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1. Case control studies are used to determine if there were potential exposures in relation to a disease outcome.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

2. The Nurses Health Study was an example of a study with a cohort.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

3. Clinical control studies test an intervention.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

4. A single 24-hour recall is the least bias test.

<Answer: False>

<Subject: Chapter 2>

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<Complexity: Moderate>

5. FFQ stands for Food Frequency Questionnaire.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

6. The type of study design used depends on the research question being asked.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

7. Descriptive studies are less rigorous than analytical designs.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

8. Incidence and prevalence are used to measure disease frequency within a population.

<Answer: True>

<Subject: Chapter 2>

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<Complexity: Moderate>

9. Plausibility is limited by current knowledge.

<Answer: True>

<Subject: Chapter 2>

<Complexity: Moderate>

10. Measuring the diet of someone is not a difficult process.

<Answer: False>

<Subject: Chapter 2>

<Complexity: Moderate>

11. Case control studies are:

A. Used to determine if there were potential exposures in relation to a disease outcome.

B. Used to determine if there were probable exposures in relation to a disease outcome.

C. Used to determine if there were potential exposures in relation to environmental outcomes.

D. Used to determine if there was potential immunity in relation to a disease outcome.

<Answer: A>

<Subject: Chapter 2>

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<Complexity: Moderate>

12. The Nurses Health Study was an example of a study with a:

A. Disease outcome

B. Cohort

C. FFQ

D. DGA

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

13. Clinical control studies test:

A. Dietary recall

B. Dietary intakes

C. An intervention

D. Animal wellness

<Answer: C>

<Subject: Chapter 2>

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<Complexity: Moderate>

14. A single 24-hour recall is the _____ bias test.

A. Most

B. Least

C. Moderate

D. Exact

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

15. FFQ stands for:

A. Frequency Food Questionnaire

B. Food Forensics Questionnaire

C. Frequently Found Questionnaire

D. Food Frequency Questionnaire

<Answer: D>

<Subject: Chapter 2>

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<Complexity: Moderate>

16. The type of study design used depends on the research _____.

A. Literature

B. Peer-reviewed literature

C. Question

D. Cohort

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

17. Descriptive studies are _____ rigorous than analytical designs.

A. Less

B. More

C. The same

D. None of the above

<Answer: A>

<Subject: Chapter 2>

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<Complexity: Moderate>

18. Incidence and prevalence are used to measure _____ frequency within a population.

A. Disease

B. Economic

C. Peer-reviewed

D. Environmental

<Answer: A>

<Subject: Chapter 2>

<Complexity: Moderate>

19. Plausibility is limited by current _____.

A. Statistics

B. Knowledge

C. Beliefs

D. Economy

<Answer: B>

<Subject: Chapter 2>

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<Complexity: Moderate>

20. Measuring the _____ of someone is a difficult process.

A. Weight

B. Height

C. Diet

D. Exercise

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

21. Which of the following is the general purpose of conducting nutritional epidemiological studies?

A. To promote healthier eating in the population

B. To create evidenced-based educational materials

C. To determine the prevalence of a disease in a population

D. To further understand the connection between dietary factors and health outcomes

<Answer: D>

<Subject: Chapter 2>

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<Complexity: Easy>

22. What is a strength of the prevalence study design?

A. It is good for studying diseases with a longer latency.

B. It assesses causation well for all exposures.

C. It is beneficial in studying rare outcomes.

D. It clearly defines temporality of the exposure being measured.

<Answer: A>

<Subject: Chapter 2>

<Complexity: Easy>

23. Choose the study described below that likely has the greatest causality, considering the Bradford-Hill criteria as well as the strengths and weaknesses of the study designs.

A. A prevalence study that collected data from a small, rural coal town and found that a higher than average fat intake was associated with an increased prevalence of lung cancer.

B. A randomized control trial that found one day after consuming an extra serving of fruits and vegetables, blood lipid panels improved.

C. A prospective cohort study that found individuals who consumed the highest quartile of snack foods had an increased risk of developing type 2 diabetes compared to the lowest quartile.

D. A correlational study that associated increased dairy consumption with individuals with less physically active lifestyles.

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<Answer: C>

<Subject: Chapter 2>

<Complexity: Difficult>

24. Which of the following is a measure of incidence in a population?

A. The number of individuals with diagnosed type 2 diabetes mellitus in Massachusetts.

B. The number of new cases of breast cancer in a community hospital over one year.

C. The current cases of HIV within a rural town in Illinois.

D. The number of strokes that have resulted in deaths at a long-term care facility.

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

25. Which dietary assessment methods would be best used for used to determine the current dietary patterns of a specific population?

A. Personal Interview

B. 3 Day Food Record

C. Food Frequency Questionnaire

D. Multiple 24-hour Dietary Recalls

<Answer: C>

<Subject: Chapter 2>

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<Complexity: Easy>

26. How might nutritional epidemiological research be utilized in the field of public health?

A. To create evidenced-based interventions for nutrition behavior change

B. To counsel an individual who was recently diagnosed with COPD

C. To advocate for policy change surrounding the foods provided in the school system

D. Both A and C.

<Answer: D>

<Subject: Chapter 2>

<Complexity: Moderate>

27. Select the best description of an ecological/correlational study design.

A. Examines relationships between a risk factor and a disease outcome at the population level

B. Creates a “snapshot” of an existing disease and factors that may be associated

C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease

D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease

E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: A>

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<Subject: Chapter 2>

<Complexity: Moderate>

28. Select the best description of a cross-sectional/prevalence study design.

A. Examines relationships between a risk factor and a disease outcome at the population level

B. Creates a “snapshot” of an existing disease and factors that may be associated

C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease

D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease

E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: B>

<Subject: Chapter 2>

<Complexity: Moderate>

29. Select the best description of a case-control study design.

A. Examines relationships between a risk factor and a disease outcome at the population level

B. Creates a “snapshot” of an existing disease and factors that may be associated

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C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease

D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease

E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: C>

<Subject: Chapter 2>

<Complexity: Moderate>

30. Select the best description of a cohort study design.

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A. Examines relationships between an risk factor and a disease outcome at the population level

B. Creates a “snapshot” of an existing disease and factors that may be associated

C. Used to determine potential exposures in relation to a disease outcome; a group with the disease is recruited and compared to an equivalent group without disease

D. Examines relationships between an exposure and a disease outcome at the population level; subjects are followed over time and information on exposures is collected prior to the development of disease

E. Applies a controlled intervention to test the effect in prevention or treatment of disease; investigators assign who receives treatment and what treatment is given

<Answer: D>

<Subject: Chapter 2>

<Complexity: Moderate>

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