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Correct answers located at the end of the chapter.

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

1) Quality of life can be explained as a subjective rating of the difference between people's hopes and expectations and their present experiences.
   - ◎ true
   - ◎ false

2) The traditional "medical treatment model" of the health continuum places emphasis on striving for a higher quality of life.
   - ◎ true
   - ◎ false

3) The basis for leading a moral and ethical life is rooted in emotional health.
   - ◎ true
   - ◎ false

4) The different dimensions of health exist as separate elements.
   - ◎ true
   - ◎ false

5) Most adult learning is primarily self-directed.
   - ◎ true
   - ◎ false

6) Much like reference books and refereed journal articles, Internet postings undergo evaluation by experts.
   - ◎ true
   - ◎ false

7) The likelihood of miscommunication when dealing with medical or health issues is small.
   - ◎ true
   - ◎ false

8) Critical thinking is careful and deliberate determination of whether to accept, reject, or suspend judgment.
   - ◎ true
   - ◎ false

9) Health risk is the probability that an adverse event (an outcome) will occur if one engages in a certain behavior (exposure).
   - ◎ true
   - ◎ false

10) People tend to be more afraid of natural risks than human-made risks.
   - ◎ true
   - ◎ false

11) Statistical correlations in population studies are based on experimental data.
   - ◎ true
   - ◎ false

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12) It has become clear that the increase in chronic diseases, especially in the last 50-60 years, is tied primarily to one's profession.
- ◎ true
- ◎ false

13) People are more afraid of a risk they choose to take than one imposed on them.
- ◎ true
- ◎ false

14) The World Health Organization defines health as the complete absence of disease.
- ◎ true
- ◎ false

15) Many Americans are aware of important health issues but unsuccessful in effectively translating their knowledge into better lifestyle behaviors.
- ◎ true
- ◎ false

16) The twenty-first-century view of health, as cited in the World Health Organization (WHO) definition, is that it is multidimensional.
- ◎ true
- ◎ false

17) Physical health is the predominant dimension of health and gives a complete representation of one's overall health and wellness.
- ◎ true
- ◎ false

18) Many health issues, including stress, mental health, nutrition, drug use, chronic diseases, and infectious diseases, are strongly related to culture.
- ◎ true
- ◎ false

19) Self-directed learning is a process in which the individual controls the learning objectives but not the means of learning.
- ◎ true
- ◎ false

20) The study of the disease process in populations and quantification of the health risk in terms of absolute risk and relative risk is done by pathologists.
- ◎ true
- ◎ false

21) Relative risk is a measure of the comparative risk of a health-related event, such as disease or death, between two groups.
- ◎ true
- ◎ false

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22) Attitudes, beliefs, and values regarding people's personal health are shaped by people's personalities rather than the environment.
- ◎ true
- ◎ false

23) A health behavior theory is a conceptual framework of important factors or variables hypothesized to influence health behavior.
- ◎ true
- ◎ false

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

24) The_____ dimension of health involves being able to learn from a variety of experiences and being open to new ideas.
- A) social
- B) spiritual
- C) emotional
- D) intellectual

25) The ability to deal constructively with personal feelings, handle stress, and live independently is representative of the_____ dimension of health.
- A) social
- B) spiritual
- C) emotional
- D) intellectual

26) Advertising gives us the impression that lifestyles can be _____.
- A) purchased
- B) static
- C) unimportant
- D) innate

27) Which of the following is true of self-directed learning?
- A) The government controls the means of learning.
- B) The learning objectives are laid down by the educational institution chosen by an individual.
- C) The Internet is a rich resource for a self-directed, tech-savvy learner.
- D) Most adult learning is assisted and not self-directed.

28) To assess the impact of behavior on health, it is important to understand what a_____ is and how to interpret it.
- A) health plan
- B) health risk
- C) health status
- D) health concept

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29) The annual death rate from lung cancer among people who smoke is approximately _____ deaths per 100,000 people per year.
A) 40
B) 50
C) 60
D) 70

30) The annual death rate from lung cancer among nonsmokers is_____ deaths per 100,000 people.
A) 2.5
B) 3.5
C) 6.5
D) 10

31) Since 1900, infant mortality has decreased_____ percent and maternal mortality 99 percent.
A) 70
B) 82
C) 90
D) 65

32) National estimates indicate that about_____ percent of instances of disease and premature death are the result of unhealthy lifestyles.
A) 5
B) 50
C) 20
D) 80

33) The second greatest cause of mortality in the United States is_____, responsible for an estimated 450,000 deaths per year.
A) obesity
B) drug use
C) alcohol use
D) tobacco use

34) Which of the following is the central premise of the stages of change model?
A) Behavior change is a process.
B) Individuals have varying levels of motivation.
C) Readiness to change is constant across all individuals.
D) Relapse to a previous stage is impossible.

35) The World Health Organization defines health as
A) the absence of any chronic disease or infirmity.
B) the capacity to enjoy life and withstand challenges.
C) a state of complete physical, mental, and social well-being.
D) an age-appropriate level of physical fitness and endurance.

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36) Most people only recognize the importance of health
A) when they cross the age of 40 years.
B) when an illness affects their family.
C) when they are sick or injured.
D) when they feel especially good.

37) Quality of life refers to
A) one's ability to afford the better things in life.
B) one's realization of hopes and expectations.
C) the relationship between personal satisfaction and longevity.
D) an overall sense of well-being.

38) The contemporary perspective on health is that it is
A) a state of optimal functioning.
B) the ability to enjoy life to the fullest.
C) a goal that people continually work toward throughout their lives.
D) an achievement of the highest level of physical and emotional fitness.

39) A modifiable factor that influences people's health is
A) heredity.
B) age.
C) race.
D) weight.

40) The most important factors involved in good health are those associated with
A) income levels.
B) access to healthcare.
C) age.
D) lifestyle.

41) How well one is able to perform the activities of daily living without becoming overly fatigued is indicative of the_____ dimension of health.
A) physical
B) social
C) emotional
D) intellectual

42) The intellectual dimension of health can be explained as the ability to
A) interact with others.
B) perform routine tasks without fatigue.
C) cope, adjust, and adapt.
D) question and evaluate information.

43) Commitment to a set of values or principles that guide one's actions is indicative of the_____ dimension of health.
A) social
B) spiritual
C) emotional
D) intellectual

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44) Which of the following statements is true about the dimensions of health?
A) Each dimension contributes to the overall balance, quality, and strength of the whole.
B) The dimensions exist as separate elements.
C) Dimensions such as environment relate to the others, but dimensions such as intellect do not.
D) Even if one dimension is affected, the others are not.

45) Advertisers shape consumer desire and product value by presenting products as having the power to change buyers into
A) more desirable people.
B) the people they are actually.
C) the by-products of society.
D) part of the universal community.

46) Advertising gives people the impression that lifestyles
A) can be purchased.
B) are unchanging.
C) are genetically determined.
D) can affect only those who are ill.

47) Health literacy is dependent on
A) college education.
B) self-directed learning.
C) health marketplace advertisements.
D) age and quality of life.

48) Which of the following is a tip when using self-directed learning for health literacy?
A) Health-related information on the Internet is trustworthy as the vast majority of material found online is reviewed by experts.
B) Websites that abide by the Health on the Net (HON) Code of Conduct are excellent general resources for health information.
C) Certain web addresses such as those with the ".com" are more likely than the ".org" websites to lead to authoritative information.
D) Websites that do not have any paid advertising are less trustworthy than websites that have such advertising.

49) _____thinking is careful and deliberate determination of whether to accept, reject, or suspend judgment.
A) Abstract
B) Critical
C) Conceptual
D) Theoretical

50) _____thinking is a process that stresses an attitude of objectivity, incorporates logical inquiry and problem-solving, and leads to an evaluative decision or action.
A) Abstract
B) Critical
C) Conceptual
D) Theoretical

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51) According to the U.S. Census of 2020, the non-Hispanic white population of the United States showed a growth of_____ percent over the last decade.
A) 11
B) 29
C) 33
D) 2

52) According to the U.S. Census of 2020, of all the college students in the United States,_____ percent are women.
A) 30
B) 45
C) 50
D) 60

53) Any factor that increases susceptibility to or has a strong association with the occurrence, onset, or progression of a disease or injury is known as a
A) health risk.
B) self-concept.
C) social status.
D) problem.

54) The study of the causes, distribution, and control of diseases in populations is called
A) epidemiology.
B) kinesiology.
C) urology.
D) morphology.

55) According to David Ropeik, a recognized expert on the subject of risk, people
A) tend to be less afraid of risks that are human-made than those that are natural.
B) are less afraid of a risk they choose to take than one imposed on them.
C) more afraid of a risk that comes from people or organizations that they trust.
D) less afraid of a risk that comes from a source that they do not trust.

56) The "times-greater chance" a person has of acquiring a specific negative health effect based on the extent to which a certain variable is present is called
A) health risk.
B) a risk factor.
C) variable risk.
D) relative risk.

57) Life expectancy for an American born in 1900 was less than
A) 80.
B) 50.
C) 60.
D) 70.

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58) Public health advances that have been translated into public policy include school immunization rules and
A) tobacco use restrictions.
B) slower speed limits.
C) voter age restrictions.
D) seat belt laws.

59) Disease-causing organisms—usually a bacterium, virus, or parasitic worm—are known as
A) pathogens.
B) antibodies.
C) antigens.
D) lysosomes.

60) The two main conditions that develop in chronic obstructive pulmonary disease are
A) eczema and bronchitis.
B) cancer and hernia.
C) heart disease and stress.
D) emphysema and chronic bronchitis.

61) Medical conditions that are permanent, leave a residual disability, are caused by a nonreversible condition, and require special training of the patient for rehabilitation or are expected to require a long period of supervision or care are called
A) infectious diseases.
B) chronic diseases.
C) preventable diseases.
D) epidemics.

62) For Americans in the age group 20-29, the leading cause of death is
A) accidents.
B) lifestyle disorders.
C) drug use.
D) tobacco use.

63) Many of us have good intentions about changing an unhealthy habit or adopting a healthier behavior. The challenge is
A) when to do it.
B) why we should do it.
C) how to do it.
D) who will help us do it.

64) Psychologists have developed_____ to understand the process of behavior change.
A) social cognitive theories
B) social behavior hypotheses
C) health behavior theories
D) health care guidelines

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65) Which of the following theories is based on the principle that behavior is dynamic, depending on individual and environmental factors, all of which influence one another simultaneously?
A) social cognitive theory
B) health care theory
C) health behavior theory
D) health care guidelines

66) The health belief model of_____ was developed to understand why so few people participated in a national chest X-ray screening program for tuberculosis.
A) Irwin Rosenstock
B) Alfred Adler
C) Abraham Maslow
D) Albert Bandura

67) The stages of change model was initially developed in order to understand
A) smoking cessation programs.
B) weight loss programs.
C) fitness programs.
D) eating disorders.

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

68) Explain the modern concept of health.

69) Define the term "health literacy" and explain its significance.

70) Explain the term "relative risk" and illustrate how it is reported.

71) What are the overarching goals of *Healthy People 2030*?

72) What is the premise of the health belief model, and what are its predictions?

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73) Explain the different stages of James Prochaska and Carlo DiClemente's stages of change model, technically known as the transtheoretical model.

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Answer Key

Test name: Chapter 01

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

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