryam, who gets inadequate sleep on school nights
B) Kevin, who has a history of depression
C) Anton, whose friends love junk food
D) Charice, who is a member of her school's tennis team

91) Rosa often eats large amounts of fast food quickly. Rosa is upset by her eating habits but cannot seem to stop. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call
A) disordered eating.
B) bulimia.
C) anorexia nervosa.
D) binge eating disorder.

92) Which of the following is associated with disordered eating in the United States?
A) having a positive body image
B) having parents who are healthy weight
C) alcohol and tobacco use
D) strong friendships

93) Kasmitha has been known to go on eating binges and then purge immediately afterward. Kasmitha is probably suffering from
A) anorexia nervosa.
B) bulimia.
C) binge eating disorder.
D) obesity.

94) Fabiola has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Fabiola is probably suffering from
A) anorexia nervosa.
B) bulimia.
C) binge eating disorder.
D) depression.

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95) The potentially fatal disorder in which young women starve themselves is called
A) bulimia.
B) anorexia nervosa.
C) obesity nervosa.
D) purging.

96) Eating disorders are more common in
A) Black adolescents than White adolescents.
B) affluent adolescents than poor adolescents.
C) White adolescents than Latinx adolescents.
D) female adolescents than male adolescents.

97) Which of the following teenagers most closely resembles the profile of someone who has binge eating disorder?
A) Ye-jun, a wrestler who nearly starves himself so he can stay in his weight bracket
B) Carla, a gymnast who binges on junk food but makes herself vomit after each meal
C) Solomon, a football player who believes he is overweight and exercises twice a day, seven days a week
D) Sherri, a volleyball player who binges on junk food but does not engage in any weight loss behaviors

98) Which of the following statements about cultural influences on disordered eating is correct?
A) Anorexia nervosa is more prevalent in Western cultures.
B) Rates of anorexia nervosa vary based on body ideals across cultures.
C) Bulimia is found all over the world and is more linked to genetics than culture.
D) Rates of bulimia are influenced by levels of body dissatisfaction in Western cultures.

99) Which adolescent has the lowest risk of developing an eating disorder?
A) Valeria, a second-generation Colombian American girl who wants to fit in with American culture
B) Tengfei, a late-maturing boy who has a good relationship with his parents
C) Brooklyn, a girl whose mother diets frequently and was diagnosed with bulimia as a teenager
D) Dominique, an early-maturing Black girl who loves following fashion influencers on social media

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100) Which of the following is an example of an extremely disturbed body image, as is seen with eating disorders?

A) Selma, who has a body mass index in the 5th percentile and believes she is overweight
B) Angelica, who has a body mass index in the 88th percentile and believes she needs to lose weight
C) Rania, who has a body mass index in the 85th percentile and is happy with her body
D) Esther, who has a body mass index in the 55th percentile and has a negative body image

101) Adolescent girls' belief that being thin will make them more popular with boys is based on

A) images from movies, television, and social media.
B) the opinions of their parents and peers.
C) the reality of their experiences.
D) their own negative self-images.

102) Dr. Perez is treating Ethan, a 15-year-old boy for bulimia. Dr. Perez should be aware that

A) Ethan probably also uses anabolic steroids and exercises excessively.
B) Ethan's condition may have resulted from being bullied by his peers.
C) Ethan's condition will not likely persist into adulthood.
D) Ethan may also need treatment for other mental health problems.

103) Dr. Singh believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with this conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

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104) In Mr. Novak's seventh-grade health class, there is a pair of 12-year-old fraternal twins, Shawn and Serenity. Serenity has recently grown a couple inches taller than Shawn, who is concerned that he's not growing as fast as she is. What changes should Shawn expect to go through during puberty compared with his sister? What are the changes in growth and sexual maturation that boys and girls experience during puberty, and how do they differ?

105) Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

106) Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?

107) Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria’s and John's development?

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108) Emma and Montrell are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Emma's and Montrell's development?

109) Diego, an adolescent boy, and Hiyori, an adolescent girl, are both in the middle of puberty. They have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Diego and Hiyori have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Hiyori will experience body dissatisfaction? What about Diego?

110) Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school but stays up late at night, past 11:00 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

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111) You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understand the relationship between puberty and eating disorders?

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Answer Key

Test name: Chapter 01

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

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

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78) B
79) C
80) C
81) A
82) D
83) B
84) D
85) A
86) B
87) A
88) A
89) D
90) D
91) A
92) C
93) B
94) A
95) B
96) D
97) D
98) D
99) B
100) A
101) C
102) D
103) Short Answer
104) Short Answer
105) Short Answer
106) Short Answer
107) Short Answer
108) Short Answer
109) Short Answer
110) Short Answer
111) Short Answer

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