Psychology for Medicine and Healthcare 3rd edition Ayers Test Bank

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Testbank

Chapter 1: Psychology and medicine

1 Which of the following best describes the biopsychosocial model of illness/wellness?

a. The absence of illness indicates wellness.

b. Disease is the result of the interaction between personal history, psychosocial processes, and physiological mechanisms.

c. Disease is caused by pathogenic stimuli acting on physiological and/or biochemical mechanisms.

d. None of the above.

Ans: B

2 Which of the following is a weakness of the biomedical model of illness/wellness?

a. It does not consider the influence of psychological factors on illness.

b. It does not consider the influence of social factors on illness.

c. It does not consider the influence of environmental factors on illness.

d. All of the above

Ans: D

3 According to the biopsychosocial model, how should treatment of illness proceed?

a. Effective treatment should explore patient beliefs, psychosocial circumstances and personal/family history.

b. Effective treatment should only use medication that has been proven to be effective in clinical trials.

c. Effective treatment is based on administering medical treatment to ensure recovery.

d. None of the above

Ans: A

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4 Which of the following is the best definition of comorbidity?

a. The situation in which both members of a couple have a major illness

b. The presence of another illness in addition to a major 'index' chronic condition

c. The presence of multiple chronic conditions without a major 'index' condition

d. The presence of a chronic condition alongside aging-related declines in physical capacity

Ans: B

5 According to the World Health Organization, what is health?

a. the absence of disease or infirmity

b. complete physical wellbeing

c. complete psychosocial wellbeing

d. complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity

Ans: D

6 Which of the following is the best definition of the placebo effect?

a. a fake treatment presented as if it were a real treatment

b. An improvement in health that occurs in a "control" group

c. an improvement in health that occurs in a group that receives a fake treatment, but not in a no-treatment control group

d. an improvement in health that occurs in a group that receives a real treatment, but not in a group that receives a placebo

Ans: C

7 One of "the four Ps" of health psychology is "Perpetuating factors". Which of the following are examples of perpetuating factors?

a. use of healthcare services and adherence to treatment

b. unhealthy behaviours that influence whether genetic factors lead to illness

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c. genetic factors that increase susceptibility to illness

d. healthy lifestyles and good social support

Ans: A

8 Which of the following best describes epigenetics?

a. It involves applying epidemiological approaches to studying genetic variability.

b. It involves studying how experiences affect the expression of genes.

c. It involves studying how the expression of genes affects experiences.

d. None of the above.

Ans: B

9 Which of the following specialisms in psychology is relevant to healthcare?

a. developmental psychology

b. cognitive psychology

c. health psychology

d. all of the above

Ans: D

10 Blaxter's (1990) sociological study revealed that lay definitions of health are most like the _____.

a. biomedical model because they focus on the presence or absence of disease

b. psychological model because they focus on the subjective well-being

c. biopsychosocial model because they include physical, psychological, and social functioning

d. sociological model because they focus on social roles and social functioning

Ans: C

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Chapter 2: Motivation, emotion, and health

1 What is motivation?

a. Motivation is the drive to act in response to biological stimuli such as hunger.

b. Motivation is the drive to act in response to social motives such as achievement.

c. Motivation is the drive to act in response to external stimuli and rewards.

d. All of the above.

Ans: D

2 Theories of motivation have been proposed in which of these 3 broad categories?

a. drive theories, stress theories, evolutionary theories

b. drive theories, evolutionary theories, and incentive theories

c. stress theories, evolutionary theories, and incentive theories

d. drive theories, stress theories, and incentive theories

Ans: B

3 What are the core components of emotion?

a. cognition, physiology, and non-verbal behaviour

b. cognition, physiology, and behaviour

c. physiology, behaviour, and non-verbal behaviour

d. cognition, behaviour, and verbal behaviour

Ans: B

4 Key behavioural components of emotion are _____.

a. action tendencies, non-verbal responses, and facial expressions

b. action tendencies, non-verbal responses, and verbal responses

c. non-verbal responses, verbal responses, and facial expressions

d. action tendencies, verbal responses, and facial expressions

Ans: A

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5 Which of the following statements is the most accurate?

a. Anger and hostility are associated with increased risk of cardiovascular disease.

b. Depression is associated with increased risk of all-cause mortality.

c. Positive emotion is associated with better health.

d. All of the above.

Ans: D

6 How much more likely are people with depression to develop cardiovascular disease compared to people without depression?

a. over 50% more likely

b. 40% more likely

c. 30% more likely

d. 20% more likely

Ans: A

7 Which of the following statements is most accurate? Optimism is associated with better _____.

a. physical and mental health

b. physical health but not mental health

c. mental health and some measures of physical health

d. mental health but not physical health

Ans: C

8 Areas of the brain important in emotion are _____.

a. limbic system and frontal cortex

b. limbic system and autonomic nervous system

c. frontal cortex and autonomic nervous system

d. None of the above.

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Ans: A

9 Which of these personality traits is associated with poorer mental health?

a. openness to new experiences

b. extroversion

c. neuroticism

d. agreeableness

Ans: C

10 Cognitive aspects of emotion are _____.

a. appraisal of the situation

b. labelling the physiological response as a specific emotion

c. evaluating physiological responses as positive or negative

d. All of the above

Ans: D

Chapter 3: Stress and health

1 How is stress defined by the transactional model of stress?

a. a physiological fight-flight response

b. a negative or demanding situation

c. when perceived demands are appraised as exceeding resources to cope

d. an external force which when applied to a system causes significant modification to its form

Ans: C

2 Which of the following is the most accurate definition of a stressor?

a. a force applied by a system to its environment

b. when perceived demands are appraised as exceeding resources to cope

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c. acute or chronic events that trigger stress responses

d. All of the above

Ans: C

3 According to the transactional model of stress appraisal is _____.

a. appraisal of the demands of a situation

b. appraisal of a person's resources to cope

c. reappraisal of the situation after a coping strategy has been applied

d. All of the above

Ans: D

4 Which characteristics of stressors are more likely to provoke physiological stress responses?

a. if a stressor is novel, unpredictable and uncontrollable

b. if a stressor is unpredictable, uncontrollable and acute

c. if a stressor is novel, uncontrollable and acute

d. none of the above

Ans: A

5 Which of the following statements is most accurate about the relationship between stress and immune function?

a. Acute and chronic stressors lead to decreased immune function.

b. Acute stressors lead to decreased immune function and chronic stressors lead to increased immune function.

c. Acute stressors lead to increased immune function and chronic stressors to decreased immune function.

d. There is too little evidence to draw conclusions.

Ans: C

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6 There is marked variation in how people respond to stressors. What is this due to?

a. differences in stress responsivity

b. different personality characteristics

c. differences in how stressors are appraised

d. All of the above

Ans: D

7 Which factors does research suggest are important in adults' resilience to stress?

a. positive emotions, optimism, and social support

b. cognitive reappraisal, facing fears, and finding meaning or purpose

c. active coping and mastery

d. all of the above

Ans: D

8 The vulnerability-stress (or diathesis-stress) model suggests the relationship between stress and health is due to _____.

a. interaction between pre-existing vulnerability and stress responses

b. interaction between pre-existing vulnerability and individual differences in stress responsivity

c. interaction between pre-existing vulnerability and stress exposure and responses

d. interaction between pre-existing vulnerability and stress exposure

Ans: C

9 Burnout is common in health professionals. Which factors does research suggest are most important in risk of burnout?

a. individual factors, the fit between the individual and environment, and organisational factors

b. individual factors and the fit between the individual and the environment

c. exposure to stressors and organisational factors

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