Health and Wellness 13th edition Edlin Test Bank

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True/False

1. Good health simply means eating well and getting exercise.

Answer: False
Complexity: Easy
Subject: Mind–Body Communications Maintain Wellness, Chapter 2

2. It is possible to counteract ANS-meditated arousal by setting aside 20 to 30 minutes of quiet time each day.

Answer: True
Complexity: Easy
Subject: Mechanisms of Mind–Body Communication, Chapter 2

3. Biofeedback is a device designed to measure hormones in the head region.

Answer: False
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

4. Words can produce a placebo effect in the same way as a pill.

Answer: True
Complexity: Moderate
Subject: Mechanisms of Mind–Body Communication, Chapter 2

5. Patients can become addicted to placebo pills used for pain relief.

Answer: True
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

6. Guided imagery involves visualizing an image you create by yourself.

Answer: False
Complexity: Easy
Subject: Suggestion, Chapter 2

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7. Autogenic training involves concentrating on specific phrases for hours at a time.

Answer: False
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

8. Autogenic suggestion is only effective when the phrases are memorized and repeated precisely.

Answer: False
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

9. Psychosomatic illnesses are caused, in large measure, by mental states such as anxiety, depression, and stress that produce unhealthy physiological changes.

Answer: True
Complexity: Moderate
Subject: The Mind Can Create Illness or Wellness, Chapter 2

10. Modern medicine tends to treat psychosomatic illnesses directly.

Answer: False
Complexity: Moderate
Subject: The Mind Can Create Illness or Wellness, Chapter 2

11. The immune system can be influenced by the mind.

Answer: True
Complexity: Easy
Subject: The Immune System, Chapter 2

12. Distraction is an effective treatment for pain.

Answer: True
Complexity: Easy
Subject: Virtual Reality Therapies, Chapter 2

13. The FDA requires new drugs to be proven effective by double-blind, placebo-controlled clinical trials.

Answer: True
Complexity: Easy
Subject: Mind–Body Healing, Chapter 2

14. The practice of meditation combines physical movements and mental exercises.

Answer: False
Complexity: Easy
Subject: Meditation, Chapter 2

15. A mandala is a phrase or sound repeated over and over in the mind during meditation.

Answer: False
Complexity: Easy
Subject: Meditation, Chapter 2

16. The autonomic nervous system is a special group of nerves that controls some of the body's organs and their functions without conscious control.

Answer: True
Complexity: Easy
Subject: Mechanisms of Mind–Body Communication, Chapter 2

17. Most people cannot be hypnotized.

Answer: False
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

18. Finding time to be quiet, silence stressful thoughts, and alleviate tensions in the body can help a person stay healthy.

Answer: True
Complexity: Easy

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Subject: Taking Time Out to Quiet the Mind, Chapter 2

19. Stress can weaken the immune system.

Answer: True
Complexity: Easy
Subject: The Immune System, Chapter 2

20. Research shows that religiosity/spirituality is associated with reduced mortality among those who are ill.

Answer: False
Complexity: Moderate
Subject: The Mind Can Create Illness or Wellness, Chapter 2

Multiple Choice

21. The chemicals produced by special organs and tissues in the body, and which notify the body of changes outside and inside the body that must be responded to in order to maintain health, are called:
A. mantras.
B. placebos.
C. hormones.
D. mandalas.

Answer: C
Complexity: Moderate
Subject: Hormones, Chapter 2

22. What does parasympathetic activity tend to do?
A. It increases heart rate and decreases digestive activity.
B. It decreases both heart rate and digestive activity.
C. It increases both heart rate and digestive activity.
D. It decreases heart rate and increases digestive activity.

Answer: D
Complexity: Moderate
Subject: Mechanisms of Mind–Body Communication, Chapter 2

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23. The occurrence of physical symptoms, usually (but not always) without the presence of detectable injury or disease, is called:
A. biofeedback.
B. somatic symptom disorder.
C. the placebo effect.
D. the nocebo effect.

Answer: B
Complexity: Easy
Subject: The Mind Can Create Illness or Wellness, Chapter 2

24. What are the two divisions of the autonomic nervous system?
A. Endocrine and exocrine
B. Sympathetic and parasympathetic
C. Voluntary and the involuntary
D. Central and somatic

Answer: B
Complexity: Easy
Subject: Mechanisms of Mind–Body Communication, Chapter 2

25. People suffering from somatic symptom disorder:
A. are feigning sickness.
B. have contracted some form of infectious disease.
C. have lost mind–body harmony to a serious degree.
D. cannot be effectively treated.

Answer: C
Complexity: Moderate
Subject: The Mind Can Create Illness or Wellness, Chapter 2

26. Scientific studies have confirmed that _____ increases levels of natural killer cells that help prevent infections.
A. stress
B. placebo medication
C. fasting
D. humor

Answer: D
Complexity: Moderate
Subject: The Mind Can Create Illness or Wellness, Chapter 2

27. Which is not one of the six basic autosuggestions?
A. My heartbeat is calm and regular.
B. My forehead is warm.
C. My lungs breathe for me.
D. My arms and legs are heavy.

Answer: B
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

28. Hypnosis has been shown to help:
A. reduce pain.
B. eliminate infection.
C. induce remission in patients with cancer.
D. prevent transmission of disease.

Answer: A
Complexity: Moderate
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

29. The healing that results from a person's belief in substances or treatments that have no medicinal value in themselves is called:
A. the placebo effect.
B. the nocebo effect.
C. autosuggestion.
D. autogenic training.

Answer: A
Complexity: Moderate
Subject: Mind–Body Healing, Chapter 2

30. The placebo effect:
A. cannot be proven scientifically.
B. requires the use of prescription medication.
C. has shown strong effectiveness for those suffering from depression.
D. is evidence that the mind has no influence over physical well-being.

Answer: C
Complexity: Moderate
Subject: Mind–Body Healing, Chapter 2

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31. Which organ produces hormones?
A. Liver
B. Brain
C. Heart
D. Lung

Answer: B
Complexity: Moderate
Subject: Hormones, Chapter 2

32. Franz Anton Mesmer pioneered the use of which therapeutic technique?
A. Biofeedback
B. Meditation
C. Autogenic training
D. Hypnosis

Answer: D
Complexity: Easy
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

33. To be successful therapeutically, hypnosis requires that the:
A. participants do not explicitly identify themselves.
B. therapist does not reveal how hypnosis works.
C. client consents to participating in the procedure.
D. client makes suggestions to the therapist during the session.

Answer: C
Complexity: Moderate
Subject: Methods to Promote Mind–Body Harmony and Health, Chapter 2

34. Rachel is sitting still on the floor with her legs crossed in a quiet room. Her eyes are closed, and she is trying to empty her mind of its chatter. Rachel is engaging in _____ meditation.
A. insight
B. transcendental
C. zen
D. mindfulness

Answer: C
Complexity: Difficult
Subject: Meditation, Chapter 2

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35. As Solomon meditates, he repeats the phrase “I will finish what I start” silently in his mind. “I will finish what I start” is an example of a(n):
A. mandala.
B. mantra.
C. placebo.
D. nocebo.

Answer: B
Complexity: Moderate
Subject: Meditation, Chapter 2

36. Which of these locations would be the best place to meditate?
A. Campus cafeteria
B. Student lounge
C. Baseball field
D. Quiet garden

Answer: D
Complexity: Difficult
Subject: Meditation, Chapter 2

37. Quieting thoughts in the mind by focusing on an internal sound or image is called:
A. hypnosis.
B. the relaxation response.
C. daydreaming.
D. meditation.

Answer: D
Complexity: Easy
Subject: Meditation, Chapter 2

38. Meditation has been found to:
A. lower blood pressure.
B. decrease blood flow.
C. impair cognition.
D. eliminate infection.

Answer: A
Complexity: Moderate
Subject: Meditation, Chapter 2

39. The _____ is the opposite of autonomic nervous system activation.

A. biofeedback
B. nocebo effect
C. relaxation response
D. image visualization

Answer: C
Complexity: Easy
Subject: The Relaxation Response, Chapter 2

40. Methods that elicit the relaxation response:
A. are practiced in a lively environment.
B. involve focusing the mind's attention.
C. requires an assertive mental state.
D. involve a moderate amount of physical movement.

Answer: B
Complexity: Moderate
Subject: The Relaxation Response, Chapter 2

41. Which of these can be a psychosomatic illness?
A. Influenza
B. Irritable bowel syndrome
C. Bowel cancer
D. Meningitis

Answer: B
Complexity: Moderate
Subject: The Mind Can Create Illness or Wellness, Chapter 2

42. People become more open to suggestion when they are:
A. stressed.
B. frightened.
C. distracted.
D. relaxed.

Answer: D
Complexity: Easy
Subject: Suggestion, Chapter 2

43. Dr. Thomas is working with Charlotte, a professional basketball player, to help improve her game. He instructs Charlotte to close her eyes and "see" herself throwing the basketball directly into the hoop. This is an example of:

A. image visualization.
B. virtual reality therapy.
C. transcendental meditation.
D. zen meditation.

Answer: A
Complexity: Difficult
Subject: Suggestion, Chapter 2

44. Virtual reality therapy involves focusing one's attention on a:
A. problem he or she is having.
B. pleasant memory of a past event.
C. computer-generated imaginary world.
D. scenario in which he or she is succeeding.

Answer: C
Complexity: Moderate
Subject: Virtual Reality Therapies, Chapter 2

45. A very important use of virtual reality therapy is in the treatment of:
A. posttraumatic stress disorder.
B. leukemia.
C. schizophrenia.
D. influenza.

Answer: A
Complexity: Easy
Subject: Virtual Reality Therapies, Chapter 2