

## CHAPTER 1: AN INTERDISCIPLINARY VIEW OF HEALTH

### MULTIPLE CHOICE QUESTIONS

1. Which of the following statements is TRUE regarding the story of Winston?
  - a. He was distraught and depressed about his recent diagnosis of multiple sclerosis.
  - b. He considered himself to be in excellent health despite having multiple sclerosis.
  - c. He was determined to find a cure for his illness.
  - d. He considered his life over due to the fact that he had multiple sclerosis.

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 2**

**Topic: B-Heading**

**Objective: Applied**

2. Benjamin has just been diagnosed with a chronic illness. His physician informs Benjamin that this means
  - a. He has a short-term illness.
  - b. He has a type of mental health diagnosis.
  - c. He has an easily treatable illness that will not last more than 1 month.
  - d. He has a long-term and persistent illness.

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 2**

**Topic: B-Heading**

**Objective: Applied**

3. Physiological state refers to
  - a. An individual's ability to physically perform daily functions without limitations or restrictions.
  - b. An individual's ability to mentally perform daily functions without limitations or restrictions.
  - c. An individual's degree of spiritual beliefs necessary for health and well-being.
  - d. An individual's degree of psychological health and well-being.

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 2-3**

**Topic: B-Heading**

**Objective: Factual**

4. Theoretical perspectives on health
- Rarely deviate from the physiological aspects of disease and illness.
  - Always include one's emotional state about disease and illness.
  - Often include the presence or absence of disease as well as one's attitude about illness or disease.
  - Tend to be the same for all people.

**Correct Answer: c**

**Difficulty: 3**

**Page ref: 2-3**

**Topic: B-Heading**

**Objective: Conceptual**

5. Holistic health is influenced by
- Physiological factors.
  - Psychological factors.
  - Emotional and social factors.
  - All of the above

**Correct Answer: d**

**Difficulty: 1**

**Page ref: 3**

**Topic: B-Heading**

**Objective: Factual**

6. \_\_\_\_\_ is credited with being the first person to recognize the effect of emotions on one's health.
- Hippocrates
  - Descartes
  - Socrates
  - Aristotle

**Correct Answer: a**

**Difficulty: 1**

**Page ref: 3**

**Topic: B-Heading**

**Objective: Factual**

7. The author of the textbook characterized Winston's viewpoints about his multiple sclerosis as being most closely related to
- The physiological approach to illness.
  - The spiritual approach to illness.
  - The holistic approach to illness.
  - The emotional approach to illness.

**Correct Answer: c**

**Difficulty: 2**

**Page ref: 3**

**Topic: B-Heading**

**Objective: Applied**

8. Factors that influence health outcomes are called
- Principle concepts.
  - Ecological factors.
  - Determinants of health.
  - Cultural variants.

**Correct Answer: c**  
**Difficulty: 1**  
**Page ref: 3**  
**Topic: B-Heading**  
**Objective: Factual**

9. Which of the following statements is FALSE?
- Several theoretical perspectives exist to describe health and wellness.
  - The holistic viewpoint of health focuses primarily on four determinants.
  - Family and cultural traditions have little, if any, relation to one's health.
  - The concept of health has changed throughout the years.

**Correct Answer: c**  
**Difficulty: 3**  
**Page ref: 3**  
**Topic: B-Heading**  
**Objective: Conceptual**

10. How does the social ecological approach to health differ from the holistic approach?
- The holistic approach does not include psychological determinants of health.
  - The social ecological approach does not include psychological determinants of health.
  - The social ecological approach is comprised of only four determinants of health, whereas the holistic approach consists of six determinants.
  - The social ecological model is the only approach that includes health systems and health policy as health determinants.

**Correct Answer: d**  
**Difficulty: 3**  
**Page ref: 3**  
**Topic: B-Heading**  
**Objective: Conceptual**

11. Native American and southern African cultures have a history of incorporating the use of \_\_\_\_\_ in their health practices.
- Chemistry
  - Botany
  - Psychology
  - Physiology

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 3**  
**Topic: B-Heading**  
**Objective: Factual**

12. “Modern” concepts of health have been traced back as early as the
- First century B.C.E.
  - Second century B.C.E.
  - Third century B.C.E.
  - Fourth century B.C.E.

**Correct Answer: c**

**Difficulty: 2**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Factual**

13. The importance of clean water as a health determinant was evident in the early cultures of
- The Indus Valley region (now called Pakistan).
  - Europe.
  - Australia.
  - Japan.

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Factual**

14. Health policies are used to guide
- Access to clean water.
  - Family and cultural influences on health.
  - Spiritual well-being.
  - All of the above

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Factual**

15. The mind-body connection developed by Hippocrates was referred to as
- Daoist philosophy.
  - Cnidian theory.
  - Botanical theory.
  - Humoral theory.

**Correct Answer: d**

**Difficulty: 1**

**Page ref: 6**

**Topic: B-Heading**

**Objective: Applied**

16. John strongly believes that “Qi” is an important component of health. Which theoretical perspective is John likely to follow?
- Humoral theory
  - Daoist philosophy
  - Aesculapian theory
  - Cnidian theory

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Applied**

17. Evidence of ancient Egyptian beliefs about the body and circulatory system were demonstrated through
- Various rituals, including the mummification process.
  - Meticulously drawn nutrition pyramids.
  - The writings of Socrates and Galen.
  - “Qi” and similar concepts of balance.

**Correct Answer: a**

**Difficulty: 3**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Conceptual**

18. Daoist philosophy influences modern day
- Biopsychosocial viewpoints.
  - Traditional medical practices.
  - Psychological practices.
  - Chinese traditional medicine.

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Conceptual**

19. Aesculapian theory challenged the beliefs of
- Native Americans.
  - Hippocrates.
  - Descartes.
  - Early Europeans.

**Correct Answer: b**

**Difficulty: 1**

**Page ref: 5**

**Topic: B-Heading**

**Objective: Conceptual**

20. \_\_\_\_\_ emphasized spiritual intervention and mediation of priests.
- Aesculapian theory
  - Cnidian theory
  - Holistic theory
  - Humoral theory

**Correct Answer: a**  
**Difficulty: 1**  
**Page ref: 7**  
**Topic: B-Heading**  
**Objective: Factual**

21. The World Health Organization defines health as
- The physiological state of one's body.
  - A state of complete, physical, mental and social well-being and not merely the absence of diseases or infirmity.
  - The absence of illness and disease.
  - The harmonic balance of spirituality and emotional well-being.

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 6 (Table 1.1)**  
**Topic: B-Heading**  
**Objective: Factual**

22. \_\_\_\_\_ associated illness with physical disease and denied the influence of spiritual and emotional well-being.
- Daoist philosophy
  - Cnidian theory
  - Humoral theory
  - Holistic theory

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 5**  
**Topic: B-Heading**  
**Objective: Factual**

23. Hippocrates believed that diseases causing imbalance were located in the \_\_\_\_\_, whereas Galen believed diseases were located in the \_\_\_\_\_.
- Organs; bodily fluids.
  - Organs; brain.
  - Bodily fluids; organs.
  - Brain; organs.

**Correct Answer: c**  
**Difficulty: 3**  
**Page ref: 7**  
**Topic: B-Heading**  
**Objective: Applied**

24. Galen's views of health were more \_\_\_\_\_-based than those of Hippocrates.
- a. Psychologically
  - b. Physiologically
  - c. Spiritually
  - d. Emotionally

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 7**

**Topic: B-Heading**

**Objective: Applied**

25. Judy is interested in a career where she can study plants and plant life. Which of the following sciences would be the best match for Judy?
- a. Botany
  - b. Ecology
  - c. Biology
  - d. Psychology

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 7**

**Topic: B-Heading**

**Objective: Applied**

26. *Materia medica* refers to
- a. The medicinal properties of plants.
  - b. The medical aspects of health and well-being.
  - c. The importance of medicine in treating mental health conditions.
  - d. The medical terminology associated with holistic care.

**Correct Answer: a**

**Difficulty: 1**

**Page ref: 7**

**Topic: B-Heading**

**Objective: Factual**

27. Pharmacology is most closely associated with the ancient practice of using \_\_\_\_\_ to treat illness.
- a. Spiritual advisors
  - b. *Materia medica*
  - c. Art and music
  - d. Religious rituals

**Correct Answer: b**

**Difficulty: 3**

**Page ref: 7**

**Topic: B-Heading**

**Objective: Conceptual**

28. Which of the following early civilizations has NOT been associated with *materia medica*?
- Mesoamerican cultures
  - Chinese cultures
  - Southern African cultures
  - European cultures

**Correct Answer: d**

**Difficulty: 3**

**Page ref: 7**

**Topic: B-Heading**

**Objective: Conceptual**

29. A historian is interested in learning about the ancient medical practices of a particular culture; however, there are no written records for him to review. According to the textbook, one of the primary means of obtaining information about ancient health practices when written records are unavailable is through
- Musical lyrics.
  - Taped recordings.
  - Artwork and artifacts.
  - Studying past rituals.

**Correct Answer: c**

**Difficulty: 1**

**Page ref: 9 (Box 1.1)**

**Topic: B-Heading**

**Objective: Conceptual**

30. Steve is an “ethnopharmacologist”; therefore, he is responsible for studying
- The medical guidelines set forth by the Federal Drug Administration.
  - The medical practices used in holistic environments.
  - The pharmacological guidelines used by the government.
  - The medicinal practices of different cultures.

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 9 (Box 1.1)**

**Topic: B-Heading**

**Objective: Applied**

31. According to the textbook, early Ethiopian cultures utilized pendants as
- Nail files.
  - Nail cleaners.
  - Ear cleaners.
  - Thermometers.

**Correct Answer: c**

**Difficulty: 2**

**Page ref: 9 (Box 1.1)**

**Topic: B-Heading**

**Objective: Factual**



32. Religious beliefs shaped health concepts in some European cultures, most notably during the
- Middle or “Dark” Ages.
  - Renaissance period.
  - Rise of the Roman Empire.
  - British Invasion.

**Correct Answer: a**  
**Difficulty: 3**  
**Page ref: 8**  
**Topic: B-Heading**  
**Objective: Factual**

33. \_\_\_\_\_ caused a large decline in the Roman population during the years 541–588 CE.
- Mental illness
  - HIV/AIDS
  - Flooding
  - Pandemics

**Correct Answer: d**  
**Difficulty: 2**  
**Page ref: 8**  
**Topic: B-Heading**  
**Objective: Factual**

34. Early civilizations believed that plagues were caused by
- Bacteria.
  - Demons.
  - Weather.
  - Locusts.

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 8**  
**Topic: B-Heading**  
**Objective: Factual**

35. Who was responsible for healing the spiritual afflictions believed to be the cause of disease during the Roman Empire?
- Priests
  - Pharmacists
  - Philosophers
  - Chemists

**Correct Answer: a**  
**Difficulty: 1**  
**Page ref: 8**  
**Topic: B-Heading**  
**Objective: Applied**

36. Lisa is developing a lesson plan about the two Plagues of Justinian. She will inform her students that these \_\_\_\_\_ took place in Rome in mid-500 CE.
- Viruses
  - Locust attacks
  - Pandemics
  - Allergic reactions

**Correct Answer: c**

**Difficulty: 3**

**Page ref: 11**

**Topic: B-Heading**

**Objective: Applied**

37. The haemorrhagic plague killed over 25 million people within 2 years. This plague has also been referred to as
- “Spanish Flu.”
  - “Black Death.”
  - “Typhus.”
  - “Cholera.”

**Correct Answer: b**

**Difficulty: 1**

**Page ref: 8**

**Topic: B-Heading**

**Objective: Conceptual**

38. Which of the following statements is TRUE about the Renaissance period?
- The concept of illness was viewed as a punishment for evil behaviors.
  - Physicians believed diseases were caused by spiritual factors.
  - It was called the “Renaissance” period because there were no plagues during this time.
  - Scholars began studying the scientific aspects of the human body again.

**Correct Answer: d**

**Difficulty: 3**

**Page ref: 8**

**Topic: B-Heading**

**Objective: Conceptual**

39. The director of a hospital has followed appropriate guidelines and issued a quarantine due to a possible viral contaminant. This is an example of a
- Health policy.
  - Cultural policy.
  - Biological policy.
  - Physiological policy.

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 9**

**Topic: B-Heading**

**Objective: Applied**

40. One of the primary means in which diseases were transmitted during the Renaissance period was through
- Farming.
  - Religious rituals.
  - Maritime voyages.
  - Psychiatric institutions.

**Correct Answer: c**

**Difficulty: 1**

**Page ref: 10**

**Topic: B-Heading**

**Objective: Factual**

41. Which of the following is NOT considered a determinant of health?
- Social environment
  - Procedural guidelines
  - Health policies
  - Psychological environment

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 10**

**Topic: B-Heading**

**Objective: Factual**

42. Public health policies were developed by the early \_\_\_\_\_ in the United States of America.
- 1700s
  - 1800s
  - 1900s
  - 2000s

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 10**

**Topic: B-Heading**

**Objective: Factual**

43. Public health policies in the United States were initially developed to
- Create guidelines for hospital admission procedures.
  - Assign individuals to health care systems.
  - Control contagious diseases such as yellow fever and smallpox.
  - Advise political leaders about the effects of health conditions on the environment.

**Correct Answer: c**

**Difficulty: 3**

**Page ref: 10**

**Topic: B-Heading**

**Objective: Conceptual**

44. \_\_\_\_\_ is the study of the origins and spread of disease.
- Ecology
  - Botany
  - Ethnopharmacology
  - Epidemiology

**Correct Answer: d**

**Difficulty: 1**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Factual**

45. Tyrone is reading about early contributors of the mind/body connection as it relates to health. Which early contributor is Tyrone most likely to read about?
- Wilhelm Wundt
  - Abraham Maslow
  - Carl Rogers
  - Sigmund Freud

**Correct Answer: d**

**Difficulty: 3**

**Page ref: 10-11**

**Topic: B-Heading**

**Objective: Conceptual**

46. \_\_\_\_\_ proposed that physiological illnesses can have psychological causes.
- Sigmund Freud
  - Galen
  - Ancient Roman emperors
  - Early Catholic clergy

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 11**

**Topic: B-Heading**

**Objective: Applied**

47. The development of the field of “psychosomatic medicine” was a result of
- Research on the mind-body connection.
  - Guidelines established by the American Medical Association.
  - An accumulation of years of psychological research.
  - Clergy seeking alternatives to medicine.

**Correct Answer: a**

**Difficulty: 3**

**Page ref: 11**

**Topic: B-Heading**

**Objective: Conceptual**

48. John's physician diagnosed him with a psychosomatic illness, which indicates there may be a(n) \_\_\_\_\_ link to his illness.
- Chemical
  - Psychological
  - Spiritual
  - Environmental

**Correct Answer: b**  
**Difficulty: 2**  
**Page ref: 11**  
**Topic: B-Heading**  
**Objective: Applied**

49. Freud's research on psychosomatic illnesses was based in part on his
- Childhood upbringing.
  - Mother's viewpoints.
  - Intuitions.
  - Years of scientific research.

**Correct Answer: c**  
**Difficulty: 2**  
**Page ref: 11**  
**Topic: B-Heading**  
**Objective: Applied**

50. Which factor contributed to the loss of support for the mind-body connection?
- The belief that psychosomatic illnesses were contrived or made up.
  - The notion that psychosomatic illnesses could not be treated with medication.
  - The deaths of the primary supporters of this theory.
  - The development of new medications designed to treat physical ailments.

**Correct Answer: a**  
**Difficulty: 2**  
**Page ref: 11**  
**Topic: B-Heading**  
**Objective: Factual**

51. Madeleine has the same beliefs about health as the World Health Organization (WHO); therefore, she believes that
- Health is simply the result of disease.
  - Health is the result of psychological and physiological factors.
  - Health is a direct result of one's spiritual beliefs.
  - Health is unrelated to social factors.

**Correct Answer: b**  
**Difficulty: 3**  
**Page ref: 11**  
**Topic: B-Heading**  
**Objective: Applied**

52. Which model of health is viewed as the fundamental building block for the practice of medicine in Western cultures?
- The physiological model
  - The sociological model
  - The biopsychosocial model
  - The biomedical model

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 11-12**

**Topic: B-Heading**

**Objective: Conceptual**

53. The late \_\_\_\_\_ century marked a shift in ideas from spiritual forces causing disease to the belief that germs caused disease and illness.
- 17<sup>th</sup>
  - 18<sup>th</sup>
  - 19<sup>th</sup>
  - 20<sup>th</sup>

**Correct Answer: c**

**Difficulty: 3**

**Page ref: 11**

**Topic: B-Heading**

**Objective: Factual**

54. \_\_\_\_\_ is credited with being the first person to link bacteria to certain diseases.
- Alexander Fleming
  - Sigmund Freud
  - Robert Koch
  - Marie Curie

**Correct Answer: c**

**Difficulty: 3**

**Page ref: 11**

**Topic: B-Heading**

**Objective: Applied**

55. Which of the following is a criticism of the biomedical model of health?
- It is not focused enough on medicinal treatments for diseases.
  - It does not take into account emotional and social factors linked to disease.
  - It does not recognize that microorganisms cause disease.
  - It does not recognize the influence of physiological factors on disease.

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Conceptual**

56. Miguel adheres to the biopsychosocial model of health. In other words, he believes that
- Health is determined by genetic factors.
  - Health is the result of multiple factors.
  - Health is the direct result of one's environment.
  - Health is predetermined at birth.

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Applied**

57. The \_\_\_\_\_ model of health was one of the first models to recognize that health is not determined strictly by biological causes; rather, it is a combination of several different factors.
- Ecological
  - Psychological
  - Sociological
  - Biopsychosocial

**Correct Answer: d**

**Difficulty: 3**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Conceptual**

58. Research on the relationship between \_\_\_\_\_ and \_\_\_\_\_ has provided the clearest evidence of the association between emotional factors and negative physiological effects.
- Stress; illness
  - Stress; socioeconomic status
  - Spiritual beliefs; stress
  - Environmental factors; stress

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Conceptual**

59. \_\_\_\_\_ proposed the biopsychosocial model of health in 1972.
- Engel
  - Freud
  - Galen
  - Lazarus

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Applied**

60. One of the biggest criticisms of the biopsychosocial model of health is that
- The model does not account for variables other than social determinants.
  - The core foundation is too spiritually-based.
  - The model places too much emphasis on psychological variables.
  - The core foundation is too biologically-based.

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 12-13**

**Topic: B-Heading**

**Objective: Conceptual**

61. Which of the following statements is TRUE in reference to the biopsychosocial model of health?
- The model is not accepted by most psychologists.
  - The model does not include spirituality as a factor influencing health.
  - The model is also called the “wellness model.”
  - The model addresses environmental determinants of health such as air quality and pollutants.

**Correct Answer: b**

**Difficulty: 3**

**Page ref: 12-13**

**Topic: B-Heading**

**Objective: Conceptual**

62. How does the wellness model of health differ from other models?
- The wellness model is the only model to include socioeconomic factors as determinants of health.
  - The wellness model does not include physiological factors related to health.
  - The wellness model includes Daoist philosophic properties.
  - The wellness model includes spirituality and quality-of-life as factors influencing health outcomes.

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 13**

**Topic: B-Heading**

**Objective: Conceptual**

63. Danette considers her views about the meaning of life as being influential to her overall health. This idea is most closely related to the \_\_\_\_\_ model of health.
- Wellness
  - Biopsychosocial
  - Biomedical
  - Spiritual

**Correct Answer: a**

**Difficulty: 2**

**Page ref: 13**

**Topic: B-Heading**

**Objective: Applied**



64. Spirituality has been linked to a reduction in
- Stress.
  - Physiological illness.
  - Health-enhancing behaviors.
  - All of the above

**Correct Answer: d**  
**Difficulty: 1**  
**Page ref: 13**  
**Topic: B-Heading**  
**Objective: Factual**

65. Which of the following would NOT be considered a “health-enhancing behavior”?
- Getting enough sleep each night
  - Working in places where there is secondhand smoke
  - Walking to school each day
  - Taking a daily multivitamin

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 13**  
**Topic: B-Heading**  
**Objective: Conceptual**

66. Quality-of-life refers to
- The idea that life is too short.
  - The notion that one can control their own destiny.
  - One’s level of life satisfaction.
  - One’s belief that they can master any task.

**Correct Answer: c**  
**Difficulty: 2**  
**Page ref: 13-14**  
**Topic: B-Heading**  
**Objective: Factual**

67. Roberto has been diagnosed with cancer. Despite this recent news, he is determined to live life to its fullest. Roberto has a \_\_\_\_\_ quality-of-life.
- Low
  - Moderate
  - High
  - Weak

**Correct Answer: c**  
**Difficulty: 1**  
**Page ref: 13-14**  
**Topic: B-Heading**  
**Objective: Applied**

68. How many determinants are involved in the ecological model of health?
- 4
  - 5
  - 6
  - 7

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 14-15**  
**Topic: B-Heading**  
**Objective: Factual**

69. Which of the following factors is unique to the social ecological model of health?
- Physical environment
  - Spiritual beliefs
  - Quality-of-life
  - Socioeconomic status

**Correct Answer: a**  
**Difficulty: 2**  
**Page ref: 14-15**  
**Topic: B-Heading**  
**Objective: Conceptual**

70. Carol works for an agency where she implements regulations to protect the health of the community. What type of work is she involved with?
- Health networking
  - Managed care
  - Health organization
  - Health policy

**Correct Answer: d**  
**Difficulty: 2**  
**Page ref: 15**  
**Topic: B-Heading**  
**Objective: Applied**

71. \_\_\_\_\_ are examples of determinants of health related to the physical environment.
- Places of worship
  - Educational institutions
  - Crime and violence
  - Medicinal herbs

**Correct Answer: c**  
**Difficulty: 3**  
**Page ref: 15**  
**Topic: B-Heading**  
**Objective: Conceptual**

72. The ability to receive timely medical care best fits with the \_\_\_\_\_ model of health.
- Ecological
  - Biomedical
  - Wellness
  - Biopsychosocial

**Correct Answer: a**  
**Difficulty: 2**  
**Page ref: 15**  
**Topic: B-Heading**  
**Objective: Conceptual**

73. The American Psychological Association's current definition of health psychology most closely resembles the definition set forth by
- Hippocrates.
  - William James.
  - Abraham Maslow.
  - Joseph Matarazzo.

**Correct Answer: d**  
**Difficulty: 3**  
**Page ref: 15**  
**Topic: B-Heading**  
**Objective: Applied**

74. Which of the following domains is NOT considered a principal component of the American Psychological Association's definition of health psychology?
- Family and community
  - Cultural traditions
  - Health systems
  - The individual

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 15**  
**Topic: B-Heading**  
**Objective: Factual**

75. \_\_\_\_\_ refers to the cause of an illness.
- Etiology
  - Ethnopharmacology
  - Quality-of-life
  - Botany

**Correct Answer: a**  
**Difficulty: 1**  
**Page ref: 16**  
**Topic: B-Heading**  
**Objective: Factual**

76. The American Psychological Association redefined health psychology in the year
- 1999.
  - 2000.
  - 2002.
  - 2008.

**Correct Answer: c**

**Difficulty: 1**

**Page ref: 15**

**Topic: B-Heading**

**Objective: Factual**

77. The American Psychological Association's definition of health most closely fits the \_\_\_\_\_ model of health.
- Wellness
  - Sociocultural
  - Ecological
  - Biomedical

**Correct Answer: c**

**Difficulty: 2**

**Page ref: 15-16**

**Topic: B-Heading**

**Objective: Conceptual**

78. Determining etiology fulfills the \_\_\_\_\_ role of health psychologists.
- Environmental
  - Spiritual
  - Investigative
  - Policy development

**Correct Answer: c**

**Difficulty: 2**

**Page ref: 16**

**Topic: B-Heading**

**Objective: Conceptual**

79. \_\_\_\_\_ transmit neurochemical messages throughout the body.
- Biochemicals
  - Genetics
  - Myelin sheaths
  - Nerve fibers

**Correct Answer: d**

**Difficulty: 1**

**Page ref: 16**

**Topic: B-Heading**

**Objective: Factual**

80. One of the functions of the *myelin sheath* is to
- Store genetic material.
  - Help speed up message transmission.
  - Transmit genetic traits.
  - Protect the myelin.

**Correct Answer: b**  
**Difficulty: 1**  
**Page ref: 16-17**  
**Topic: B-Heading**  
**Objective: Factual**

81. Winston has been diagnosed with multiple sclerosis (MS). Due to this diagnosis, Winston's body has difficulties
- Transmitting neurochemical messages.
  - Responding to antibiotics.
  - Regulating insulin levels after meals.
  - None of the above

**Correct Answer: a**  
**Difficulty: 3**  
**Page ref: 17**  
**Topic: B-Heading**  
**Objective: Applied**

82. The biomedical aspect of multiple sclerosis (MS) is an example of the impact of \_\_\_\_\_ on one's health.
- Pollutants
  - Spirituality
  - Genetics
  - Environmental determinants

**Correct Answer: c**  
**Difficulty: 2**  
**Page ref: 17**  
**Topic: B-Heading**  
**Objective: Conceptual**

83. A scientist is investigating demographic variables related to certain diseases. Which of the following is NOT considered a demographic variable?
- Ethnicity
  - Etiology
  - Educational level
  - Occupation

**Correct Answer: b**  
**Difficulty: 2**  
**Page ref: 17**  
**Topic: B-Heading**  
**Objective: Applied**

84. Catherine has just been diagnosed with multiple sclerosis (MS). Based on the most common age of diagnosis for this disease, there is a high probability she is
- Under 20 years of age.
  - 20–40 years of age.
  - 40–60 years of age.
  - 60–80 years of age.

**Correct Answer: b**

**Difficulty: 3**

**Page ref: 20**

**Topic: B-Heading**

**Objective: Applied**

85. Research conducted by Sadovnick, Baird, and Ward (1988) has established a strong link between multiple sclerosis (MS) and
- First-degree relatives.
  - Second-degree relatives.
  - Uncles and nephews.
  - Aunts and nieces.

**Correct Answer: a**

**Difficulty: 1**

**Page ref: 17**

**Topic: B-Heading**

**Objective: Conceptual**

86. Which of the following is an example of a familial determinant of health?
- Water quality
  - Neighborhood sanitation
  - Occupational status
  - Genetics

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 17, 19**

**Topic: B-Heading**

**Objective: Conceptual**

87. Conclusive evidence has demonstrated a(n) \_\_\_\_\_ link with multiple sclerosis (MS).
- Anthropological
  - Familial
  - Addiction
  - Spiritual

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 17**

**Topic: B-Heading**

**Objective: Conceptual**

88. Rich and his five siblings are all smokers. This behavior is considered a(n) \_\_\_\_\_ determinant of health.
- Etiological
  - Psychological
  - Familial
  - Biomedical

**Correct Answer: c**  
**Difficulty: 2**  
**Page ref: 17, 19**  
**Topic: B-Heading**  
**Objective: Applied**

89. \_\_\_\_\_ may help health psychologists understand the influence of family and culture on health.
- Dental records
  - Daoist philosophers
  - Health policies
  - Medical anthropologists

**Correct Answer: d**  
**Difficulty: 2**  
**Page ref: 19**  
**Topic: B-Heading**  
**Objective: Conceptual**

90. Environmental determinants refer, in part, to
- The number of first-degree biological relatives one has.
  - A hostile or friendly environment.
  - Genetic abnormalities.
  - Biomedical diseases.

**Correct Answer: b**  
**Difficulty: 2**  
**Page ref: 19**  
**Topic: B-Heading**  
**Objective: Conceptual**

91. Health psychologists are best able to control for physical environmental determinants of health by implementing
- Policy initiatives aimed at large populations.
  - Universal health care.
  - Strict guidelines for health care system delivery.
  - Treatment guidelines for primary care physicians.

**Correct Answer: a**  
**Difficulty: 3**  
**Page ref: 19, 20**  
**Topic: B-Heading**  
**Objective: Conceptual**

92. Studies have found that insufficient exposure to \_\_\_\_\_ may increase the risk of developing multiple sclerosis (MS).
- fresh air
  - purified water
  - ultraviolet (UV) light
  - exercise

**Correct Answer: c**

**Difficulty: 2**

**Page ref: 20**

**Topic: B-Heading**

**Objective: Factual**

93. Which of the following statements is TRUE?
- Health policies have little to do with health outcomes.
  - Universal systems of care provide services only if an individual has the financial means to pay for care.
  - Employment status and/or income have little influence on whether or not an individual seeks health care.
  - Individual and systems factors affect access to health care.

**Correct Answer: d**

**Difficulty: 3**

**Page ref: 20-21**

**Topic: B-Heading**

**Objective: Conceptual**

94. Karen advocates for a system that provides free or subsidized health care called
- Managed care.
  - Universal health care.
  - Health systems care.
  - Health managed care.

**Correct Answer: b**

**Difficulty: 2**

**Page ref: 21**

**Topic: B-Heading**

**Objective: Applied**

95. Health psychologists are employed by
- Schools.
  - Medical laboratories.
  - Senior citizen centers.
  - All of the above

**Correct Answer: d**

**Difficulty: 2**

**Page ref: 22**

**Topic: B-Heading**

**Objective: Conceptual**



**TRUE/FALSE QUESTIONS**

1. There are several different viewpoints about what constitutes “good health.”

*Correct Answer: True*  
*Difficulty: 1*  
*Page ref: 2*  
*Topic: B-Heading*  
*Objective: Conceptual*

2. The social ecological model of health is also called the holistic model.

*Correct Answer: False*  
*Difficulty: 1*  
*Page ref: 3*  
*Topic: B-Heading*  
*Objective: Factual*

3. Modern concepts of health have little, if any, influence from ancient cultural viewpoints.

*Correct Answer: False*  
*Difficulty: 2*  
*Page ref: 3*  
*Topic: B-Heading*  
*Objective: Conceptual*

4. The effect of spirituality on health is a relatively new concept.

*Correct Answer: False*  
*Difficulty: 2*  
*Page ref: 8*  
*Topic: B-Heading*  
*Objective: Conceptual*

5. Psychosomatic illnesses are often considered invalid or fictitious.

*Correct Answer: True*  
*Difficulty: 2*  
*Page ref: 11*  
*Topic: B-Heading*  
*Objective: Conceptual*

6. The World Health Organization defines health strictly as “the absence or presence of disease.”

*Correct Answer: False*  
*Difficulty: 3*  
*Page ref: 12*  
*Topic: B-Heading*  
*Objective: Factual*

7. The biopsychosocial model includes physical environmental determinants of health, such as poor air quality.

**Correct Answer: False**

**Difficulty: 3**

**Page ref: 12**

**Topic: B-Heading**

**Objective: Conceptual**

8. The wellness model of health is not intended to have religious connotations.

**Correct Answer: True**

**Difficulty: 3**

**Page ref: 13**

**Topic: B-Heading**

**Objective: Factual**

9. Children raised in unsafe neighborhoods are at greater risk for obesity.

**Correct Answer: True**

**Difficulty: 3**

**Page ref: 14**

**Topic: B-Heading**

**Objective: Factual**

10. Health systems and health policy are found in most models of health care.

**Correct Answer: False**

**Difficulty: 3**

**Page ref: 15**

**Topic: B-Heading**

**Objective: Factual**

11. The environment is often considered an etiology of health outcomes.

**Correct Answer: True**

**Difficulty: 3**

**Page ref: 16**

**Topic: B-Heading**

**Objective: Conceptual**

12. Men are two times more likely to be affected by multiple sclerosis (MS) than women.

**Correct Answer: False**

**Difficulty: 3**

**Page ref: 17**

**Topic: B-Heading**

**Objective: Factual**

13. Research indicates that smoking may have some effect on multiple sclerosis (MS).

***Correct Answer: True***

***Difficulty: 2***

***Page ref: 20***

***Topic: B-Heading***

***Objective: Factual***

14. The term “environmental determinants” refers strictly to physical entities such as air, water, or land.

***Correct Answer: False***

***Difficulty: 2***

***Page ref: 22***

***Topic: B-Heading***

***Objective: Factual***

15. Studies have found that insufficient exposure to ultraviolet (UV) light increases the risk of developing multiple sclerosis (MS).

***Correct Answer: True***

***Difficulty: 1***

***Page ref: 20***

***Topic: B-Heading***

***Objective: Factual***

## SHORT ANSWER QUESTIONS

1. Factors that influence health outcomes are called \_\_\_\_\_.

**Correct Answer:** *determinants of health*

**Difficulty:** 1

**Page ref:** 3

**Topic:** *B-Heading*

**Objective:** *Factual*

2. Hippocrates is credited with associating \_\_\_\_\_ with health outcomes.

**Correct Answer:** *the mind and the body*

**Difficulty:** 2

**Page ref:** 3

**Topic:** *B-Heading*

**Objective:** *Factual*

3. \_\_\_\_\_ were responsible for a large decrease in population during the Middle Ages.

**Correct Answer:** *Pandemics*

**Difficulty:** 2

**Page ref:** 8

**Topic:** *B-Heading*

**Objective:** *Factual*

4. During the period of the \_\_\_\_\_, maritime exploration was instrumental in the spread of many contagious diseases.

**Correct Answer:** *Renaissance*

**Difficulty:** 3

**Page ref:** 8-9

**Topic:** *B-Heading*

**Objective:** *Factual*

5. The World Health Organization's definition of health incorporates the following 4 determinants of health: \_\_\_\_\_.

**Correct Answer:** *physical, emotional, psychological, social*

**Difficulty:** 3

**Page ref:** 11

**Topic:** *B-Heading*

**Objective:** *Factual*

6. The \_\_\_\_\_ model of health was one of the first to reintroduce the holistic approach to health outcomes.

**Correct Answer:** *biopsychosocial*

**Difficulty:** 2

**Page ref:** 11

**Topic:** *B-Heading*

**Objective:** *Factual*

7. List two examples of health-enhancing behaviors: \_\_\_\_\_

**Correct Answer:** *eating healthy, quitting smoking, moderation in alcohol consumption, avoiding alcohol or smoking, taking a multivitamin, exercising*

**Difficulty:** 3

**Page ref:** 13

**Topic:** B-Heading

**Objective:** Factual

8. \_\_\_\_\_ are defined as the health care delivery organizations that provide means to healthcare.

**Correct Answer:** *Health systems*

**Difficulty:** 3

**Page ref:** 14

**Topic:** B-Heading

**Objective:** Factual

9. What are the two primary purposes of the myelin sheath?

**Correct Answer:** *to protect nerve fibers from damage and to speed the transmission of the neural message*

**Difficulty:** 3

**Page ref:** 19

**Topic:** B-Heading

**Objective:** Factual

10. \_\_\_\_\_ is the most common neurological disease affecting young adults.

**Correct Answer:** *Multiple sclerosis (MS)*

**Difficulty:** 2

**Page ref:** 16-17

**Topic:** B-Heading

**Objective:** Factual

Test Bank for *Health Psychology: An Interdisciplinary Approach, 1<sup>st</sup> Edition*

## ESSAY QUESTIONS

1. Compare the similarities and differences in health concepts from earlier civilizations to modern-day viewpoints of health.
2. Explain the mind-body connection of health using the biopsychosocial model. Incorporate a discussion of the historical aspect of this connection, including the beliefs set forth by Hippocrates.
3. Discuss the components involved in the Holistic approach to health. How does this approach differ from the biomedical model?
4. Compare and contrast the biopsychosocial model, wellness model and social-ecological model of health.