Health Psychology 7th edition Marks Test Bank

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Multiple choice questions

Chapter 1: Health psychology: An introduction

1. In the definition given in this book, health psychology is defined as an _____ field.
a. international
b. interdisciplinary
c. interactive
d. interesting
Ans: B

2. The leading risk factor for global disease burden in 2002 was:
a. alcohol
b. childhood and maternal underweight
c. tobacco
d. high blood pressure
Ans: B

3. According to the textbook, a psychological approach in the absence of environmental change is like:
a. whistling in the wind
b. an excellent idea
c. revolutionary and ingenious
d. a breath of fresh air
Ans: A

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4. According to S.S. Stevens, measurement is the assignment of numbers to attributes according to:

a. formulae

b. size

c. rules

d. quality

Ans: C

5. According to Michell, before quantification can happen, it is first necessary to obtain evidence that the relevant attribute is quantitative in _____

a. structure

b. stature

c. status

d. studies

Ans: A

6. When findings are difficult to generalize to the world outside of the laboratory, we say the research is lacking in _____ validity

a. ecological

b. economical

c. empirical

d. experimental

Ans: A

7. The 'Health Onion' is an example of a:

a. paradigm

b. model

c. theory

d. framework

Ans: D

8. In this chapter, evidence-based practice (EBP) is likened to:

a. slicing an onion

b. filtering coffee

c. making wine

d. baking bread

Ans: B

9. More research is necessary to confirm the assumption that _____ cause positive changes to quality of life.

a. lifestyle changes

b. research findings

c. survey data

d. questionnaire responses

Ans: A

10. _____ have some of the characteristics of paradigms (Kuhn, 1970) as they refer to a complete system of thinking about a field of inquiry.

a. pathways

b. theories

c. frameworks

d. models

Ans: C

11. Fill in the missing word: Health is a state of well-being, wants and needs based on the satisfaction of biological, psychosocial, cultural, _____, political, social justice and spiritual wants and needs, not simply the absence of illness.

a. economic
b. educational
c. environmental
d. experiential

Ans: A

12. The hierarchy of needs was proposed by:

a. Murray
b. MacDonald
c. Marks
d. Maslow

Ans: D

13. In the hierarchy of needs, the most basic level is defined as:

a. safety
b. belonging
c. esteem
d. physiological

Ans: D

14. In the hierarchy of needs, the highest level was defined as:

a. safety
b. belonging

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c. esteem

d. self-actualisation

Ans: D

15. Who defined happiness as: ‘the meaning and the purpose of life, the whole aim and end of human existence’? Was it:

a. Aristotle

b. Diener

c. Doyal

d. Maslow

Ans: A

16. According to _____ subjective well-being is ‘An umbrella term for different valuations that people make regarding their lives, the events happening to them, their bodies and minds, and the circumstances in which they live’.

a. Aristotle

b. Diener

c. Doyal

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Ans: B

17. QoL is an acronym for the phrase:

a. quality of living

b. quality of learning

c. quality of life

d. quality of liking

Ans: C

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18. According to Diener and Chan (2011), having high subjective well-being, adds _____ years to one's life.

a. 1–2
b. 2–4
c. 4–5
d. 4–10

Ans: D

19. A popular term for a person who smokes, eats fatty foods, drinks alcohol and watches TV many hours every day is:

a. lucky devil
b. lazy lump
c. couch cowboy
d. couch potato

Ans: D

20. A term used for an environment that is conducive to eating too much and taking too little exercise is:

a. obesogenic
b. oboozogenic
c. obeasogenic
d. obusogenic

Ans: A

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Health Psychology (7th)

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Total Questions: 20

Multiple Choice (20)

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