Aging - Concepts and Controversies 10th edition Moody Test Bank

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Basic Concepts II: Aging, Health Care, and Society

Test Bank

Multiple Choice

1. Which of the following is one of the most prevalent chronic diseases of old age?
A. arthritis
B. osteoporosis
C. Parkinson's disease
D. cancer
Ans: A
Learning Objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Arthritis
Difficulty Level: Medium

2. _____ is the chief government program that pays for health care for older Americans.
A. Medicaid
B. Medicare
C. Social Security
D. The Older Americans Act
Ans: B
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge
Answer Location: Reimbursement Systems
Difficulty Level: Easy

3. Medicare covers about _____ of the out-of-pocket medical expenses of older people.
A. 10%
B. 25%
C. 50%
D. 80%
Ans: C
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge

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Answer Location: Reimbursement Systems
Difficulty Level: Medium

4. _____ refers to the private health insurance policies that older people may purchase to supplement their Medicare coverage.
A. Medicaid
B. Medicare Part A
C. Medicare Part B
D. Medigap
Ans: D
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Comprehension
Answer Location: Reimbursement Systems
Difficulty Level: Medium

5. The majority of Medicare dollars go to which of the following?
A. nursing homes
B. hospitals
C. physicians
D. home health agencies
Ans: B
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge
Answer Location: Reimbursement Systems
Difficulty Level: Medium

6. In 1983, Congress responded to the high costs of hospital care under Medicare Part A by introducing _____.
A. the resource-based relative value scale
B. the Omnibus Budget Reconciliation Act
C. Medigap policies
D. the prospective payment system
Ans: D
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge
Answer Location: Reimbursement Systems
Difficulty Level: Medium

7. Which of the following groups has the highest rate of suicide?
A. younger Black men
B. older Black men
C. young White men
D. older White men

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Ans: D
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Late-Life Suicide
Difficulty Level: Medium

8. Among all people over age 65, about _____ are in nursing homes at any given time.
A. 5%
B. 10%
C. 24%
D. 40%
Ans: A
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Knowledge
Answer Location: Chronic Care in Old Age
Difficulty Level: Easy

9. A multidimensional functional assessment is best described as involving which of the following?
A. a thorough physical exam
B. a full examination of physical, mental, and social conditions
C. mobility assessment
D. memory assessment
Ans: B
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Knowledge
Answer Location: Functional Assessment
Difficulty Level: Medium

10. Under the ideals of continuum of care, what do support systems strive towards?
A. a sense of stability
B. promoting maximum independence
C. round-the-clock supervision
D. communal living for seniors
Ans: B
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Comprehension
Answer Location: The Continuum of Care
Difficulty Level: Medium

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11. Patient's rights and families' feelings have long influenced the conversation about end-of-life care and right-to-die laws, but what other factor is of increasing concern?
A. mental health
B. medical futility
C. economic factors
D. the presence of disability
Ans: C
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Analysis
Answer Location: Late-Life Suicide
Difficulty Level: Medium

12. What percentage of older adults surveyed in multiple studies conducted by AARP say that they'd prefer to remain in their own homes and "age in place?"
A. 50%
B. 90%
C. 100%
D. 25%
Ans: B
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Knowledge
Answer Location: Housing for Older Adults
Difficulty Level: Medium

True/False

1. Evidence from biology indicates that maximum life span is genetically determined and thus fixed for each species.
Ans: T
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Longevity and Disease
Difficulty Level: Medium

2. Aging is not a lifelong process but something that only happens after maturity.
Ans: F

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Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Comprehension
Answer Location: Normal Aging
Difficulty Level: Medium

3. The majority of people over age 65 need assistance with activities of daily living.
Ans: F
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Chronic Care in Old Age
Difficulty Level: Medium

4. Today, older people are more likely to die from infectious diseases, such as influenza or pneumonia, than from chronic diseases, such as heart disease or cancer.
Ans: F
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Epidemiology of Aging
Difficulty Level: Medium

5. Chronic illness is much more common among the old than among the young.
Ans: T
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Major Diseases in Old Age
Difficulty Level: Easy

6. Dementia is characteristic of normal aging.
Ans: F
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Dementia and Alzheimer's Disease
Difficulty Level: Medium

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7. It is thought that both genetic and environmental factors contribute to Alzheimer's disease.
Ans: T
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Dementia and Alzheimer’s Disease
Difficulty Level: Medium

8. Once someone is admitted to a nursing home, he or she is likely to remain there for the rest of his or her life.
Ans: F
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge
Answer Location: Chronic Care in Old Age
Difficulty Level: Hard

9. Advances in medical technology are largely responsible for the large drop in mortality rates that occurred at the beginning of the 20th century.
Ans: F
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge
Answer Location: Reimbursement Systems
Difficulty Level: Hard

10. Two thirds of all dementias are of the Alzheimer's type.
Ans: T
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Knowledge
Answer Location: Dementia and Alzheimer’s Disease
Difficulty Level: Medium

11. The term *long-term care* covers health care and social services for those who need extensive help with daily life because of a chronic illness or condition.
Ans: T
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Knowledge
Answer Location: Long-Term Care
Difficulty Level: Easy

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12. Declines in mortality rates always lead to declines in morbidity rates
Ans: F
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Knowledge
Answer Location: Longevity and Disease
Difficulty Level: Medium

13. Long-term care costs are projected to increase dramatically in the 21st century.
Ans: T
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Knowledge
Answer Location: Paying for Long-Term Care: An American Dilemma
Difficulty Level: Easy

14. Only a small percentage of those over age 60 report feeling “very confident” or “somewhat confident” about maintaining a high quality of life as they grow older.
Ans: F
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Knowledge
Answer Location: Late-Life Suicide
Difficulty Level: Medium

Essay

1. How did Jonathan Swift (*Gulliver's Travels*, 1726) characterize the Struldbrugs, and how does this characterization assist in our understanding of the possible implications of population aging?
Ans: Varies.
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Analysis
Answer Location: The Case of the Struldbrugs
Difficulty Level: Medium

2. Describe the strengths and weaknesses of the Medicare program. What could be done to strengthen the Medicare program?
Ans: Varies.

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Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Application
Answer Location: Reimbursement Systems
Difficulty Level: Hard

3. Describe the variety of senior housing options that are available today. If you wished to continue living in your own home as long as possible but your health needs were increasing, which option would you prefer? Explain.
Ans: Varies.
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Application
Answer Location: Housing for Older Adults
Difficulty Level: Medium

4. How does the concept “continuum of care” assist in our understanding the diverse needs among the older adult population? To what extent is the long-term care service system in the United States a “continuum of care”?
Ans: Varies.
Learning objective: 2-2: Identify the main features of the U.S. systems for delivering health care and long-term care.
Cognitive domain: Analysis
Answer Location: The Continuum of Care
Difficulty Level: Medium

5. Describe the options that are available for dealing with the Struldbrug problem, that is, a prolonged period of frailty and dependency at the end of life. What are the benefits and drawbacks of each option? Which option would you support, and why?
Ans: Varies.
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Application
Answer Location: The Case of the Struldbrugs
Difficulty Level: Medium

6. What challenges might our society face with respect to long-term care if all diseases were eliminated?
Ans: Varies.
Learning objective: 2-3: Understand critical value dilemmas for health care policy in an aging society.
Cognitive domain: Application
Answer Location: Providing Long-Term Care
Difficulty Level: Medium

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7. Many people fear the prospect of having to live in a nursing home. Discuss some reasons for this prevalent fear, whether or not this fear is realistic, and the conditions under which living in such a setting may be appropriate.
Ans: Varies.
Learning objective: 2-1: Appreciate the significance of both normal aging processes and aging-related chronic illnesses in how individuals experience later life.
Cognitive domain: Application
Answer Location: Chronic Care in Old Age
Difficulty Level: Hard

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Controversy 2: Why Do Our Bodies Grow Old?

Test Bank

Multiple Choice

1. The maximum human life span is approximately _____ years.
A. 77
B. 82
C. 100
D. 120
Ans: D
Cognitive domain: Knowledge
Answer Location: Why Do Our Bodies Grow Old?
Difficulty Level: Easy

2. The time-dependent biological process that involves functional loss and susceptibility to disease and death is called _____.
A. the Gompertz law
B. normal aging
C. successful aging
D. the wear-and-tear theory of aging
Ans: B
Cognitive domain: Knowledge
Answer Location: The Process of Biological Aging
Difficulty Level: Easy

3. Which of the following is an example of a chance theory of aging?
A. somatic mutation theory
B. aging-clock theory
C. cellular theory
D. cross-linkage theory
Ans: D
Cognitive domain: Comprehension
Answer Location: Biological Theories of Aging
Difficulty Level: Medium

4. According to the cellular theory of aging, which of the following processes occur?
A. Free radical damage eventually gives rise to the symptoms we know as aging.
B. Cross-linking compounds in the collagen begin to accumulate and eventually impair cellular function.
C. The body's immune system begins to weaken and can no longer distinguish between bodily tissues and foreign tissues.

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D. The capacity for cell division weakens over time.
Ans: D
Cognitive Domain: Comprehension
Answer Location: Cellular Theory
Difficulty Level: Medium

5. The Hayflick Limit refers to which of the following processes?
A. Hela cells continue to divide and grow.
B. Normal human cells grown in tissue culture go through a limited number of cell divisions.
C. Aging is regulated by glandular cells, perhaps of the hypothalamus, thymus, or pituitary gland.
D. Waste products and other harmful substances build up in the cells.
Ans: B
Cognitive domain: Knowledge
Answer Location: Cellular Theory
Difficulty Level: Medium

6. “Compression of morbidity” refers to which of the following processes?
A. the acceleration of the inverse relationship of morbidity and mortality
B. when illness is pushed further into old age
C. an increase in the maximum life span
D. whenever the natural life span is exceeded
Ans: B
Cognitive domain: Comprehension
Answer Location: Why Do Our Bodies Grow Old?
Difficulty Level: Medium

7. According to Hayflick, when does aging begin?
A. at conception
B. at birth
C. following the reproductive period
D. when the animal becomes independent of its parents
Ans: C
Cognitive domain: Application
Answer Location: Reading 5: Why Do We Live as Long as We Do?
Difficulty Level: Hard

8. According to Fries and Crapo, all of the following are true EXCEPT _____.
A. the number of extremely old persons will increase
B. the percentage of a typical life spent in dependency will decrease
C. the period of adult vigor will be prolonged
D. the need for intensive medical care will decrease
Ans: A
Cognitive domain: Comprehension
Answer Location: Reading 6: Vitality and Aging

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Difficulty Level: Hard

9. Which of the following is being observed as a possible reversing effect on the otherwise reduced rate of functional decline?
A. increases in the educational levels of newer cohorts of elders
B. increases in the frequency of obesity
C. improvements in medical interventions
D. improvements in the ability of elders to manipulate their environment
Ans: B
Cognitive domain: Comprehension
Answer Location: Reading 7: The Compression of Morbidity Hypothesis
Difficulty Level: Hard

10. According to de Grey, the therapies being developed by the SENS (Strategies for Engineered Negligible Senescence) project to prevent and cure aging will be available for mice in _____ years and for humans in _____ years.
A. 50; 75
B. 50; 50
C. 25; 25
D. 10; 20
Ans: D
Cognitive domain: Knowledge
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Medium

11. What did Ko Hung and Roger Bacon's strategies for achieving immortality have in common?
A. They both focused on dietary habits.
B. They both turned to the teachings of the cult of Hsien.
C. They both searched for the Lost Ark.
D. Both of their strategies helped them live longer.
Ans: A
Cognitive domain: Analysis
Answer Location: Reading 9: Don't Fall for the Cult of Immortality
Difficulty Level: Medium

12. Which of the following has increased during the 20th century?
A. life expectancy
B. life span
C. both life expectancy and life span
D. compression of morbidity
Ans: A.
Cognitive domain: Comprehension
Answer Location: Why Do Our Bodies Grow Old?
Difficulty Level: Medium

13. Using morbidity and _____ interchangeably ignores the evidence that the presence of different diseases may have different effects.
A. mortality
B. disability
C. functional impairment
D. decline
Ans: B
Cognitive domain: Knowledge
Answer Location: Reading 7: The Compression of Morbidity Hypothesis
Difficulty Level: Medium

14. “Active” life expectancy is the number of years an individual can expect to live beyond age _____ without significant functional impairment due to disability or chronic illness.
A. 50
B. 40
C. 65
D. 75
Ans: C
Cognitive domain: Knowledge
Answer Location: Reading 7: The Compression of Morbidity Hypothesis
Difficulty Level: Easy

15. Rose’s experiments with fruit flies indicate what about longevity in populations?
A. It stays about the same regardless of interference.
B. It can be passed along through genes, altering the longevity in a population
C. The mortality genes can be switched off, producing immortality.
D. Any interference will result in reduction in longevity.
Ans: B
Cognitive domain: Comprehension
Answer Location: Genetic Approach
Difficulty Level: Medium

16. Which of the following writers argued that tampering with the aging process might not have a undiluted positive affect?
A. Olshanksy
B. De Grey
C. Fries and Crapo
D. Hayflick
Ans: D
Cognitive domain: Knowledge
Answer Location: Reading 5: Why Do We Live as Long as We Do?
Difficulty Level: Medium

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True/False

1. The body defends itself from free radicals by producing substances called antitoxins.
Ans: F
Cognitive domain: Knowledge
Answer Location: Free Radicals
Difficulty Level: Easy

2. Although cultural stereotypes suggest that women are more biologically fragile than men, the Gompertz law indicates that women and men are equally likely to die.
Ans: F
Cognitive domain: Comprehension
Answer Location: The Process of Biological Aging
Difficulty Level: Medium

3. Many biologists believe that aging may be explained by a single cause.
Ans: T
Cognitive domain: Comprehension.
Answer Location: Biological Theories of Aging
Difficulty Level: Easy

4. The maximum life span for a species is unalterable.
Ans: F
Cognitive domain: Comprehension
Answer Location: Ways to Prolong the Life Span
Difficulty Level: Medium

5. Research has found caloric restriction has no effect on longevity in rodents.
Ans: F
Cognitive domain: Knowledge
Answer Location: Environmental Approach
Difficulty Level: Easy

6. Hayflick likens aging to the ticking on of a cheap watch that eventually results in its failure.
Ans: T
Cognitive domain: Knowledge
Answer Location: Reading 5: Why Do We Live as Long as We Do?
Difficulty Level: Medium

7. Hayflick found that cells taken from fetal tissue and cells taken from a 70-year-old replicate for the same amount of divisions, indicating no upper limit.
Ans: F
Cognitive domain: Comprehension

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Answer Location: Reading 5: Why Do We Live as Long as We Do?
Difficulty Level: Medium

8. According to Fries and Crapo, average life expectancy has increased while life span has remained the same.
Ans: T
Cognitive domain: Comprehension
Answer Location: Reading 6: Vitality and Aging
Difficulty Level: Medium

9. According to Fries and Crapo, if all disease and trauma were eliminated, death would still occur.
Ans: T
Cognitive domain: Comprehension
Answer Location: Reading 6: Vitality and Aging
Difficulty Level: Medium

10. According to Mor, the compression of morbidity hypothesis is now generally accepted as valid.
Ans: T
Cognitive domain: Comprehension
Answer Location: Reading 7: The Compression of Morbidity Hypothesis
Difficulty Level: Medium

11. A challenge in determining the need for care in the older population is that population surveys on health in later life measure health status in multiple ways.
Ans: T
Cognitive Domain: Comprehension
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Medium

12. Even if the compression of morbidity continues, there will still be an increase in health care resources needed because the size of the older population is increasing.
Ans: T
Cognitive domain: Knowledge
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Medium

13. International research on health trends in later life provides consistent results across countries.
Ans: F
Cognitive domain: Knowledge
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Medium

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14. According to de Grey, even though it may be possible for people to live to be 1,000 years of age, none of the added life span will be lived in frailty, debility, or dependence.
Ans: T
Cognitive domain: Knowledge
Answer Location: Reading 8: We Will Be Able to Lie to 1,000
Difficulty Level: Medium

15. de Grey argues that the first person to live to 1,000 years of age has not yet been born.
Ans: F
Cognitive domain: Knowledge
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Easy

16. The various therapies that will be able to repair all the types of molecular and cellular damage that occur over time will have to be implemented before that damage is evident.
Ans: F
Cognitive domain: Comprehension
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Hard

17. de Grey considers biophysical aging to be a disease that should be cured.
Ans: T
Cognitive domain: Knowledge
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Medium

18. Olshansky agrees with de Grey (“We will be able to live to 1,000”) that with sufficient resources devoted to research, we can find a cure for aging.
Ans: F
Cognitive domain: Analysis
Answer Location: Reading 9: Don’t Fall for the Cult of Immortality
Difficulty Level: Medium

19. Olshansky finds that throughout much of human history, many individuals have believed that physical immortality was soon within reach.
Ans: T
Cognitive domain: Knowledge
Answer Location: Reading 9: Don’t Fall for the Cult of Immortality
Difficulty Level: Medium

20. Olshansky argues that research on aging should focus on improved physical health and mental functioning and not on the search for a cure to aging.
Ans: T

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Cognitive domain: Comprehension
Answer Location: Reading 9: Don't Fall for the Cult of Immortality
Difficulty Level: Easy

21. Olshansky concedes that the science of aging has significantly advanced in recent decades such that gerontology is close to discovering the key to physical immortality.
Ans: F
Cognitive domain: Comprehension
Answer Location: Reading 9: Don't Fall for the Cult of Immortality
Difficulty Level: Medium

Essay

1. According to the various biological theories of aging, is the maximum human life span really finite and fixed? Explain.
Ans: Varies.
Cognitive domain: Analysis
Answer Location: Is Aging Inevitable?
Difficulty Level: Medium

2. In your opinion, how much emphasis should be placed on promoting health versus curing diseases in old age? Explain.
Ans: Varies.
Cognitive domain: Application
Answer Location: Focus on Practice: Health Promotion
Difficulty Level: Easy

3. What if medical technology succeeds in significantly prolonging the human life span? What are the implications for health care economics?
Ans: Varies.
Cognitive domain: Application
Answer Location: Compression or Prolongation of Morbidity
Difficulty Level: Medium

4. What hope do we have for compressing morbidity or extending longevity according to Hayflick? Would these discoveries necessarily have positive consequences? Explain.
Ans: Varies.
Cognitive domain: Analysis
Answer Location: Reading 5: Why Do We Live as Long as We Do?
Difficulty Level: Medium

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5. Describe what is meant by the “rectangular curve.” How does the rectangular curve assist us in our understanding of human aging and future changes in life expectancy?
Ans: Varies.
Cognitive domain: Analysis.
Answer Location: Reading 6: Vitality and Aging
Difficulty Level: Medium

6. Mor suggests that the compression of morbidity may turn out to be a cohort effect and not a lasting improvement in the functioning of older adults. What does Mor base his argument on? Do you agree or disagree with his thinking?
Ans: Varies.
Cognitive domain: Application
Answer Location: Reading 7: The Compression of Morbidity Hypothesis
Difficulty Level: Medium

7. Parker and Thorslund suggest that trends in compression of morbidity are more complex than initially thought--the general trend seems to be that older sectors of the population report more diseases and health problems, at the same time that their functional ability is maintained for longer periods. How do the authors explain this trend? Do you think this trend will continue into the 21st century?
Ans: Varies.
Cognitive domain: Analysis
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Hard

8. Do you agree or disagree with de Grey that developing therapies that would dramatically increase life expectancy is tantamount to “playing God?”
Ans: Varies
Cognitive domain: Application
Answer Location: Reading 8: We Will Be Able to Live to 1,000
Difficulty Level: Medium

9. Compare and contrast de Grey's “We Will Be Able to Live to 1,000” and Olshansky's views on the likelihood of preventing and curing aging. What evidence does Olshansky use to refute de Grey's argument?
Ans: Varies.
Cognitive domain: Analysis
Answer Location: Reading 9: Don’t Fall for the Cult of Immortality
Difficulty Level: Medium

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