# *Health Psychology - a Biopsychosocial Approach 2nd edition Anisman Test Bank*

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# Lecturer testbank questions

## Chapter 1: Health psychology described

1. Justin has been experiencing headaches and gastro-intestinal complaints, but his physician has not found any physical cause for these problems. This is an example of _____.
a. psychological illness
b. psychosomatic illness
c. somatization disorder
d. hypochondriasis
e. conversion disorder
Ans: C

2. Jasmine has frequently been going to the physician and complaining of headaches. The physician has told her repeatedly that they are most likely due to dehydration; however, she is convinced that she is at risk of a brain tumour. This is an example of _____.
a. psychological illness
b. psychosomatic illness
c. somatization disorder
d. hypochondriasis
e. conversion disorder
Ans: D

3. Damian has recently crashed his bike and is no longer able to move his leg. However, upon examination, his leg is not physically injured in any way (i.e. no sprain, broken bones). This is an example of _____.
a. psychological illness
b. psychosomatic illness

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c. somatization disorder

d. hypochondriasis

e. conversion disorder

Ans: E

4. Which of these personality dimensions do NOT contribute to an individual's resilience?

a. High levels of self-esteem

b. High levels of self-efficacy

c. Hardiness

d. Optimism

e. External locus of control

Ans: E

5. Which of these statements is FALSE?

a. The distress associated with illness can lead to psychological disorders.

b. Sick individuals may adopt the identity of 'the sick person'.

c. Two individuals who are equally ill may differ in respect of their apparent wellness.

d. Well-being and illness are two discrete categories that fall on a continuum.

e. Comorbidities occur with most illnesses.

Ans: D

6. Which of these is the best predictor of heart disease?

a. Depression

b. Gender

c. Sedentary lifestyle

d. Socio-economic status

e. Family history

Ans: A

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7. What is another way of referring to the susceptibility of an individual or group to develop certain psychological or physical disturbances in response to external or internal triggers?
a. Vulnerability
b. Resilience
c. Comorbidity
d. Risk
e. Predictive medicine
Ans: A

8. What defines an individual's propensity to overcome an illness, as well as the ability of an individual to withstand the effects of stressful events that would ordinarily lead to a pathological condition?
a. Vulnerability
b. Resilience
c. Comorbidity
d. Strength
e. Predictive medicine
Ans: B

9. Which of these is the term used when many illnesses appear to be linked with one another so that when one particular illness occurs, it might be predictive of others developing?
a. Vulnerability
b. Resilience
c. Comorbidity
d. Increased risk
e. Predictive medicine
Ans: C

10. Biomarkers for various diseases can be used to inform the patient of their _____.

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a. personal risk
b. genetic code
c. level of fertility
d. family history
e. mental state
Ans: A

11. The goal of knowledge translation is _____.
a. to diminish the complexity of health-related information to make it more understandable to the general public

b. to narrow the gap between research findings and the creation of novel therapies, as well as between evidence-based research and government policy decisions

c. one of allowing as many researchers as possible to access the data across countries
d. providing fundamental information to other researchers
e. to encourage the use of evidence-based practices
Ans: B

12. Hypochondriasis is a _____.
a. conversion disorder
b. subdural disorder
c. somatoform disorder
d. anxiety conversion disorder
e. agentic disorder
Ans: C

13. Mild or tolerable stressors _____.
a. invariably increase vulnerability to illness upon later stressor experiences
b. invariably increase resilience to illness upon later stressor experiences

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c. increase or decrease vulnerability to illness upon later stressor experiences depending on the individual's sex

d. increase or decrease vulnerability to illness upon later stressor experiences depending on the individual's age

e. can increase resilience to illness upon later stressor experiences because they learned to cope during the initial stressor experience

Ans: E

14. Predicting the efficacy of specific treatments being considered for illness can be determined by _____.

a. biomarkers

b. adjuvants

c. epigenetic actions

d. dimorphisms

e. hormone alterations

Ans: A

15. Some people confuse their perceived and their actual knowledge, and even underestimate what they do not know. This is referred to as the _____.

a. Dimassio doctrine

b. inference bias

c. selection–outcome bias

d. Kruger–Dunning effect

e. input–output distance

Ans: D

16. How do we define treatment compliance?

a. The patient's propensity to follow medical advice

b. The likelihood that a patient calls a lawyer

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c. When the patient is not responsive to treatment

d. When a treatment is not administered to a patient

e. When an individual signs off on treatment for a family member

Ans: A

17. Which of these is NOT a route through which communication occurs within the body?

a. Blood supply

b. Pheromonal system

c. Peripheral nervous system

d. Endocrine system

e. Microbiome

Ans: B

18. What is the difference between a toxin and a toxicant?

a. A toxin is a naturally occurring substance in living organisms, while a toxicant is an agent released into the environment.

b. A toxin is an agent released into the environment while a toxicant is a naturally occurring substance in living organisms.

c. A toxin refers specifically to noxious substances found in foods, while toxicant refers collectively to all noxious substances.

d. A toxicant refers specifically to noxious substances found in foods, while a toxin refers collectively to all noxious substances.

e. There is no difference between toxins and toxicants.

Ans: A

19. Which of these would NOT be a factor that could increase the vulnerability of an individual to develop a particular disease?

a. Toxins or toxicants

b. The adoption of bad health behaviours

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c. Learning about potential rare illnesses
d. The use of certain medicinal drugs
e. Experiencing multiple or chronic life stressors
Ans: C

20. Which of these refers to the optimization of decision-making and treatment practices stemming from rigorous research that meets the criteria for valid and reliable methodological consideration, and interpretation of findings based on equally rigorous criteria?
a. Decisions-based practice
b. Methodology-based practice
c. Rigor-based practice
d. Evidence-based practice
e. Empirical-based practice
Ans: D

21. Which of these is an example of quantitative analysis?
a. Analysing the descriptions that someone provides of their daily routine
b. Analysing an individual's journal entries over time
c. Analysing data from several questionnaires that use Likert scales
d. Analysing the responses given by a subject during an interview
e. Analysing a dream the subject is asked to recall
Ans: C

22. Which of these is an example of qualitative analysis?
a. Analysis of the age of participants
b. Analysis of responses along a Likert scale
c. Analysis of number of meals an individual consumes per week
d. Analysis of narratives obtained from participant interviews
e. Analysis of time necessary to complete a task

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Ans: D

23. The course of which of these diseases can be influenced by environmental and psychological triggers?
a. Heart disease
b. Immune-related disorders
c. Auto-immune disorders
d. Type 2 diabetes
e. All of these
Ans: E

24. Mary goes to the physician and is diagnosed with heart disease. Furthermore, she says that she has been feeling particularly depressed in the months leading up to her diagnosis. This is an example of _____.
a. covalent vulnerability
b. complementary resilience
c. comorbidity
d. tachycardia
e. predictive medicine
Ans: C

25. The unusual spread of illnesses in the Northern hemisphere, particularly those linked to infection by insects, has been attributed to _____.
a. resistance to pesticides
b. climate change
c. changes of food supplies
d. the natural occurrence of algicides
e. industrial waste damaging insects
Ans: B

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# Chapter 2: Methodological approaches in health psychology

1. What is the leading cause of death in western countries (such as the UK, Europe and North America)?
a. Heart and circulatory disorders
b. Cancer
c. Respiratory disorders
d. Nervous system disorders
e. Suicide
Ans: A

2. When a third variable (e.g. gender) is found to interact with, and affect, either the direction or strength of the relationship between two other variables (e.g. stress and heart disease), the third variable would be classified as what?
a. Mediator
b. Moderator
c. Predictor
d. Dependent variable
e. Interacting variable
Ans: B

3. A particular variable (e.g. stress) is found to be related to a second variable (e.g. inflammation), which, in turn, is associated with an outcome variable (e.g. heart disease). Furthermore, if the second variable (inflammation) is controlled for, the relation between stress and heart disease is reduced. In this instance, inflammation is considered to be a _____.
a. Mediator
b. Moderator

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c. Predictor

d. Dependent variable

e. Interacting variable

Ans: A

4. A researcher believes that a sequence of events is related to particular outcomes, and therefore wishes to evaluate the paths through which these instances are related. What kind of analysis would they therefore run?

a. Structural equation modelling

b. Sequential equation modelling

c. Sequential path analysis

d. Structural path analysis

e. Series equation analysis

Ans: A

5. Epidemiological research focuses on _____.

a. how often and why diseases occur in different groups of people

b. the attributes of diseases that may be life-threatening

c. epidermal (skin) diseases

d. only the transmission of infectious diseases

e. only diseases of ageing

Ans: A

6. An index of **how many people** within a fixed number are afflicted with an illness is called what?

a. Odds ratio

b. Prevalence

c. Incidence

d. Risk

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e. None of these
Ans: B

7. The number of **new cases** that appear in a population or over a set period of time is called what?
a. Odds ratio
b. Prevalence
c. Incidence
d. Risk
e. None of these
Ans: C

8. The frequency of an illness in a population over a set period of time is referred to as what?
a. Odds ratio
b. Prevalence
c. Incidence
d. Risk
e. Morbidity
Ans: D

9. What is a case control study?
a. A study in which individuals with an illness are compared to individuals with a similar illness
b. A study in which one individual is assessed to identify the factors responsible for the illness
c. A study in which two groups with similar illnesses are compared to a third group with a different illness
d. A study in which individuals with an illness are compared to another group who does not have the illness

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e. A study in which individuals with an illness are assessed before diagnosis of the illness, and again after receiving treatment for the illness

Ans: D

10. The difference observed between participants within a particular group is referred to as _____.

a. cohort effects

b. individual characteristics

c. experimental error

d. variability

e. inconsistency

Ans: D

11. As part of programme evaluations, small collectives of individuals may be interviewed or assessed with qualitative approaches. What are these collections of individuals called?

a. Seminar group

b. Interview panel

c. Panel group

d. Study group

e. Focus group

Ans: E

12. In a meta-analysis, what two aspects are assessed to derive an estimate of how meaningful results are from reported studies?

a. Level of significance and population of individuals sampled

b. Inclusion and exclusionary criteria

c. The strength of associations between variables and the population sampled

d. The effect sizes and number of participants

e. Who the researchers were that published the studies

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Ans: D

13. Papers that review literature to provide an up-to-date assessment of the published work in a particular field are referred to as _____.

a. dissertations

b. systematic reviews

c. overview reports

d. summary papers

e. meta-analyses

Ans: B

14. Which is NOT required for an animal model of a human disease to be considered valid?

a. The symptoms of a human disorder ought to be replicated in the animal model

b. Treatments that ameliorate symptoms in humans ought to do so in the animal model

c. The symptoms in the animal model must be self-limiting (i.e. disappear on their own with time)

d. Treatments that are ineffective in humans should be ineffective in animals

e. Manipulations that promote or exacerbate symptoms in humans should also have these actions in the animals

Ans: C

15. What does the power of a test refer to?

a. How impactful the test is

b. The ability of a test to handle a certain number of variables or participants

c. How robust the test is to systematic flaws in the data

d. The ability to detect a significant difference

e. An index of how efficient a test is at crunching numbers

Ans: D

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16. An analysis of multiple studies that considers the number of participants tested and the variability present is referred to as a _____.

a. meta-analysis

b. variance–covariance analysis

c. variance–invariance analysis

d. root–cause analysis

e. mega-root analysis

Ans: A

17. Prior to the age of 55, males are more likely to develop heart disease than are females. However, after this age (after menopause) women are as likely as men to develop heart disease. This is an example of _____.

a. moderation dependency

b. interaction

c. independent variable subversion

d. independent variable suppression

e. gate-dependent outcomes

Ans: B

18. A study in which a large number of variables in the general population are measured and then an analysis is conducted to determine which factors come together to predict the presence of a physical or psychological illness is an example of _____.

a. a deviation analysis

b. an interrogatory analysis

c. a generic analysis

d. an epidemiological analysis

e. an endophenotypic analysis

Ans: D

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19. The ability to detect a statistically significant difference between groups, given the number of participants and the variability within each condition, describes a _____.

a. power analysis

b. mean–variance distribution

c. variance divergence programme

d. power–issuance diversion

e. none of these

Ans: A

20. A prospective analysis entails _____.

a. retroactively determining the presence of particular factors that could predict the development of a later illness

b. finding specific variables that are likely most responsible for specific outcomes

c. determining whether earlier experiences (such as those in childhood) are responsible for illnesses that have been uncovered in adulthood

d. evaluating patient medical charts in an effort to determine which of many variables are most closely aligned with the development of an illness

e. participants being tracked for some time, periodically assessing whether and to what extent particular changes have developed

Ans: E

21. A scientist actually measuring what they think they are measuring is referred to as _____.

a. reliability

b. congruence

c. validity

d. accuracy

e. precision

Ans: C

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22. Which of these is NOT a necessary criterion to model human disorders?
a. Treatments that ameliorate symptoms in humans ought to do so in the animal model.
b. Treatments that are ineffective in humans should be ineffective in animals.
c. Manipulations that promote symptoms in humans should also do so in the animal model.
d. The genomes should be congruent in both species.
e. The mechanisms responsible for a disorder ought to be the same in both species.
Ans: D

23. Which of these, from a reported study, may lead to a failure in replicating research findings?
a. The researchers selectively reported the most positive findings
b. The researchers used a large number of animals
c. The researchers controlled for important variables
d. The researchers used a longitudinal study design
e. The researchers were assessing for mediators
Ans: A

24. A study in which participants are randomly assigned to groups in which one receives an experimental treatment, and the second is similarly treated, but is given a placebo, is referred to as _____.
a. randomized concurrent trial
b. randomly conducted treatment
c. randomized controlled trial
d. randomly conducted trial
e. none of these
Ans: C

25. What is an open label trial?

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a. A study in which the label of a drug treatment has been removed

b. A study in which only the participants know what was administered

c. A study in which only the clinicians know what was administered

d. A study in which both the participants and the clinicians know what was administered

e. A malpractice court proceeding that is open to the public

Ans: D

26. In a quasi-experimental design, how are participants assigned to groups?

a. Participants are randomly assigned

b. Participants decide which experimental group to take part in

c. A confederate chooses which group the participants will belong to

d. Participants are not randomly assigned

e. There is no need for assignment in quasi-experimental designs

Ans: D

27. A study in which past experiences are recorded based on individual recall or in response to specific questions is often referred to as _____.

a. longitudinal

b. archival

c. historical

d. prospective

e. retrospective

Ans: E

28. What is a possible consequence of running a study with a small sample size?

a. The results may not be reliable

b. The results will certainly not be significant

c. The study will not get published, unless you know the right people

d. There will be a higher rate of participant attrition

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e. The results will likely not be valid

Ans: A

29. If one variable (e.g. food intake) was found to be elevated in a group of individuals, and subsequently a second variable (e.g. frequency of obesity) was also found to be high, what kind of relationship between these two variables would you likely conclude there to be?

a. Mediation

b. Moderation

c. Moderated mediation

d. Causal

e. Correlational

Ans: E

30. What type of analysis is used to determine whether variables as a group might be more predictive of an outcome than simply knowing about a single variable?

a. Grouped analysis

b. Normative analysis

c. Cluster analysis

d. Meta-analysis

e. Multiple analysis

Ans: C

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# Chapter 3: Biological systems and functioning

1. Norepinephrine, dopamine and serotonin are examples of _____.

a. neuropeptides

b. hormones

c. neurotransmitters

d. immune signalling molecules

e. all of these

Ans: C

2. These types of receptors tell the neuron to slow down the production of the neurotransmitter _____.

a. post-synaptic receptors

b. transporters

c. regulatory receptors

d. autoreceptors

e. inhibitory receptors

Ans: D

3. The process through which a neurotransmitter is transported back into the cell is called _____.

a. re-utilization

b. re-cycling

c. degradation

d. diffusion

e. re-uptake

Ans: E

4. Which of the following is NOT a type of glial cell?

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a. Oligodendrocytes
b. Astrocytes
c. Microglia
d. Lymphocytes
e. All of these are types of glial cells
Ans: D

5. Which of the following cell types is involved in myelination?
a. Oligodendrocytes
b. Covalent neurons
c. Dendrocytes
d. Lymphocytes
e. Cytokines
Ans: A

6. Adrenocorticotropic hormone (ACTH) enters the bloodstream and upon reaching the adrenal gland, it stimulates the release of _____.
a. corticotropin-releasing hormone (CRH)
b. cortisol
c. testosterone
d. oestrogen
e. oxytocin
Ans: B

7. _____ promotes satiety, whereas _____ promotes hunger.
a. Oxytocin; insulin
b. Ghrelin; luteinizing hormone
c. Ghrelin; neurotrophin
d. Leptin; ghrelin

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e. Insulin; leptin

Ans: D

8. Diabetes has been PRIMARILY associated with disturbances in which hormone?

a. Leptin

b. Ghrelin

c. Testosterone

d. Oestrogen

e. Insulin

Ans: E

9. Which of the following hormones is important in dominance challenges and aggressive behaviours?

a. Testosterone

b. Oestrogen

c. Insulin

d. Ghrelin

e. Oxytocin

Ans: A

10. The primary function of prolactin is to promote which of the following?

a. Aggression

b. Withdrawal

c. Lactation

d. Anhedonia

e. Anxiety

Ans: C

11. Which of the following hormones has been implicated in pro-social behaviours?

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a. Oxytocin
b. Cortisol
c. Leptin
d. Testosterone
e. Oestrogen
Ans: A

12. Which of the following substances are considered fundamental to cellular growth and proliferation, and are best known for their capacity to enhanced neuroplasticity?
a. Orexigenic factors
b. Neurogenic proteins
c. Optogenetic molecules
d. Neurotrophins
e. Anxiolytic peptides
Ans: D

13. Which type of immunity develops during the course of prenatal development?
a. Adaptive
b. Innate
c. Cellular
d. Acquired
e. Humoral
Ans: B

14. Macrophage remove dead cells as well as attack and engulf microorganisms through a process called _____.
a. exocytosis
b. lysis
c. cannibalism

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