Invitation to Health Taking Charge of Your Health Brief Edition 11th edition Hales Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01

1. Simply defined, health means being free of disease.
   a. True
   b. False

ANSWER: False

2. The World Health Organization defines *health* as the absence of disease or illness.
   a. True
   b. False

ANSWER: False

3. Compared to the past, more college students have jobs, take a lower number of courses per semester, and take longer to graduate.
   a. True
   b. False

ANSWER: True

4. The Americans experiencing the greatest health deficits and losing the most years to illness, disability, and premature death are not the elderly but young adults.
   a. True
   b. False

ANSWER: True

5. Fifteen percent of undergraduates are considered overweight or obese, according to their body mass index (BMI).
   a. True
   b. False

ANSWER: False

6. High blood pressure is found in many college students.
   a. True
   b. False

ANSWER: True

7. Between 40 and 80 percent of people who try to kick bad health habits lapse back into their unhealthy ways within six weeks.
   a. True
   b. False

ANSWER: True

8. To effect a lasting change in behavior, reinforcement must come largely from such external factors as having someone tell you that you need to make a change.
   a. True
   b. False

ANSWER: False

9. People typically cycle and recycle through the stages of behavioral change several times.

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a. True
b. False

ANSWER: True

10. People who believe their actions will make a difference in their health have an external locus of control.
a. True
b. False

ANSWER: False

11. Which term best describes making a deliberate lifestyle choice that includes taking responsibility to achieve your highest potential?
a. Psychology
b. Communication
c. Liberation
d. Health
e. Wellness

ANSWER: e

12. Which dimension of health primarily includes your ability to think and learn from life experience?
a. Environmental
b. Emotional
c. Psychological
d. Intellectual
e. Cultural

ANSWER: d

13. Which dimension of health focuses on an optimal state of physical, mental, and social well-being—not merely the absence of disease or infirmity?
a. Physical
b. Psychological
c. Social
d. Intellectual
e. Environmental

ANSWER: a

14. Which dimension of health refers to both the emotional and mental states of a person, that is, feelings and thoughts?
a. Psychological
b. Financial
c. Intellectual
d. Social
e. Environmental

ANSWER: a

15. Research has shown that students who smoke and start to have respiratory symptoms move into which stage(s) of

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change?

a. Contemplation
b. Preparation
c. Action
d. Precontemplation and Contemplation
e. Contemplation and Preparation

ANSWER: e

16. Which dimension of health focuses on the complex interrelationships between one person's health and the health of the community and environment?

a. Psychological
b. Environmental
c. Cultural
d. Community
e. Occupational

ANSWER: d

17. Which dimension of health focuses on the impact your world has on your well-being?

a. Cultural
b. Environmental
c. Spiritual
d. Psychological
e. Social

ANSWER: b

18. On average, life expectancy at birth for women is ____, and they can expect to spend approximately ____ of those years in good health.

a. 75.5 years; 75 years
b. 80 years; 57 years
c. 72 years; 66 years
d. 81.1 years; 68 years
e. 85.6 years; 76 years

ANSWER: d

19. According to the text, what major factors have contributed to the decline in life expectancy in the United States?

a. Elimination of racial disparities in health
b. Greater acceptance of the transtheoretical model on college campuses
c. More widespread use of e-cigarettes
d. Lower rates of smoking
e. Unintentional injuries and suicide

ANSWER: e

20. What percentage of Americans eat a healthy diet?

a. 62 percent

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b. 43 percent
c. 38 percent
d. 30 percent
e. Less than 5 percent

ANSWER: c

21. In the United States, ____ of college students are overweight or obese.
a. one-quarter
b. one-third
c. one-half
d. two-thirds
e. three-quarters

ANSWER: a

22. According to a national survey of more than 4,700 people, 97.3 percent get a failing grade in healthy lifestyle habits. For the minority who do adapt these health guidelines, the payoff includes a lower risk of many health problems, including type 2 diabetes, heart disease, and which of the following?
a. Intestinal disorders
b. Food allergies
c. Cancer
d. Underweight
e. Airborne infectious diseases

ANSWER: c

23. Which racial or ethnic group in the United States is most likely to develop cancer?
a. Native Americans
b. African Americans
c. Alaska Natives
d. Asian Americans
e. Hispanics

ANSWER: b

24. Although African Americans and Hispanics represent only about one-quarter of the U.S. population, they account for about two-thirds of adult cases and more than 80 percent of pediatric cases of which disease?
a. Heart disease
b. Hepatitis C
c. AIDS
d. Hepatitis B
e. Diabetes

ANSWER: c

25. As compared to individuals of the same age not attending college, college students are more likely to ~~be~~ experience which of the following?
a. To be overweight or obese

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b. To experience interpersonal violence
c. To smoke
d. To consume high-fat and low-fiber foods
e. To have high cholesterol levels

ANSWER: b

26. The choices college students make today have a(n) ____ impact and _____ consequences on how they feel.
a. temporary, pronounced
b. immediate, long-term
c. low, moderate
d. negligible, immediate
e. variable, undefined

ANSWER: b

27. The best weapon against cancer and heart disease is ____.
a. attitude
b. knowledge
c. prevention
d. genetic testing
e. spiritual well-being

ANSWER: c

28. In evaluating and determining online health information is valid, which of the following is important?
a. Author's experience and education
b. Date of publication
c. Checking references
d. Website creator and potential bias
e. All of these are correct.

ANSWER: e

29. Which activity increases the likelihood of other risky behaviors, such as smoking cigarettes, using drugs, and having multiple sexual partners?
a. Overstressing
b. Heavy drinking
c. Gambling
d. Binge eating
e. Succumbing to peer pressure

ANSWER: b

30. Matthew intends to wait until he is married to have sex because he believes it is the right thing to do. Of the three types of influences that shape behavior, which factor is most influential in his behavior?
a. Behavioral
b. Reinforcing
c. Predisposing

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d. Enabling
e. Spiritual

ANSWER: c

31. Maria has been looking online to determine what's been causing her health issue. She's been viewing a website that claims taking this product will easily cure her symptoms. All of Maria's symptoms are listed on the site, and it says it's an amazingly quick cure. There are several testimonials with women her age saying this is truly a medical breakthrough and they strongly recommend the product. What action should Maria take?

a. Buy just a small supply and try out the product herself to see if it works.
b. Ask her friend if she's been using the product, or knows of someone who has used the product with success.
c. Check out the product reviews to see if people feel it really works.
d. Check to see if the product has been researched and published by a peer reviewed professional journals.
e. Go to the local health food store and buy the product if they recommend it. ,

ANSWER: d

32. According to the text, all of the following are ways to cut down on medical costs without sacrificing your good health EXCEPT?

a. If you are given a prescription, ask for a well known advertised brand name.
b. Don't smoke, get enough sleep and get regular immunizations.
c. Develop a relationship with a physician who gets to know you and your medical history.
d. Avoid going to the emergency department unless absolutely necessary.
e. Call your doctor for advice or visit the student health service if you become ill.

ANSWER: a

33. Which term refers to the belief that a proposed change in behavior will be advantageous to your health?

a. Benefits
b. Healthy belief model
c. Reinforcement
d. Susceptibility
e. Enlightenment

ANSWER: a

34. Padma has felt better since she received a gift membership to a health club and began attending group fitness classes. Which factor is most influential in her behavior?

a. Predisposing
b. Enabling
c. Reinforcing
d. Behavioral
e. Social

ANSWER: b

35. Fatima gives gold stars to her second-grade students who score high on reading tests. Which factor is most influential in her method?

a. Reinforcing

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b. Enabling
c. Behavioral
d. Predisposing
e. Social

ANSWER: a

36. Which change model reflects the approach adopted by Alcoholics Anonymous?
a. Moral model
b. Enlightenment model
c. Behavioral model
d. Medical model
e. Transtheoretical model

ANSWER: b

37. Wei wavers between wanting to eat healthier and resisting the need to do so. Wei has reached which stage of change?
a. Precontemplation
b. Maintenance
c. Preparation
d. Contemplation
e. Action

ANSWER: d

38. Zahra has decided to begin exercising in the coming weeks. She has developed an exercise program, has joined a nearby gym, and has a friend who has committed to be her exercise buddy. Zahra has reached which stage of change?
a. Precontemplation
b. Contemplation
c. Preparation
d. Action
e. Maintenance

ANSWER: c

39. Amir is getting up earlier so he has enough time to walk to school rather than taking the shuttle. Amir has reached which stage of change?
a. Contemplation
b. Preparation
c. Action
d. Maintenance
e. Termination

ANSWER: c

40. Gabriel overslept this morning, but he is not worried about lapsing into his old bad habits. Gabriel has reached which stage of change?
a. Contemplation
b. Maintenance

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c. Preparation
d. Action
e. Termination

ANSWER: b

41. Which change model attributes being overweight to genetic factors and involves an expert to provide advice or treatment?
a. Moral
b. Enlightenment
c. Behavioral
d. Medical
e. Compensatory

ANSWER: d

42. Which change process is the most popular and involves increasing your knowledge about yourself or about the nature of your problem?
a. Environmental control
b. Consciousness-raising
c. Emotional arousal
d. Self-reevaluation
e. Social liberation

ANSWER: b

43. Whether at work, at lunch, or at the subway station, Lianne spends as much time as possible in nonsmoking areas. Which change process is Lianne illustrating?
a. Emotional arousal
b. Consciousness-raising
c. Social liberation
d. Self-reevaluation
e. Countering

ANSWER: c

44. Resolving to never drink and drive after the death of your friend in a car accident an example of which process of change?
a. Social liberation
b. Self-reevaluation
c. Emotional arousal
d. Countering
e. Consciousness-raising

ANSWER: c

45. Jayden realizes he gambles too much and understands how he could use his time and money more wisely. Jayden exemplifies which process of change?
a. Social liberation

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b. Consciousness-raising
c. Emotional arousal
d. Self-reevaluation
e. Commitment

ANSWER: d

46. Which change model, rather than assigning blame, puts responsibility on people to acquire whatever skills or power they need to overcome their problems?
a. Moral
b. Enlightenment
c. Behavioral
d. Medical
e. Compensatory

ANSWER: e

47. Jade buys herself a new dress after losing 12 pounds. This is an example of which process of change?
a. Emotional arousal
b. Consciousness-raising
c. Self-reevaluation
d. Rewards
e. Social liberation

ANSWER: d

48. Which change model sees failure to take responsibility for smoking or excessive drinking as a sign of character weakness?
a. Moral
b. Enlightenment
c. Behavioral
d. Medical
e. Compensatory

ANSWER: a

49. Which process of change might include giving away the candy in your house to the neighborhood children?
a. Self-reevaluation
b. Rewards
c. Environmental control
d. Commitment
e. Countering

ANSWER: c

50. Katrin is seeing a therapist to deal with work and family issues. Katrin exemplifies which process of change?
a. Environmental control
b. Emotional arousal
c. Countering

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d. Helping relationships
e. Self-reevaluation

ANSWER: d

51. _____ is a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health.
ANSWER: Wellness

52. Any planned combination of educational, political, regulatory, and organizational supports for actions and conditions of living conducive to the health of individuals, groups, or communities is known as _____.
ANSWER: health promotion

53. According to the reading, _____ of Americans get a "failing grade" in healthy lifestyle habits.
ANSWER: 97.3 percent

54. _____ is part of a national public health initiative established by the U.S. Department of Health and Human Services for the creation of a society in which all people can live long, healthy lives.
ANSWER: Healthy People 2020

55. The reading points to the major areas of genetic variations, environmental influences, specific health behaviors, and _____ as significantly contributing to health disparities among Americans.
ANSWER: poverty

56. Measures an individual can take when participating in risky behavior to prevent injury or unwanted risks are known as _____.
ANSWER: protection

57. A(n) _____ refers to a behavior or an attitude that a particular group expects, values, and enforces.
ANSWER: social norm

58. _____ factors encompass the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior.
ANSWER: Predisposing

59. The skills, resources, and physical and mental capabilities that shape our behavior are examples of _____ factors.
ANSWER: enabling

60. Rewards, encouragement, and recognition that influence our behavior in the short run are examples of _____ factors.
ANSWER: reinforcing

61. The _____ is a model of behavior change that focuses on the individual's attitudes and beliefs.
ANSWER: health belief model

62. The _____ is a model of behavioral change that focuses on the individual's decision making and includes a sequence of six stages of change.
ANSWER: trans-theoretical model

63. The belief in one's ability to accomplish a goal or change a behavior is known as _____.

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Chapter 01

ANSWER: self-efficacy

64. The term _____ refers to an individual's belief about the sources of power and influence over his or her life.
ANSWER: locus of control

Match the items with the appropriate description.
a. holistic approach
b. beliefs
c. HALE
d. contemplation
e. prevention
f. health
g. transtheoretical model
h. sex
i. predisposing factors
j. preparation

65. beliefs, values, attitudes, knowledge, and perceptions that influence our behavior
ANSWER: i

66. healthy life expectancy
ANSWER: c

67. the stage of change following contemplation
ANSWER: j

68. state of complete well-being
ANSWER: f

69. rooted in biology and shaped by environment and experience
ANSWER: h

70. predisposing factors more powerful than knowledge and attitude
ANSWER: b

71. in this stage you alternate between wanting to take action and resisting it
ANSWER: d

72. more powerful than any medical treatment
ANSWER: e

73. focuses on universal aspects of an individual's decision-making process
ANSWER: g

74. views health and the individual as a whole, rather than by part by part
ANSWER: a

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Chapter 01

75. What are the eight dimensions of health? How can each dimension be maintained?

ANSWER: The eight dimensions of health, and how they can be maintained, are as follows:

1. Physical: eat nutritious food, exercise regularly, practice illness and accident prevention, and avoid harmful behaviors and substances.
2. Psychological: develop awareness and acceptance of feelings, express emotions appropriately, function independently, and develop coping mechanisms for stress.
3. Spiritual: identify basic purpose in life; learn how to experience love, joy, peace, and fulfillment; and practice devotion to others' needs.
4. Social: participate and contribute to community, live in harmony with others, develop positive interdependent relationships, and practice healthy sexual behaviors.
5. Intellectual: increase ability to think and learn from life experience, be open to new ideas, and increase capacity to question and evaluate all types of information.
6. Environmental: protect oneself from dangers in the air, water, and soil, as well as in products used.
7. Occupational and financial: in college, choose and prepare for a career consistent with your personal values and beliefs, ensure that after you leave college you are contributing your unique talents and skills to work that is rewarding, learn how to manage your money and safeguard your financial well-being.
8. Community: on campus, establish smoke-free areas, prohibit tobacco advertising and sponsorship of campus events, ensure safety at parties, and enforce alcohol laws and policies.

76. What are the four goals for Healthy People 2020.

ANSWER: 1. Eliminate preventable disease, disability, injury, and premature death.
2. Achieve health equity, eliminate disparities, and improve the health of all groups.
3. Create social and physical environments that promote good health for all.
4. Promote healthy development and healthy behaviors across every stage of life.

77. Explain how an individual's locus of control can affect his or her behavior and health.

ANSWER: If you believe that your actions will make a difference in your health, your locus of control is internal. If you believe that external forces or factors play a greater role, your locus of control is external. Hundreds of studies have compared people who have these different perceptions of control:

• "Internals," who believe that their actions largely determine what happens to them, act more independently, enjoy better health, are more optimistic about their future, and have lower mortality rates.
• "Externals," who perceive that chance or outside forces determine their fate, find it harder to cope with stress and feel increasingly helpless over time. When it comes to weight, for instance, they see themselves as destined to be fat.

78. Changes in six risk factors could prevent two out of every three deaths and one in three hospitalizations in the United States. What are these risk factors?

ANSWER: The six risk factors are:

1. Tobacco use
2. Alcohol abuse
3. Accidents
4. High blood pressure
5. Obesity
6. Gaps in screening and primary health care

79. According to the reading, what are the three types of influences that shape behavior? Provide examples of each type.

ANSWER: The three types of influences that shape behavior, with examples, are:

1. Predisposing factors: knowledge, attitudes, beliefs, values, and perceptions
2. Enabling factors: skills, resources, accessible facilities, and physical and mental capabilities
3. Reinforcing factors: praise, rewards, encouragement, or recognition for meeting a goal

80. Explain the self-affirmation theory and how it can affect your health?

ANSWER: The affirmations you make can improve integrity, problem solving, self-worth, and self-regulation. They can

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also encourage behavioral change. Thinking about core personal values, important personal strengths, or valued relationships can provide reassurance and reinforce self-worth. Repeating an affirmation is one of the fastest ways to restructure thought patterns, develop new pathways in the brain, and make individuals less defensive about changing health behaviors.

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