

Student: _____

1. The 1948 World Health Organization's definition of health is analogous to a state of wellness.
True False
2. Early cultures took a dualistic approach to the mind and the body.
True False
3. The ancient Greeks believed in a humoral theory of illness
True False
4. In conversion hysteria, the patient converts psychological conflict into a symptom which then relieves the patient of anxiety.
True False
5. The biomedical model emphasizes both health and illness.
True False
6. The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship.
True False
7. The most important factor giving rise to health psychology has been the expansion of health care services.
True False
8. 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 False
9. Although health psychologists have been employed in health settings for many years, they have difficulty establishing their credibility with physicians and other health care professionals.
True False
10. Public health researchers inform policymakers about changes that would benefit communities.
True False
11. The field within psychology devoted to understanding all psychological influences on health and illness across the life span is called
 - A. psychosomatic medicine.
 - B. health psychology.
 - C. medical psychology.
 - D. epidemiology.
 - E. immunology
12. 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. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.
 - E. the philosophy of the mind-body relationship

13. A health psychologist who works with people who are already ill focuses on
 - A. health promotion and maintenance.
 - B. prevention and treatment of illness.
 - C. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.
 - E. the philosophy of the mind-body relationship
14. Etiology refers to
 - A. causes of illness.
 - B. a special kind of disease state.
 - C. healthy behaviour.
 - D. stress effects.
 - E. the prevalence of disease in a population
15. A health psychologist who is interested in the behavioural and social factors that contribute to disease focuses on
 - A. health promotion and maintenance.
 - B. prevention and treatment of illness.
 - C. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.
 - E. the biopsychosocial model.
16. A health psychologist who studies the impact of hospitals and physicians on people's behaviour focuses on
 - A. health promotion and maintenance.
 - B. prevention and treatment of illness.
 - C. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.
 - E. social psychology.
17. Ancient cultures viewed the mind and the body as
 - A. ultimately unknowable.
 - B. somewhat interdependent.
 - C. separate and autonomous systems.
 - D. part of the same system.
 - E. not much differently than we do today.
18. According to the humoral theory of Hippocrates and Galen, disease is the result of
 - A. trephination.
 - B. evil spirits.
 - C. an imbalance of bodily fluids.
 - D. cellular disorders.
 - E. God's punishment.
19. The idea that one's biochemistry may be associated with certain personality characteristics can be traced to the
 - A. Stone Age.
 - B. ancient Greeks.
 - C. Middle Ages.
 - D. Renaissance.
 - E. ancient Romans.
20. In _____ the Church was the guardian of medical knowledge
 - A. ancient Greece
 - B. the Middle Ages
 - C. the Renaissance
 - D. Freud's era
 - E. the Stone Age

21. Conversion hysteria
- A. is now even more frequent than in Freud's time.
 - B. occurs when unconscious conflict is manifested in a symbolic physical symptom.
 - C. occurs when an individual develops several minor symptoms to avoid interpersonal conflict.
 - D. is strongly associated with hypochondria.
 - E. occurs more often in men than in woman.
22. The field of behavioural medicine
- A. focuses on objective and clinically relevant interventions.
 - B. relies on subjective, verbal interventions.
 - C. does not recognize biofeedback as a treatment intervention.
 - D. focuses mainly on behavior modification interventions.
 - E. was the basis for the field of psychosomatic medicine.
23. _____ linked specific personality patterns to specific illnesses.
- A. Dunbar and Alexander
 - B. Galen
 - C. Hippocrates
 - D. Freud
 - E. Cattell
24. Which of the following statements best reflects a current perspective of the mind-body relationship?
- A. Repressed psychological conflicts can manifest as physical symptoms and illness.
 - B. Health and healing involves the interrelation of all of the body's systems, and illness arises as a disharmony between these systems.
 - C. Illness is largely a product of one's temperament.
 - D. Healing relies most heavily on the patient's belief in the physician.
 - E. Illness results from a breakdown of organic and cellular changes within the body.
25. According to your text, all conditions of health and illness are influenced by
- A. one's personality type.
 - B. psychodynamics.
 - C. lifestyle factors.
 - D. psychological and social factors.
 - E. All of these answers are correct.
26. The fundamental assumption of the _____ model is that health and illness are consequences of the interplay of biological, psychological, and social factors.
- A. biomedical
 - B. psychoemotional
 - C. psychoneuroimmunology
 - D. psychosocial
 - E. biopsychosocial
27. The _____ model maintains that all illness can be explained on the basis of aberrant somatic processes.
- A. biomedical
 - B. psychoemotional
 - C. biopsychosocial
 - D. psychosocial
 - E. psychosomatic

28. Josh is feeling achy, has a stuffed up nose and a cough, and is feeling very tired. On the basis of these symptoms Josh's doctor tells him he has been infected with a cold virus. This diagnosis is an example of
- A. dualism.
 - B. systems theory.
 - C. homeostasis.
 - D. reductionism.
 - E. mechanism.
29. The notion that cancer can be cured simply by excising a tumor most closely resembles the
- A. biomedical model.
 - B. biopsychosocial model.
 - C. psychosomatic model.
 - D. pathological model.
 - E. mind-body model.
30. A single-factor model of illness assumes that
- A. there is one ultimate cause of all illnesses.
 - B. health should be emphasized over illness.
 - C. illness can be explained in terms of biological disorder.
 - D. that only one factor of an illness can be dealt with at one time.
 - E. All of these answers are correct.
31. The idea that health is the absence of disease most closely resembles the
- A. biomedical model.
 - B. biopsychosocial model.
 - C. psychosomatic model.
 - D. pathological model.
 - E. holistic model.
32. The biomedical model of health
- A. emphasizes the social and psychological factors in health.
 - B. views the body as a system of organs that work holistically together.
 - C. proposes that complex phenomenon can be reduced down to their simpler components.
 - D. considers both macro and micro level factors.
 - E. proposes body-mind unity.
33. According to the biopsychosocial model, health and illness are determined by
- A. microlevel processes.
 - B. macrolevel processes.
 - C. an interaction of microlevel and macrolevel processes.
 - D. environment.
 - E. microlevel processes and the environment.
34. The _____ maintains that health and illness are caused by multiple factors and produce multiple effects.
- A. biopsychosocial model
 - B. psychosomatic model
 - C. reductionistic model
 - D. biomedical model
 - E. dualistic approach
35. Systems theory assumes a principle of hierarchical organization. This implies that
- A. changes in any one level will affect all other levels of the system.
 - B. only changes in the highest level will affect all levels of the system.
 - C. changes in one level will affect only lower levels of the system.
 - D. changes in intermediate levels have the most profound impacts.
 - E. All of these answers are correct.

36. According to the biopsychosocial model,
- A. an interdisciplinary team approach may lead to the best diagnoses.
 - B. treatment must focus on biological, psychological, and social factors.
 - C. patients play an important role in their diagnosis and treatment.
 - D. one can understand health habits only in their psychological and social contexts
 - E. All of these answers are correct.
37. Until the turn of the 20th century, _____ were among the major causes of illness and death in Canada.
- A. acute disorders
 - B. chronic illnesses
 - C. hereditary disorders
 - D. accidents and homicides
 - E. waterborne parasites
38. Acute disorders are
- A. short-term medical illnesses that are usually responsive to cure.
 - B. typically diseases that are co-managed by patients and their practitioners.
 - C. the major causes of death and illness in Canada.
 - D. serious disorders such as heart disease, cancer, and diabetes.
 - E. usually deadly disorders that are difficult to cure.
39. In industrialized countries, _____ is/are the major contributor/s to disability and death.
- A. acute disorders
 - B. chronic illnesses
 - C. hereditary disorders
 - D. accidents and homicides
 - E. suicide
40. Chronic illnesses
- A. are illnesses that are psychosomatic in origin.
 - B. are difficult for patients to manage, but seldom contribute to disability or death.
 - C. can be cured only if the patient and the practitioner work together as a team.
 - D. are illnesses in which psychological and social factors play an important role in both cause and management.
 - E. are rare in industrialized countries.
41. _____ is the study of the frequency, distribution, and causes of infectious and non-infectious disease in a population based on an investigation of the physical and social environment.
- A. Health psychology
 - B. Etiology
 - C. Morbidity
 - D. Epidemiology
 - E. Immunology
42. _____ refers to the number of cases of a disease that exist at some given point in time.
_____ refers to the number of deaths due to particular causes.
- A. Morbidity; Mortality
 - B. Mortality; Morbidity
 - C. Epidemiology; Pathology
 - D. Etiology; Epidemiology
 - E. Prevalence; Mortality

43. Which of the following is NOT considered a determinant of health according to a population health approach?
- A. Social support networks
 - B. Health services
 - C. Biology and genetic endowment
 - D. Employment/working conditions
 - E. All of these answers are correct.
44. Random assignment is an important characteristic of
- A. experiments.
 - B. correlational research.
 - C. longitudinal research.
 - D. cross-sectional research.
 - E. All of these answers are correct.
45. Qualitative research can take many different forms except
- A. interviews
 - B. case studies.
 - C. open-ended questions on surveys.
 - D. a reaction time test.
 - E. focus groups.
46. Dr. Garcia has recently completed a study of personality and physical health. He administered a questionnaire to college students that included a standardized negative affect scale and a symptom checklist. He found that participants with higher levels of negative affect reported more physical symptoms. This is an example of
- A. an experiment.
 - B. correlational research.
 - C. prospective research.
 - D. retrospective research.
 - E. a pilot study.
47. Correlational studies have advantages over experiments because they allow one to
- A. determine the direction of causality.
 - B. study variables that may not be manipulated.
 - C. rule out the influence of co-occurring variables.
 - D. include the individual's voice and perspective.
 - E. All of these answers are correct.
48. A major disadvantage of correlational research is that
- A. when two things are correlated, one does not cause the other.
 - B. only two variables can be examined.
 - C. the direction of causation is ambiguous.
 - D. There are no serious disadvantages with correlational research.
 - E. it usually costs more money than experiments do.
49. The _____ approach can remedy some of the problems with correlational research.
- A. prospective
 - B. cross-sectional
 - C. single subject
 - D. case study
 - E. longitudinal

50. _____ assesses the extent to which a group of individuals or a relationship between two variables changes over time.
- A. Qualitative research
 - B. Prospective research
 - C. Retrospective research
 - D. Correlational research
 - E. Pilot research
51. _____ allows the researcher to gain a richer understanding of the experiences and factors related to a particular health issue.
- A. Correlational research.
 - B. Qualitative research.
 - C. Longitudinal research.
 - D. Quasi-experimental research.
 - E. Retrospective research.
52. Using _____ research, researchers believe that the earliest cases of SARS emerged in mid-November 2002 in the southern Chinese province of Guangdong.
- A. prospective
 - B. longitudinal
 - C. correlational
 - D. retrospective
 - E. cross-sectional
53. Health psychologists typically are employed
- A. in academic settings, where they conduct research programs in health psychology.
 - B. in industrial or occupational health settings.
 - C. as clinicians who work with medical patients.
 - D. with individuals who are emotionally and physically disabled.
 - E. All of these answers are correct.
54. Which of the following is not an allied health professional?
- A. Physiotherapist
 - B. Physician
 - C. Dietitian
 - D. Occupational therapist
 - E. Social worker
55. As an allied health professional Susan has the opportunity to apply the principles of health psychology with her clients. For example, she helps patients with ongoing health issues learn to use adaptive devices and become accustomed to new ways of performing old tasks. Susan most likely works as a
- A. Physiotherapist.
 - B. Physician.
 - C. Dietitian.
 - D. Occupational therapist.
 - E. Social worker.
56. Explain the factors that contributed to the development of behavioural medicine. In what ways has the field of behavioural medicine influenced the practice of health psychology?

57. Explain how current views of the mind-body relationship have been influenced by the growing interest in holistic health and healing.
58. Compare and contrast the biopsychosocial and biomedical models. Include in your explanation the advantages of the biopsychosocial model over the biomedical model.
59. Explain how the changing patterns of illness have contributed to the rise of health psychology.
60. Training in health psychology can lead to opportunities to work in a variety of different fields. Name three of these fields and provide examples of the roles associated with each.

1 Key

1. The 1948 World Health Organization's definition of health is analogous to a state of wellness.
(p. 4) **TRUE**

*Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #1*

2. Early cultures took a dualistic approach to the mind and the body.
(p. 4) **FALSE**

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #2*

3. The ancient Greeks believed in a humoral theory of illness
(p. 4) **TRUE**

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #3*

4. In conversion hysteria, the patient converts psychological conflict into a symptom which then relieves the patient of anxiety.
(p. 6) **TRUE**

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #4*

5. The biomedical model emphasizes both health and illness.
(p. 7) **FALSE**

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #5*

6. The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship.
(p. 7) **TRUE**

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #6*

7. The most important factor giving rise to health psychology has been the expansion of health care services.
(p. 9) **FALSE**

*Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #7*

8. Morbidity may be expressed in two ways: as the number of new cases or as the total number of existing cases of an illness.
(p. 11) **TRUE**

*Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #8*

9. Although health psychologists have been employed in health settings for many years, they have difficulty establishing their credibility with physicians and other health care professionals.
(p. 13-14) **FALSE**

*Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #9*

10. Public health researchers inform policymakers about changes that would benefit communities.
(p. 19) **TRUE**

*Gradable: automatic
Learning Objective: 5
Taylor - Chapter 01 #10*

11. The field within psychology devoted to understanding all psychological influences on health and illness across the life span is called
(p. 4)
- A. psychosomatic medicine.
 - B. health psychology.**
 - C. medical psychology.
 - D. epidemiology.
 - E. immunology

Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #11

12. A health psychologist who designs a media campaign to get people to improve their diets focuses on
(p. 4)
- A. health promotion and maintenance.**
 - B. prevention and treatment of illness.
 - C. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.
 - E. the philosophy of the mind-body relationship

Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #12

13. A health psychologist who works with people who are already ill focuses on
(p. 4)
- A. health promotion and maintenance.
 - B. prevention and treatment of illness.**
 - C. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.
 - E. the philosophy of the mind-body relationship

Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #13

14. Etiology refers to
(p. 4)
- A. causes of illness.**
 - B. a special kind of disease state.
 - C. healthy behaviour.
 - D. stress effects.
 - E. the prevalence of disease in a population

Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #14

15. A health psychologist who is interested in the behavioural and social factors that contribute to disease focuses on
(p. 4)
- A. health promotion and maintenance.
 - B. prevention and treatment of illness.
 - C. etiology and correlations of health, illness, and dysfunction.**
 - D. the health care system and the formulation of health policy.
 - E. the biopsychosocial model.

Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #15

16. A health psychologist who studies the impact of hospitals and physicians on people's behaviour focuses on
(p. 4)
- A. health promotion and maintenance.
 - B. prevention and treatment of illness.
 - C. etiology and correlations of health, illness, and dysfunction.
 - D. the health care system and the formulation of health policy.**
 - E. social psychology.

Gradable: automatic
Learning Objective: 1
Taylor - Chapter 01 #16

17. Ancient cultures viewed the mind and the body as
(p. 4) A. ultimately unknowable.
B. somewhat interdependent.
C. separate and autonomous systems.
D. part of the same system.
E. not much differently than we do today.

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #17*

18. According to the humoral theory of Hippocrates and Galen, disease is the result of
(p. 4-5) A. trephination.
B. evil spirits.
C. an imbalance of bodily fluids.
D. cellular disorders.
E. God's punishment.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #18*

19. The idea that one's biochemistry may be associated with certain personality characteristics can be traced to the
(p. 5) A. Stone Age.
B. ancient Greeks.
C. Middle Ages.
D. Renaissance.
E. ancient Romans.

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #19*

20. In _____ the Church was the guardian of medical knowledge
(p. 5) A. ancient Greece
B. the Middle Ages
C. the Renaissance
D. Freud's era
E. the Stone Age

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #20*

21. Conversion hysteria
(p. 7) A. is now even more frequent than in Freud's time.
B. occurs when unconscious conflict is manifested in a symbolic physical symptom.
C. occurs when an individual develops several minor symptoms to avoid interpersonal conflict.
D. is strongly associated with hypochondria.
E. occurs more often in men than in woman.

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #21*

22. The field of behavioural medicine
(p. 7) **A.** focuses on objective and clinically relevant interventions.
B. relies on subjective, verbal interventions.
C. does not recognize biofeedback as a treatment intervention.
D. focuses mainly on behavior modification interventions.
E. was the basis for the field of psychosomatic medicine.

*Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #22*

23. _____ linked specific personality patterns to specific illnesses.

(p. 6)

- A.** Dunbar and Alexander
- B. Galen
- C. Hippocrates
- D. Freud
- E. Cattell

Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #23

24. Which of the following statements best reflects a current perspective of the mind-body relationship?

(p. 7-8)

- A. Repressed psychological conflicts can manifest as physical symptoms and illness.
- B.** Health and healing involves the interrelation of all of the body's systems, and illness arises as a disharmony between these systems.
- C. Illness is largely a product of one's temperament.
- D. Healing relies most heavily on the patient's belief in the physician.
- E. Illness results from a breakdown of organic and cellular changes within the body.

Gradable: automatic
Learning Objective: 2
Taylor - Chapter 01 #24

25. According to your text, all conditions of health and illness are influenced by

(p. 8)

- A. one's personality type.
- B. psychodynamics.
- C. lifestyle factors.
- D.** psychological and social factors.
- E. All of these answers are correct.

Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #25

26. The fundamental assumption of the _____ model is that health and illness are consequences of the interplay of biological, psychological, and social factors.

(p. 8)

- A. biomedical
- B. psychoemotional
- C. psychoneuroimmunology
- D. psychosocial
- E.** biopsychosocial

Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #26

27. The _____ model maintains that all illness can be explained on the basis of aberrant somatic processes.

(p. 8)

- A.** biomedical
- B. psychoemotional
- C. biopsychosocial
- D. psychosocial
- E. psychosomatic

Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #27

28. (p. 8) Josh is feeling achy, has a stuffed up nose and a cough, and is feeling very tired. On the basis of these symptoms Josh's doctor tells him he has been infected with a cold virus. This diagnosis is an example of
- A. dualism.
 - B. systems theory.
 - C. homeostasis.
 - D. reductionism.**
 - E. mechanism.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #28*

29. (p. 8-9) The notion that cancer can be cured simply by excising a tumor most closely resembles the
- A. biomedical model.**
 - B. biopsychosocial model.
 - C. psychosomatic model.
 - D. pathological model.
 - E. mind-body model.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #29*

30. (p. 7-8) A single-factor model of illness assumes that
- A. there is one ultimate cause of all illnesses.
 - B. health should be emphasized over illness.
 - C. illness can be explained in terms of biological disorder.**
 - D. that only one factor of an illness can be dealt with at one time.
 - E. All of these answers are correct.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #30*

31. (p. 8) The idea that health is the absence of disease most closely resembles the
- A. biomedical model.**
 - B. biopsychosocial model.
 - C. psychosomatic model.
 - D. pathological model.
 - E. holistic model.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #31*

32. (p. 9) The biomedical model of health
- A. emphasizes the social and psychological factors in health.**
 - B. views the body as a system of organs that work holistically together.
 - C. proposes that complex phenomenon can be reduced down to their simpler components.
 - D. considers both macro and micro level factors.
 - E. proposes body-mind unity.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #32*

33. (p. 9) According to the biopsychosocial model, health and illness are determined by
- A. microlevel processes.
 - B. macrolevel processes.
 - C. an interaction of microlevel and macrolevel processes.**
 - D. environment.
 - E. microlevel processes and the environment.

*Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #33*

34. The _____ maintains that health and illness are caused by multiple factors and produce multiple effects.
(p. 8)
- A.** biopsychosocial model
 - B. psychosomatic model
 - C. reductionistic model
 - D. biomedical model
 - E. dualistic approach

Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #34

35. Systems theory assumes a principle of hierarchical organization. This implies that
(p. 9)
- A.** changes in any one level will affect all other levels of the system.
 - B. only changes in the highest level will affect all levels of the system.
 - C. changes in one level will affect only lower levels of the system.
 - D. changes in intermediate levels have the most profound impacts.
 - E. All of these answers are correct.

Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #35

36. According to the biopsychosocial model,
(p. 9-10)
- A. an interdisciplinary team approach may lead to the best diagnoses.
 - B. treatment must focus on biological, psychological, and social factors.
 - C. patients play an important role in their diagnosis and treatment.
 - D. one can understand health habits only in their psychological and social contexts
 - E.** All of these answers are correct.

Gradable: automatic
Learning Objective: 3
Taylor - Chapter 01 #36

37. Until the turn of the 20th century, _____ were among the major causes of illness and death in Canada.
(p. 11)
- A.** acute disorders
 - B. chronic illnesses
 - C. hereditary disorders
 - D. accidents and homicides
 - E. waterborne parasites

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #37

38. Acute disorders are
(p. 11)
- A.** short-term medical illnesses that are usually responsive to cure.
 - B. typically diseases that are co-managed by patients and their practitioners.
 - C. the major causes of death and illness in Canada.
 - D. serious disorders such as heart disease, cancer, and diabetes.
 - E. usually deadly disorders that are difficult to cure.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #38

39. In industrialized countries, _____ is/are the major contributor/s to disability and death.
(p. 11)
- A. acute disorders
 - B.** chronic illnesses
 - C. hereditary disorders
 - D. accidents and homicides
 - E. suicide

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #39

40. Chronic illnesses

(p. 11-12)

- A. are illnesses that are psychosomatic in origin.
- B. are difficult for patients to manage, but seldom contribute to disability or death.
- C. can be cured only if the patient and the practitioner work together as a team.
- D.** are illnesses in which psychological and social factors play an important role in both cause and management.
- E. are rare in industrialized countries.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #40

41. _____ is the study of the frequency, distribution, and causes of infectious and non-infectious disease in a population based on an investigation of the physical and social environment.

(p. 13)

- A. Health psychology
- B. Etiology
- C. Morbidity
- D.** Epidemiology
- E. Immunology

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #41

42. _____ refers to the number of cases of a disease that exist at some given point in time.
_____ refers to the number of deaths due to particular causes.

(p. 13)

- A.** Morbidity; Mortality
- B. Mortality; Morbidity
- C. Epidemiology; Pathology
- D. Etiology; Epidemiology
- E. Prevalence; Mortality

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #42

43. Which of the following is NOT considered a determinant of health according to a population health approach?

(p. 14)

- A. Social support networks
- B. Health services
- C.** Biology and genetic endowment
- D. Employment/working conditions
- E. All of these answers are correct.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #43

44. Random assignment is an important characteristic of

(p. 16)

- A.** experiments.
- B. correlational research.
- C. longitudinal research.
- D. cross-sectional research.
- E. All of these answers are correct.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #44

45. Qualitative research can take many different forms except

(p. 16)

- A. interviews
- B. case studies.
- C. open-ended questions on surveys.
- D.** a reaction time test.
- E. focus groups.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #45

46. (p. 16) Dr. Garcia has recently completed a study of personality and physical health. He administered a questionnaire to college students that included a standardized negative affect scale and a symptom checklist. He found that participants with higher levels of negative affect reported more physical symptoms. This is an example of
- A. an experiment.
 - B. correlational research.**
 - C. prospective research.
 - D. retrospective research.
 - E. a pilot study.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #46

47. (p. 16) Correlational studies have advantages over experiments because they allow one to
- A. determine the direction of causality.
 - B. study variables that may not be manipulated.**
 - C. rule out the influence of co-occurring variables.
 - D. include the individual's voice and perspective.
 - E. All of these answers are correct.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #47

48. (p. 16) A major disadvantage of correlational research is that
- A. when two things are correlated, one does not cause the other.
 - B. only two variables can be examined.
 - C. the direction of causation is ambiguous.**
 - D. There are no serious disadvantages with correlational research.
 - E. it usually costs more money than experiments do.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #48

49. (p. 16) The _____ approach can remedy some of the problems with correlational research.
- A. prospective**
 - B. cross-sectional
 - C. single subject
 - D. case study
 - E. longitudinal

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #49

50. (p. 16) _____ assesses the extent to which a group of individuals or a relationship between two variables changes over time.
- A. Qualitative research
 - B. Prospective research**
 - C. Retrospective research
 - D. Correlational research
 - E. Pilot research

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #50

51. (p. 16) _____ allows the researcher to gain a richer understanding of the experiences and factors related to a particular health issue.
- A. Correlational research.
 - B. Qualitative research.**
 - C. Longitudinal research.
 - D. Quasi-experimental research.
 - E. Retrospective research.

Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #51

52. Using _____ research, researchers believe that the earliest cases of SARS emerged in mid-November 2002 in the southern Chinese province of Guangdong.
(p. 16)
- A. prospective
 - B. longitudinal
 - C. correlational
 - D. retrospective**
 - E. cross-sectional

*Gradable: automatic
Learning Objective: 4
Taylor - Chapter 01 #52*

53. Health psychologists typically are employed
(p. 18)
- A. in academic settings, where they conduct research programs in health psychology.
 - B. in industrial or occupational health settings.
 - C. as clinicians who work with medical patients.
 - D. with individuals who are emotionally and physically disabled.
 - E. All of these answers are correct.**

*Gradable: automatic
Learning Objective: 5
Taylor - Chapter 01 #53*

54. Which of the following is not an allied health professional?
(p. 18)
- A. Physiotherapist
 - B. Physician**
 - C. Dietitian
 - D. Occupational therapist
 - E. Social worker

*Gradable: automatic
Learning Objective: 5
Taylor - Chapter 01 #54*

55. As an allied health professional Susan has the opportunity to apply the principles of health psychology with her clients. For example, she helps patients with ongoing health issues learn to use adaptive devices and become accustomed to new ways of performing old tasks. Susan most likely works as a
(p. 18)
- A. Physiotherapist.
 - B. Physician.
 - C. Dietitian.
 - D. Occupational therapist.**
 - E. Social worker.

*Gradable: automatic
Learning Objective: 5
Taylor - Chapter 01 #55*

56. Explain the factors that contributed to the development of behavioural medicine. In what ways has the field of behavioural medicine influenced the practice of health psychology?
(p. 7)

Answers may vary.

*Gradable: manual
Learning Objective: 2
Taylor - Chapter 01 #56*

57. Explain how current views of the mind-body relationship have been influenced by the growing interest in holistic health and healing.
(p. 9-10)

Answers may vary.

*Gradable: manual
Learning Objective: 2
Taylor - Chapter 01 #57*

58. Compare and contrast the biopsychosocial and biomedical models. Include in your explanation the advantages of the biopsychosocial model over the biomedical model.
(p. 7-9)

Answers may vary.

*Gradable: manual
Learning Objective: 3
Taylor - Chapter 01 #58*

59. Explain how the changing patterns of illness have contributed to the rise of health psychology.
(p. 10-11)

Answers may vary.

*Gradable: manual
Learning Objective: 4
Taylor - Chapter 01 #59*

60. Training in health psychology can lead to opportunities to work in a variety of different fields. Name three of these fields and provide examples of the roles associated with each.
(p. 15)

Answers may vary.

*Gradable: manual
Learning Objective: 5
Taylor - Chapter 01 #60*

1 Summary

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