**Chapter 01**

**What Is Health Psychology?**

1. Which of the following best defines health psychology?A. using psychological theories and principles to tackle problems in the areas of mental health, education, product design, ergonomics, and law**B.** understanding the psychological influences on how people stay healthy, why they become ill, and how they respond when they get illC. applying the principles of biology in order to study the anatomy of a human beingD. diagnosing, preventing, and treating a disease without including the option of surgery*Accessibility: Keyboard Navigation*2. A health psychologist who designs a media campaign to get people to improve their diets focuses on**A.** health promotion and maintenance.B. prevention and treatment of illness.C. the etiology and correlates of health, illness, and dysfunction.D. the health care system and the formulation of health policy.*Accessibility: Keyboard Navigation*3. According to the psychological aspects of prevention and treatment of illness, health psychologists who work with people who are already ill focus onA. altering their exercise patterns.**B.** helping them in following their treatment regimen.C. developing recommendations to maintain a healthy lifestyle.D. advising individuals about career paths that are less stressful.*Accessibility: Keyboard Navigation*4. A health psychologist who is interested in the behavioral and social factors that contribute to disease focuses onA. health promotion and maintenance.B. the prevention and treatment of illness.**C.** the etiology and correlates of health, illness, and dysfunction.D. the health care system and the formulation of health policy.*Accessibility: Keyboard Navigation*5. \_\_\_\_\_ refers to the origins or causes of illness.**A.** EtiologyB. EpidemiologyC. OncologyD. Pathology*Accessibility: Keyboard Navigation*6. Which of the following is studied by health psychologists to analyze the health care system and formulate health policy?A. classification of occupations that are highly stressful and can adversely affect people’s healthB. exercise patterns and dietary interventions that help to promote good habits and develop a healthy lifestyleC. the behavioral and social factors that contribute to health, illness, and dysfunction such as alcohol consumption and smoking**D.** the impact of hospitals and physicians on people’s behavior to develop recommendations for improving health care*Accessibility: Keyboard Navigation*7. According to the humoral theory of illness, disease occurs whenA. God punishes one for wrongdoing.B. evil spirits enter a body.**C.** bodily fluids are imbalanced.D. there is a cellular disorder.*Accessibility: Keyboard Navigation*8. Each of the four humors has been associated with different personality types, in that blood has been associated withA. a laid-back approach to life.B. an angry disposition.C. sadness.**D.** a passionate temperament.*Accessibility: Keyboard Navigation*9. According to the humoral theory of illness, yellow bile is known to be associated withA. a laid-back approach to life.**B.** an angry disposition.C. sadness.D. a passionate temperament.*Accessibility: Keyboard Navigation*10. According to the humoral theory of illness, black bile is associated withA. an angry disposition.B. a passionate temperament.**C.** sadness.D. a laid-back approach to life.*Accessibility: Keyboard Navigation*11. The \_\_\_\_\_ model assumes a mind-body dualism to understanding illness.A. commonsenseB. health beliefC. biopsychosocial**D.** biomedical*Accessibility: Keyboard Navigation*12. The humoral theory of illness was replaced by the science of \_\_\_\_\_ during the Renaissance.A. biotechnologyB. organic chemistryC. molecular biology**D.** cellular pathology*Accessibility: Keyboard Navigation*13. The biomedical model maintains thatA. psychological and social processes are relevant to the disease process.B. disease results when the four humors or circulating fluids of the body are out of balance.C. health and illness are consequences of biological, psychological, and social factors.**D.** all illness can be explained on the basis of aberrant somatic bodily processes.*Accessibility: Keyboard Navigation*14. Sigmund Freud described \_\_\_\_\_ as a specific unconscious conflict that produces physical disturbances and symbolizes repressed psychological conflicts.A. etiology**B.** conversion hysteriaC. chronic illnessD. epidemiology*Accessibility: Keyboard Navigation*15. In the context of psychosomatic medicine, Flanders Dunbar and Franz Alexander maintained that conflicts produce anxiety, which becomes unconscious and takes a physiological toll on the body via theA. cardiovascular system.**B.** autonomic nervous system.C. integumentary system.D. muscular system.*Accessibility: Keyboard Navigation*16. In the context of Flanders Dunbar and Franz Alexander’s work in the field of psychosomatic medicine, which of the following disorders were believed to be psychosomatic in origin?**A.** colitisB. tuberculosisC. diphtheriaD. diabetes*Accessibility: Keyboard Navigation*17. The belief that profiles of particular disorders are caused by emotional conflicts is propagated by theA. theory of biophysics.**B.** field of psychosomatic medicine.C. biomedical model.D. tools of neuroscience.*Accessibility: Keyboard Navigation*18. Which of the following statements is true about the biomedical model?A. It focuses on behaviors that promote health rather than emphasizing illness over health.B. It recognizes social and psychological processes as powerful influences over bodily estates.C. It assumes that psychological and social processes are largely relevant to the disease process.**D.** It reduces illness to low-level processes such as disordered cells and chemical imbalances.*Accessibility: Keyboard Navigation*19. According to the biopsychosocial model, which of the following is a macrolevel process that continually interacts with microlevel processes to influence health and illness and their course?A. cellular disordersB. chemical imbalances**C.** depressionD. social seclusion*Accessibility: Keyboard Navigation*20. Which of the following is emphasized by the biopsychosocial model?A. Psychological conflict is sufficient to produce certain disorders.B. Certain biological disorders can be related on a consistent basis to specific personality types.C. Certain disorders are best treated medically; however, other disorders are best treated using psychotherapy.**D.** Health is achieved by being attentive to biological, psychological, and social needs.*Accessibility: Keyboard Navigation*21. Which of the following is a characteristic of an acute disorder?A. It can only be managed, not cured.B. It is currently the main contributor to disability and death.**C.** It often develops because of a virus or bacteria.D. It is usually a long-term illness.*Accessibility: Keyboard Navigation*22. Acute disorders are**A.** short-term illnesses that are usually amenable to cure.B. typically co-managed by the patient and the practitioner.C. the major causes of death and illness in the United States.D. slowly developing diseases with which people live for many years.*Accessibility: Keyboard Navigation*23. \_\_\_\_\_ is an example of a chronic illness that is particularly prevalent in industrialized countries.A. InfluenzaB. Pneumonia**C.** CancerD. Tuberculosis*Accessibility: Keyboard Navigation*24. Which of the following suggests that chronic illnesses helped in propagating the field of health psychology?**A.** Chronic illnesses often result in problems in family functioning.B. Chronic illnesses are short-lived, and its management is simple.C. Psychological factors are the sole causes implicated in chronic illnesses.D. Chronic illnesses usually have no requirement for lengthy interventions.*Accessibility: Keyboard Navigation*25. Which of the following statements is true about chronic illnesses?A. They are rapidly developing diseases.**B.** They are diseases in which social factors are implicated as causes.C. They rarely affect relationships with a partner.D. They are curable.*Accessibility: Keyboard Navigation*26. Which of the following statements, if TRUE, will support the argument that health care delivery has a substantial social and psychological impact on people?A. Few people in the United States have direct contact with the health care system as a recipient of services.**B.** Health psychologists know what makes people satisfied or dissatisfied with their health care.C. Health psychology rejects the notion that people’s risky health behaviors can be modified before they become ill.D. Health psychology mainly emphasizes cure rather than prevention to reduce the dollars devoted to the management of illness.*Accessibility: Keyboard Navigation*27. According to the U.S. Census Bureau, in 2010, \_\_\_\_\_ million Americans had no health insurance.A. 15.3B. 26.7**C.** 49.9D. 54.6*Accessibility: Keyboard Navigation*28. Behavioral interventions, particularly those that target risk factors such as diet or smoking, have contributed to the decline in the incidence of some diseases, especiallyA. Addison’s disease.B. autoimmune thyroid disease.**C.** coronary heart disease.D. undifferentiated connective tissue disease.*Accessibility: Keyboard Navigation*29. Which of the following statements is true about theories?A. Theories usually generate nonspecific predictions.B. Theories rarely provide guidelines for how to do research and interventions.C. Theories are untestable.**D.** Theories that are simple and useful are considered the best.*Accessibility: Keyboard Navigation*30. Judith is diagnosed with a lump in her gallbladder that must be surgically removed. Her doctor and the hospital psychologist explain the procedure, the difficulties, and the benefits of undergoing the surgery. Judith is aware of the extent of pain she might experience, and she will be taught techniques to manage the pain. According to Janis and Johnson, which of the following is Judith likely to do?**A.** improve her adjustment toward the procedureB. feel anxious and withdraw from the procedureC. ask for a substitute procedure that might involve less painD. take a second opinion from another health care provider to verify the facts*Accessibility: Keyboard Navigation*31. Most of the research in health psychology is guided by**A.** practical problems.B. proven theory.C. unproven hypothesis.D. clinical trials.*Accessibility: Keyboard Navigation*32. Which of the following statements best defines a theory?A. a combination of results from different studies that identify how strong the evidence is for a particular research findingB. a proposition made based on a researcher’s belief that provides a starting point for further investigation**C.** a set of analytic statements that explain a set of phenomena, such as why people practice poor health behaviorsD. a creation of two or more conditions that differ from each other in exact and predetermined ways*Accessibility: Keyboard Navigation*33. Much research in health psychology is**A.** experimental.B. descriptive.C. meta-analytic.D. semi-experimental.*Accessibility: Keyboard Navigation*34. A researcher creates two or more conditions that differ from each other in exact and predetermined ways inA. descriptive research.B. a longitudinal study.C. a theory.**D.** an experiment.*Accessibility: Keyboard Navigation*35. An experiment conducted by a health care practitioner to evaluate treatments or interventions and their effectiveness over time is called aA. retrospective design.B. prospective research.**C.** randomized clinical trial.D. correlational study.*Accessibility: Keyboard Navigation*36. Which of the following happens in a randomized clinical trial?**A.** A target treatment is compared against an organically inert treatment.B. It is difficult to determine the direction of causality unambiguously.C. The same people are observed at multiple points in time.D. Researchers attempt to reconstruct the conditions that led to a current situation.*Accessibility: Keyboard Navigation*37. \_\_\_\_\_ is a medical intervention that goes through rigorous testing and evaluation of its benefits through randomized clinical trials.A. Ethno medicineB. Alternative medicineC. Psychosomatic medicine**D.** Evidence-based medicine*Accessibility: Keyboard Navigation*38. A health psychologist measures whether a change in one variable corresponds with changes in another variable in**A.** correlational research.B. prospective research.C. retrospective research.D. applied research.*Accessibility: Keyboard Navigation*39. A major disadvantage of a correlational study is thatA. it is not empirically testable.B. only one variable can be examined at any given point in time.**C.** the direction of causation is ambiguous.D. it studies issues when variables cannot be manipulated experimentally.*Accessibility: Keyboard Navigation*40. The \_\_\_\_\_ approach is used to remedy some of the problems with correlational research.**A.** prospectiveB. cross-sectionalC. meta-analyticD. retrospective*Accessibility: Keyboard Navigation*41. \_\_\_\_\_ research looks forward in time to see how a group of people change, or how a relationship between two variables changes over time.A. Correlational**B.** ProspectiveC. RetrospectiveD. Applied*Accessibility: Keyboard Navigation*42. A researcher intervenes in the diet of one community and not in another and over time looks at the difference in the rates of heart disease between the two communities. This is an example of a(n) \_\_\_\_\_ study.A. mixed-modelB. retrospectiveC. correlational prospective**D.** experimental prospective*Accessibility: Keyboard Navigation*43. In a(n) \_\_\_\_\_ study, a researcher measures the diets that people create for themselves and looks at changes in rates of heart disease as determined by how good or poor the diet is.A. retrospectiveB. mixed-modelC. experimental prospective**D.** correlational prospective*Accessibility: Keyboard Navigation*44. A prospective approach where the same people are observed at multiple points in time is known asA. correlational research.**B.** longitudinal research.C. cross-sectional research.D. quasi-experimental research.*Accessibility: Keyboard Navigation*45. Which of the following best describes a retrospective design?**A.** looking backward in time in an attempt to reconstruct the conditions that led to a current situationB. looking forward to see how a group of people change, or how a relationship between two variables changes over timeC. measuring whether a change in one variable corresponds with changes in another variableD. solving practical problems in society by using empirical methods*Accessibility: Keyboard Navigation*46. \_\_\_\_\_ is the study of the frequency, distribution, and causes of infectious and noninfectious diseases in a population.A. EthnicityB. EtiologyC. Ethnology**D.** Epidemiology*Accessibility: Keyboard Navigation*47. \_\_\_\_\_ refers to the number of cases of a disease that exist at some given point in time.**A.** MorbidityB. MortalityC. PathologyD. Etiology*Accessibility: Keyboard Navigation*48. The number of new cases of a disease that exist at some given point in time is calledA. plague.B. mortality.C. prevalence.**D.** incidence.*Accessibility: Keyboard Navigation*49. The number of deaths due to a particular cause is known asA. homicide.B. obliteration.**C.** mortality.D. morbidity.*Accessibility: Keyboard Navigation*50. Which of the following is the primary concern for health psychologists?A. development of superior quality medicationB. methods to reduce disabilityC. rate of mortality in a given population**D.** health-related quality of life*Accessibility: Keyboard Navigation*51. Functional magnetic resonance imaging is a neuroscientific tool that permits glimpses into**A.** the brain.B. the abdominal cavity.C. the circulatory system.D. the DNA molecules.*Accessibility: Keyboard Navigation*52. \_\_\_\_\_ interventions make use of cell phones, pagers, palm pilots, tablets, and other mobile technologies to deliver interventions and assess health-related events in the natural environment.A. Control-enhancingB. Expressive writingC. Mindfulness-based**D.** Ecological momentary*Accessibility: Keyboard Navigation*53. Which of the following is made available to people with hypertension so that they can monitor their blood pressure successfully?A. ventricular assist device**B.** ambulatory monitoring deviceC. IAP monitoring deviceD. implanted neural device*Accessibility: Keyboard Navigation*54. \_\_\_\_\_ combines results from different studies to identify how strong the evidence is for a particular research finding.A. Cross-sectional analysisB. Retrospective researchC. Prospective research**D.** Meta-analysis*Accessibility: Keyboard Navigation*55. Meta-analysis is a powerful methodological tool because**A.** it uses a broad array of diverse evidence to reach conclusions.B. it attempts to reconstruct conditions that led to a current situation.C. it analyzes how a relationship between two variables changes over time.D. it measures whether a change in one variable corresponds with changes in another variable.*Accessibility: Keyboard Navigation*56. A \_\_\_\_\_ is responsible for assessing where patients go once they are discharged from a medical setting.A. physical therapistB. dietician**C.** social workerD. nurse practitioner*Accessibility: Keyboard Navigation*57. The main function of a physical therapist is toA. provide psycho-educational counseling to patients who suffer from chronic illnesses.B. assess where patients need to go after discharge based on their psychosocial needs.C. conduct dietary interventions for patients suffering from chronic illnesses, such as cancer, heart disease, and diabetes.**D.** support patients in regaining the use of bodily functions that may have been compromised by illness.*Accessibility: Keyboard Navigation*58. World Health Organization (1948) defined health as “a complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity.”**TRUE**

*Accessibility: Keyboard Navigation*59. According to the humoral theory of illness, phlegm is associated with sadness.**FALSE**

*Accessibility: Keyboard Navigation*60. Franz Alexander developed a profile of the ulcer-prone personality as someone with excessive needs for dependency and love.**TRUE**

*Accessibility: Keyboard Navigation*61. The view that biological, psychological, and social factors are all involved in any given state of health or illness is called the commonsense model of illness.**FALSE**

*Accessibility: Keyboard Navigation*62. The biomedical model emphasizes health over illness.**FALSE**

*Accessibility: Keyboard Navigation*63. The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship.**TRUE**

*Accessibility: Keyboard Navigation*64. The division of health psychology was formed in 1978 within the American Psychological Association (APA).**TRUE**

*Accessibility: Keyboard Navigation*65. The health care industry is closely monitored and well-managed as substantial increase in health care costs have led to tremendous improvement in basic indicators of health.**FALSE**

*Accessibility: Keyboard Navigation*66. Experiments have ceased to remain the mainstay of science, because they typically provide less definitive answers to problems than other research methods.**FALSE**

*Accessibility: Keyboard Navigation*67. Morbidity may be expressed in two ways: as the number of new cases or as the total number of existing cases of an illness.**TRUE**

*Accessibility: Keyboard Navigation*68. Correlational studies often have disadvantages over experiments because they are less adaptable.**FALSE**

*Accessibility: Keyboard Navigation*69. Epidemiologists not only study who has what kind of cancer but also address questions such as why certain cancers are more prevalent than others in particular geographic areas.**TRUE**

*Accessibility: Keyboard Navigation*70. Guided interviews and narratives can provide insights into health processes that summary statistics may not provide.**TRUE**

*Accessibility: Keyboard Navigation*71. Explain the principles that characterize psychosomatic medicine. In what ways has it influenced the practice of health psychology?

Dunbar’s and Alexander’s work helped shape the emerging field of psychosomatic medicine by offering profiles of particular disorders believed to be psychosomatic in origin, that is, caused by emotional conflicts. It is now known that all illnesses raise psychological issues. Moreover, researchers now believe that a particular conflict or personality type is not sufficient to produce illness. Rather, the onset of disease is usually due to several factors working together, which may include a biological pathogen coupled with social and psychological factors, such as high stress, low social support, and low socioeconomic status. The idea that the mind and the body together determine health and illness led to the biopsychosocial model.

*Accessibility: Keyboard Navigation*72. Describe the biopsychosocial and biomedical models. Explain the advantages of the biopsychosocial model over the biomedical model.

The biomedical model maintains that all illness can be explained on the basis of aberrant somatic bodily processes, such as biochemical imbalances or neurophysiological abnormalities. The model emphasizes illness over health rather than focusing on behaviors that promote health. The biopsychosocial model maintains that biological, psychological, and social factors are all important determinants of health and illness. Both macrolevel processes and microlevel processes continually interact to influence health and illness and their course. The biopsychosocial model emphasizes both health and illness. Therefore, health becomes something that one achieves through attention to biological, psychological, and social needs rather than something that is taken for granted.

*Accessibility: Keyboard Navigation*73. Explain how changing patterns of illness have contributed to the rise of health psychology.

Until the 20th century, the major causes of illness and death in the United States were acute disorders, such as tuberculosis, pneumonia, and other infectious diseases. However, the prevalence of acute infectious disorders has significantly declined because of treatment innovations and changes in public health standards. Nowadays, chronic illnesses, such as heart disease, cancer, and respiratory diseases, are the main contributors to disability and death, particularly in industrialized countries.

*Accessibility: Keyboard Navigation*74. Explain how prospective and retrospective research remedies the problems of correlational research.

Correlational research measures whether a change in one variable corresponds with changes in another variable. However, prospective research looks forward in time to see how a group of people change, or how a relationship between two variables changes over time. Health psychologists conduct many prospective studies in order to understand the risk factors that relate to health conditions. A particular type of prospective study is longitudinal research, in which the same people are observed at multiple points in time. Retrospective designs, on the other hand, look backward in time in an attempt to reconstruct the conditions that led to a current situation. Retrospective methods were critical in identifying the risk factors that led to the development of AIDS. Therefore, both prospective and retrospective methods prove to be useful in remedying problems faced with correlational research.

*Accessibility: Keyboard Navigation*75. Explain the importance of qualitative research in the field of health psychology research.

There is an important role for qualitative research in health psychology. Listening to an individual person talk about his or her health needs and experiences is, of course, beneficial for planning an intervention for that person, such as help in losing weight. But more broadly, guided interviews and narratives can provide insights into health processes that summary statistics may not provide. For example, interviews with cancer patients about their chemotherapy experiences may be more helpful in redesigning how chemotherapy is administered than numerical ratings of how satisfied patients are. Qualitative research can also supplement insights from other research methods. For example, surveys of college students can identify rates of problem drinking, but interviews may be helpful for identifying how to build responsible drinking skills. Quantitative and qualitative methods can work hand-in-hand to develop the research evidence for effective interventions.

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