Invitation to Health 18th edition Hales Test Bank

SKU: 9781337392891-TEST-BANK

Chapter 02

1. As with physical health, psychological well-being can be measured, tested, X-rayed, and dissected.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
KEYWORDS:	Bloom's: Understand
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2. Theorist Abraham Maslow identified human needs as the motivating factors in personality development.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Meet Your Needs
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Remember
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3. Prayer and other religious experience, including meditation, can actually change the brain for the better.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Spirituality and Physical Health
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Understand
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4. The use of prescription sleeping pills has decreased by nearly 50 percent in the past decade.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Sleeping Pills
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
KEYWORDS:	Bloom's: Remember
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5. Unless a person deserves to be forgiven, the forgiveness process will not be successful.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Forgive
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Remember
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6. Autonomous individuals base each judgment on the values of others instead of their own.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Develop Autonomy
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
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7. Compared with all other ethnic groups, African Americans report getting less sleep.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Sleep and Health
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
KEYWORDS:	Bloom's: Remember
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8. Unlike aggression, a far less healthy means of expression, assertiveness seldom effects a change in a situation.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Assert Yourself
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
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9. On campus, female students generally have poorer sleep patterns than males and suffer more consequences as a result.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Sleepless on Campus
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
KEYWORDS:	Bloom's: Remember
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10. Cultural rituals often divide people, severing bonds and cheapening the values and beliefs they once shared.
    a. True
    b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
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11. Which type of health encompasses our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living?
    a. Social health
    b. Emotional health
    c. Spiritual health
    d. Economic health
    e. Mental health

ANSWER:	e
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
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12. Which factors are most relevant to overall psychological health?
    a. Aerobic and anaerobic capacity
    b. Mental and social awareness
    c. Emotional and mental states
    d. External and internal networks
    e. Emotional and cultural awareness

ANSWER:	c
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
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13. Development of a sense of meaning, affirmation of life, and adaptability to a variety of circumstances are characteristic of ____ health.
    a. mental
    b. emotional
    c. spiritual
    d. social
    e. financial

    ANSWER: b
    POINTS: 1
    REFERENCES: Emotional and Mental Health
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
    KEYWORDS: Bloom's: Apply
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14. Which term refers to a set of shared attitudes, values, goals, and practices of a group that are internalized by an individual within the group?
    a. Morals
    b. Beliefs
    c. Laws
    d. Culture
    e. Political affiliation

    ANSWER: d
    POINTS: 1
    REFERENCES: Emotional and Mental Health
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
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15. Instead of engaging in self-criticism and focusing on her failures, Rachel decides to accept herself and her flaws. Her attitude is best described as ____.

    a. self-esteem
    b. self-compassion
    c. self-awareness
    d. self-motivation
    e. self-worth

ANSWER:	b
POINTS:	1
REFERENCES:	Develop Self-Compassion
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Apply
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16. John has trouble focusing on clear, manageable goals and tends to rely on his "gut" feelings. This aspect of John's behavior exhibits low ____.

    a. emotional intelligence
    b. self-esteem
    c. cognitive aptitude
    d. self-actualization
    e. spiritual health

ANSWER:	a
POINTS:	1
REFERENCES:	Boost Emotional Intelligence
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Apply
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17. Which human need(s) would Maslow say is(are) the most basic?
    a. Self-respect
    b. Food and shelter
    c. Safety and security
    d. Love and affection
    e. Fulfillment of one's potential

ANSWER:	b
POINTS:	1
REFERENCES:	Meet Your Needs
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Understand
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18. Which level of psychological health tops the Maslow pyramid?
    a. Self-esteem
    b. Love and affection
    c. Self-actualization
    d. Safety and security
    e. Personality development

ANSWER:	c
POINTS:	1
REFERENCES:	Meet Your Needs
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Remember
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19. Which factor contributes the least to happiness?
    a. Health
    b. Income
    c. Anxiety
    d. Intelligence
    e. Pain

ANSWER: d
POINTS: 1
REFERENCES: Boost Emotional Intelligence
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS: Bloom's: Understand
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20. Which emotional state can color one's view of the world for hours or days?
    a. Feeling
    b. Idea
    c. Mood
    d. Thought
    e. Belief

ANSWER: c
POINTS: 1
REFERENCES: Manage Your Moods
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
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21. Melanie asked friends and family about which job offer to accept, but, ultimately, chose the one she thought was best for her. Melanie attained which goal?
    a. Self-actualization
    b. Autonomy
    c. Happiness
    d. Self-esteem
    e. Optimism

    ANSWER: b
    POINTS: 1
    REFERENCES: Develop Autonomy
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
    KEYWORDS: Bloom's: Apply
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22. Thomas persuaded Mark and Ted that their choice of restaurant was a poor one because the parking lot was a few blocks away and dimly lit. The trio went elsewhere. Which trait did Mark exemplify?
    a. Aggression
    b. Assertiveness
    c. Pessimism
    d. Self-esteem
    e. Absolute control

    ANSWER: b
    POINTS: 1
    REFERENCES: Assert Yourself
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
    KEYWORDS: Bloom's: Analyze
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23. Which type of health encompasses the ability to identify one's basic purpose in life and to experience the fulfillment of achieving one's full potential?
    a. Emotional health
    b. Spiritual health
    c. Social health
    d. Intellectual health
    e. Financial health

ANSWER:	b
POINTS:	1
REFERENCES:	Spiritual Health
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Remember
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24. Which set of criteria determines how you choose among thoughts, actions, goals, and ideals?
    a. Values
    b. Beliefs
    c. Religion
    d. Expectations
    e. Culture

ANSWER:	a
POINTS:	1
REFERENCES:	Clarify Your Values
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Remember
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25. Which practice is the most commonly used form of complementary and alternative medicine?
    a. Prayer
    b. Reading
    c. Sleep
    d. Meditation
    e. Relaxation

ANSWER:	a
POINTS:	1
REFERENCES:	Consider the Power of Prayer
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Remember
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26. Which trait refers to appreciation not just for a special gift but for everything that makes life a bit better?
    a. Gratitude
    b. Forgiveness
    c. Happiness
    d. Autonomy
    e. Optimism

ANSWER:	a
POINTS:	1
REFERENCES:	Cultivate Gratitude
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Apply
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27. According to the American College Health Association–National College Health Assessment, about one in ____ college students said that sleep difficulties have affected their academic performance.
    a. three
    b. five
    c. seven
    d. nine
    e. eleven

    ANSWER: b
    POINTS: 1
    REFERENCES: Sleepless on Campus
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
    KEYWORDS: Bloom's: Remember
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28. According to the Centers for Disease Control and Prevention (CDC), about ____ of U.S. adults say they get enough sleep.
    a. one-half
    b. one-third
    c. one-fourth
    d. one-fifth
    e. one-tenth

    ANSWER: b
    POINTS: 1
    REFERENCES: Sleep and Health
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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29. As a dietary supplement, which hormone might help control your body's internal clock?
    a. Estrogen
    b. Testosterone
    c. Epinephrine
    d. Melatonin
    e. Chamomile

ANSWER:	d
POINTS:	1
REFERENCES:	Sleeping Pills
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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30. In which stage(s) of non-REM sleep do brain waves become larger and punctuated with occasional sudden bursts of electrical activity?
    a. Stage 1 only
    b. Stage 2 only
    c. Stage 3 only
    d. Stages 1 and 4
    e. Stages 3 and 4

ANSWER:	b
POINTS:	1
REFERENCES:	What Happens When We Sleep?
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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31. Another term for dream sleep is ____.
    a. twilight
    b. unconsciousness
    c. REM sleep
    d. sleep apnea
    e. slow-wave sleep

ANSWER:	c
POINTS:	1
REFERENCES:	What Happens When We Sleep?
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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32. Adequate sleep has been found essential in preventing ____ in college students.
    a. heavy drinking
    b. sleep inertia
    c. insomnia
    d. progressive muscle relaxation
    e. sleep apnea

ANSWER:	a
POINTS:	1
REFERENCES:	Sleep’s Impact on Health
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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33. When trying to sleep, Teresa tosses and turns for an hour or more, wakes frequently, and then wakes earlier then she wanted in the morning. Teresa is experiencing ____.

a. stress
b. sleep inertia
c. insomnia
d. progressive muscle relaxation
e. sleep apnea

ANSWER:	c
POINTS:	1
REFERENCES:	Getting a Better Night's Sleep
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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34. A heavy snorer, Eugene occasionally gasps for air and thrashes about in bed. Eugene is showing symptoms of ____.

a. cognitive appraisal
b. sleep inertia
c. insomnia
d. progressive relaxation
e. sleep apnea

ANSWER:	e
POINTS:	1
REFERENCES:	Breathing Disorders (Snoring and Sleep Apnea)
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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35. Which movement disorder is characterized by symptoms often described as pulling, burning, tingling, creepy-crawly, grabbing, buzzing, jitteriness, or gnawing?
    a. Restless legs syndrome
    b. Circadian rhythm disorder
    c. Progressive muscle relaxation
    d. Rapid eye movement
    e. Panic attack

    ANSWER: a
    POINTS: 1
    REFERENCES: Movement Disorders
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
    KEYWORDS: Bloom's: Remember
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36. Which sleep disorder is often attributed to jet lag?
    a. Restless legs syndrome
    b. Circadian rhythm disorder
    c. Periodic insomnia
    d. Rapid eye movement
    e. Sleep inertia

    ANSWER: b
    POINTS: 1
    REFERENCES: Circadian Rhythm Sleep Disorders
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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37. Sleep drugs such as Lunesta and Ambien help induce sleep because they ____.
    a. restore circadian rhythm
    b. relax the muscles
    c. quiet the nervous system
    d. reduce snoring
    e. induce rapid eye movement

ANSWER:	c
POINTS:	1
REFERENCES:	Sleeping Pills
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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38. Over-the-counter sleeping pills typically contain ____, which induce drowsiness by working against the central nervous system chemical histamine.
    a. antihistamines
    b. dietary supplements
    c. hypnotic medications
    d. valium
    e. heartbeat regulators

ANSWER:	a
POINTS:	1
REFERENCES:	Sleeping Pills
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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39. Developing the habit of positive thinking and talking can be helpful for attaining which level of psychological health?
    a. Happiness
    b. Self-esteem
    c. Self-actualization
    d. Emotional intelligence
    e. Self-compassion

ANSWER:	b
POINTS:	1
REFERENCES:	Boost Self-Esteem
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
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40. Which term refers to the ability to monitor and use emotions to guide thinking and actions?
    a. Intelligence quotient
    b. Autonomy
    c. Assertiveness
    d. Emotional quotient
    e. Aggression

ANSWER:	d
POINTS:	1
REFERENCES:	Boost Emotional Intelligence
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
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41. With ____, college students' ____?
    a. decreasing levels of stress; sleep quality declines
    b. increasing levels of stress; sleep quality declines
    c. more sleep; levels of stress increase
    d. increase levels of stress; sleep quality improves
    e. greater autonomy; sleep quality declines

    ANSWER: b
    POINTS: 1
    REFERENCES: Sleepless on Campus
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
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42. Connie tends to seek out, remember, and expect pleasurable experiences. In doing so, she is exhibiting which emotional state?
    a. Aggression
    b. Optimism
    c. Personal mastery
    d. Autonomy
    e. Assertiveness

    ANSWER: b
    POINTS: 1
    REFERENCES: Become Optimistic
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
    KEYWORDS: Bloom's: Apply
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43. Matthew tends to feel that he is in control of whatever circumstances life presents. In doing so, he is exhibiting which emotional state?
    a. Aggression
    b. Optimism
    c. Personal mastery
    d. Autonomy
    e. Assertiveness

ANSWER:	c
POINTS:	1
REFERENCES:	Develop Autonomy
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
KEYWORDS:	Bloom's: Apply
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44. A collective term for one's degree of involvement in a wide variety of spiritual practices is ____.
    a. faith spectrums
    b. self-awareness
    c. resilience
    d. religiosity
    e. ritualization

ANSWER:	d
POINTS:	1
REFERENCES:	Spiritual Health
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
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45. According to the text, an additional ____ years of life can be attained with church attendance, and an additional ____ years of life can be attained with exercise.

a. 7 to 10; 1 to 2

b. 1 to 2; 7 to 10

c. 3; 1 to 2

d. 2 to 3; 3 to 5

e. 3 to 5; 2 to 3

ANSWER:	d
POINTS:	1
REFERENCES:	Spirituality and Physical Health
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Remember
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46. One reason people might be unaware that they possess ____ is because they confuse it with religion, dogma, or old-fashioned morality.

a. inner strength

b. spiritual intelligence

c. resilience

d. a moral compass

e. autonomy

ANSWER:	b
POINTS:	1
REFERENCES:	Deepen Your Spiritual Intelligence
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
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47. People who pray regularly ____.
    a. also attend religious services at least once a week
    b. also keep detailed gratitude journals
    c. have reclaimed their power to choose
    d. are able to improve symptoms and the recovery of patients undergoing medical procedures
    e. have stronger immune systems and significantly lower blood pressure

    ANSWER: e
    POINTS: 1
    REFERENCES: Consider the Power of Prayer
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
    KEYWORDS: Bloom's: Apply
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48. Mary keeps a diary in which she records three things she is grateful for each day. This is a technique is known as ____.
    a. emotional quotient
    b. spiritual enrichment
    c. gratitude intervention
    d. positive thinking
    e. self-actualization

    ANSWER: c
    POINTS: 1
    REFERENCES: Cultivate Gratitude
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
    KEYWORDS: Bloom's: Apply
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49. Which word stems from the Greek for “letting go?”
    a. Forgive
    b. Forget
    c. Gratitude
    d. Pray
    e. Relax

ANSWER:	a
POINTS:	1
REFERENCES:	Forgive
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
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50. During which stage of sleep do brain waves resemble those of waking more than those of quiet sleep?
    a. “Delta” sleep
    b. Stage 1 non-REM sleep
    c. REM sleep
    d. Stage 2 non-REM sleep
    e. Semiconscious sleep

ANSWER:	c
POINTS:	1
REFERENCES:	What Happens When We Sleep?
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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51. _____ health is the ability to express and acknowledge one's feelings and moods and exhibit adaptability and compassion for others.

ANSWER:	Emotional
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
KEYWORDS:	Bloom's: Remember
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52. In the diverse society of the United States, many_____ influences affect our sense of who we are, where we came from, and what we believe.

ANSWER:	cultural
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
KEYWORDS:	Bloom's: Remember
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53. The scientific study of ordinary human strengths and virtues is known as positive _____.

ANSWER:	psychology
POINTS:	1
REFERENCES:	The Lessons of Positive Psychology
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
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54. People high in _____ tend to recognize that all humans are imperfect and avoid ruminating about their past errors in judgment.

ANSWER:	self-compassion self compassion
POINTS:	1
REFERENCES:	Develop Self-Compassion
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Understand
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55. The ability to monitor and use emotions to guide thinking and actions is known as _____.

ANSWER:	emotional intelligence EQ
POINTS:	1
REFERENCES:	Boost Emotional Intelligence
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Understand
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56. _____ can be briefly defined as confidence and satisfaction in yourself.

ANSWER:	Self-esteem Self esteem
POINTS:	1
REFERENCES:	Boost Self-Esteem
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
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57. The ability to draw on internal resources and stake your independence from familial and societal influences is known as _____.

ANSWER:	autonomy
POINTS:	1
REFERENCES:	Develop Autonomy
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
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58. Being _____ means recognizing your feelings and making your needs and desires clear to others.

ANSWER:	assertive
POINTS:	1
REFERENCES:	Assert Yourself
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
KEYWORDS:	Bloom's: Remember
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59. _____ can be defined as the capacity to sense, understand, and tap into the highest part of ourselves, others, and the world around us.

ANSWER:	Spiritual intelligence
POINTS:	1
REFERENCES:	Deepen Your Spiritual Intelligence
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Remember
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60. _____ gives rise to a strong sense of purpose, values, morals, and ethics.

ANSWER:	Spirituality
POINTS:	1
REFERENCES:	Spiritual Health
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Understand
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61. _____ can foster a state of peace and calm that could lead to beneficial changes in the cardiovascular and immune systems.

ANSWER:	Prayer
POINTS:	1
REFERENCES:	Consider the Power of Prayer
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Understand
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62. Sleep deprivation alters _____ function, including the activity of the body’s killer cells.

ANSWER:	immune
POINTS:	1
REFERENCES:	Sleep’s Impact on Health
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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63. Each of us seems to have an innate sleep _____ that is as much a part of our genetic programming as hair color and skin tone.

ANSWER: appetite
POINTS: 1
REFERENCES: How Much Sleep Do You Need?
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
KEYWORDS: Bloom's: Understand
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64. Although not a long-term solution to a sleep problem, _____ can be helpful if travel, injury, or illness interfere with your nightly rest.

ANSWER: sleeping pills
sleep medications
POINTS: 1
REFERENCES: Sleeping Pills
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
KEYWORDS: Bloom's: Remember
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65. _____ is translated from the Greek words meaning “no” and “breath.”

ANSWER: Apnea
POINTS: 1
REFERENCES: Breathing Disorders (Snoring and Sleep Apnea)
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.18.2.5 - Review the relationship of sleep and health.
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Match the items.

a. values

b. spirituality

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c. mood
d. self-actualization
e. self-compassion
f. emotional health
g. emotional intelligence
h. autonomy
i. optimism
j. self-esteem

REFERENCES: Emotional and Mental Health
Spiritual Health
The Lessons of Positive Psychology
QUESTION TYPE: Matching
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
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66. realizing your fullest potential

ANSWER: d
POINTS: 1

67. whispers “you’re worth it; you can do it; you’re okay.”

ANSWER: j
POINTS: 1

68. ability to express feelings and moods

ANSWER: f
POINTS: 1

69. anticipating positive outcomes

ANSWER: i
POINTS: 1

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70. ability to monitor and use emotions to guide thinking and actions

ANSWER: g
POINTS: 1

71. represent what's most important to an individual

ANSWER: e
POINTS: 1

72. healthy form of self-acceptance

ANSWER: e
POINTS: 1

73. belief in a higher power

ANSWER: b
POINTS: 1

74. independence

ANSWER: h
POINTS: 1

75. sustained emotional state

ANSWER: c
POINTS: 1

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76. What are the characteristics of an emotionally healthy person? What are the characteristics of a mentally healthy person?

ANSWER:	Characteristics of an emotionally healthy person include a determination and effort to be healthy, flexibility and adaptability, a sense of meaning and affirmation in life, compassion for others, unselfishness in serving and relating to others, increased depth and satisfaction in intimate relationships, and a sense of control over mind and body. Characteristics of a mentally healthy person include an ability to function and carry out responsibilities; an ability to form relationships; realistic perceptions of the motivations of others; rational, logical thought processes; and an ability to adapt to change and cope with adversity.
POINTS:	1
REFERENCES:	Emotional and Mental Health
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.
KEYWORDS:	Bloom's: Apply
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77. Discuss three major factors that affect the pursuit of happiness and the degree to which each influences well-being.

ANSWER:	Psychological research has identified three major factors that contribute to a sense of well-being: • A happiness set point, which is a genetic component that contributes about 50 percent to individual differences in contentment. • Life circumstances, such as income or marital status, which account for about 10 percent of the happiness differential. • Thoughts, behaviors, beliefs, and goal-based activities, which may account for up to 40 percent of individual variations.
POINTS:	1
REFERENCES:	The Lessons of Positive Psychology
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.
KEYWORDS:	Bloom's: Analyze
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78. Discuss why being assertive works to effect the change you want, whereas being either aggressive or passive does not.

ANSWER:	Being assertive requires recognizing your feelings and making your needs and desires clear to others. Unlike aggression, a far less healthy means of expression, assertiveness usually works. You can change a situation you don't like by communicating your feelings and thoughts in nonprovocative words, by focusing on specifics, and by making sure you're talking with the person directly responsible. Many people have learned to cope by being passive and not communicating their feelings or opinions. Sooner or later they become so irritated, frustrated, or overwhelmed that they explode in an outburst—which they think of as being assertive. However, such behavior is so distasteful to them that they'd rather be passive. But assertiveness doesn't mean screaming or telling someone off. You can communicate your wishes calmly and clearly. Assertiveness is a behavior that respects your rights and the rights of other people even when you disagree.
POINTS:	1
REFERENCES:	Feeling in Control
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.
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79. List and provide examples of six simple steps you can take to enrich your spiritual life, whether you are religious or not.

ANSWER:	The following simple steps can start you on an inner journey to a new level of understanding: • Sit quietly: Force yourself to do nothing at all. • Start small: Shut the door to your room, take a few huge deep breaths, and let them out slowly. • Step outside: Follow the flight of a bird; watch clouds float overhead. • Use activity to tune into your spirit: Sing, chant, dance, or drum. • Ask questions of yourself: What am I feeling? What are my choices? Where am I heading? • Trust your spirit: Reach for the greater good by calling or e-mailing a friend with whom you've lost touch. Additional step that might be listed: • Develop a spiritual practice: Deepen your current spiritual commitment, be open-minded about religion, or try nonreligious meditation.
POINTS:	1
REFERENCES:	Spiritual Health
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.
KEYWORDS:	Bloom's: Apply
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80. What approaches are part of cognitive-behavioral therapy used as a first-line therapy for chronic insomnia?

ANSWER:	• Education about sleep hygiene and good sleep habits • Sleep restriction (limiting time in bed to consolidate sleep) • Stimulus control (eliminating distractions and creating a soothing sleep environment)
POINTS:	1
REFERENCES:	Getting a Better Night’s Sleep
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.2.5 - Review the relationship of sleep and health.
KEYWORDS:	Bloom's: Analyze
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