Student name:\_\_\_\_\_\_\_\_\_\_

**1)** Select five of the nine dimensions of wellness discussed in the text and, for each dimension, list three behaviors or habits that you would consider engaging in to promote its development.

**2)** Explain and give an example of the interrelationship between emotional wellness and interpersonal wellness. Clearly distinguish between the two and then demonstrate their interrelationship.

**3)** Discuss three ways in which a new graduate with a limited income can improve their financial wellness in the first year out of school.

**4)** Discuss the role that lifestyle choices play in determining quality of life. Give at least three examples of healthy lifestyle choices and explain how they promote quality of life and specifically affect the individual dimensions of wellness.

**5)** Describe the four broad national goals of *Healthy People 2020*. Then choose one of the special population groups described in *Healthy People 2020* and identify two health issues of particular importance for that group.

**6)** Describe five strategies for critically evaluating health-related information.

**7)** According to the Centers for Disease Control and Prevention data on leading causes of death, which lifestyle factor is LEAST associated with an increased risk of death from diabetes mellitus?

A) excessive alcohol consumption   
 B) inactive lifestyle  
 C) smoking  
 D) poor dietary habits

**8)** Which of the following is NOT considered one of the nine dimensions of wellness?

A) dietary wellness   
 B) emotional wellness  
 C) environmental wellness  
 D) cultural wellness

**9)** The nine dimensions of wellness

A) are entirely within people's control.   
 B) may affect each other.  
 C) ensure the separation of mind and body.  
 D) are static and unchangeable.

**10)** Which contributes primarily to one's physical wellness, as opposed to one of the other dimensions?

A) taking advantage of training opportunities on the job   
 B) avoiding unprotected sex  
 C) avoiding debt  
 D) establishing an intimate relationship

**11)** Trust, self-confidence, and the ability to understand and accept one’s feelings are components of

A) emotional wellness.   
 B) interpersonal wellness.  
 C) intellectual wellness.  
 D) spiritual wellness.

**12)** Adam's parents are recent immigrants from China. They are not concerned about their son's ability to adapt to college because he is curious, open to new ideas, and eager to master new skills. These qualities are reflective of Adam's \_\_\_\_\_\_\_\_ wellness.

A) emotional   
 B) intellectual  
 C) interpersonal  
 D) cultural

**13)** Spiritual wellness is enhanced by having

A) a strong support network of family and friends.   
 B) a selfless concern for the well-being of others.  
 C) the ability to express oneself creatively.  
 D) an openness to new ideas.

**14)** Interacting well with people of a different religion, ethnicity, or sexual orientation is an aspect of

A) interpersonal wellness.   
 B) spiritual wellness.  
 C) intellectual wellness.  
 D) cultural wellness.

**15)** Financial wellness includes a person's ability to

A) find a job that has a retirement pension.   
 B) balance income and expenses.  
 C) avoid occupational hazards.  
 D) earn enough money to leave a regular occupation.

**16)** What is the significance of APR and the minimum monthly payment for credit cards?

A) The minimum monthly payment determines the APR.   
 B) The APR is reflected in the interest you pay on your balance with each monthly payment.  
 C) APR and minimum monthly payment are the same thing.  
 D) Debit cards have a higher APR than credit cards.

**17)** Interpersonal wellness will be most affected by improving your

A) motivation to master new skills.   
 B) sense of belonging to something greater than yourself.  
 C) creativity.  
 D) support system of friends and family.

**18)** Occupational wellness can be enhanced by all of the following EXCEPT

A) contributions to a retirement fund.   
 B) feeling valued by your employer.  
 C) enjoying social time with coworkers on lunch breaks.  
 D) attending on-site continuing education opportunities to learn new aspects of your job.

**19)** You usually walk to and from the local soup kitchen where you volunteer every Saturday. You have found a new network of friends there, and even when it’s raining or not convenient, you never miss a shift. This routine enhances both your

A) intellectual and cultural wellness.   
 B) spiritual and physical wellness.  
 C) occupational and interpersonal wellness.  
 D) emotional and environmental wellness.

**20)** Differentiate between self-acceptance and self-esteem.

A) There is no difference; they are synonymous.   
 B) Self-esteem is your personal satisfaction with yourself regardless of the views of others.  
 C) Self-acceptance is your personal satisfaction with yourself regardless of the views of others.  
 D) Self-acceptance is primarily related to the way you think others perceive you.

**21)** What is the role of genetics in determining life span?

A) The strongest correlation between genes and mortality is susceptibility to coronary artery disease.   
 B) Studies show that over 75% of the variability in life span can be traced to genetics.  
 C) Mortality is entirely determined by environmental and behavioral factors.  
 D) Mortality is unrelated to genetics.

**22)** Life expectancy declined in 2017 and 2018. The suspected reason for this is related to

A) increased exposure to toxic environmental substances.   
 B) an increase in deaths from factors related to obesity and drug use.  
 C) the increased incidence of motor vehicle accidents due to the introduction of autonomous vehicles.  
 D) an upsurge in deaths from heart disease and stroke.

**23)** Public health achievements during the 20th century are credited with changing the major causes of death from \_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_.

A) infectious diseases; chronic diseases   
 B) accidents; drug overdoses  
 C) chronic diseases; infectious diseases  
 D) infectious diseases; drug overdoses

**24)** Evaluate the change in mortality over the course of the 20th century.

A) Life span did not change significantly.   
 B) Life span increased at a very steady rate throughout the 100-year period.  
 C) Life span increased dramatically in the first 50 years and then more gradually in the second 50 years.  
 D) Life span increased gradually in the first 50 years and then very dramatically in the second 50 years.

**25)** Which was the number one cause of death in 2018 in the United States?

A) accidents   
 B) malignant neoplasms  
 C) heart disease  
 D) diabetes mellitus

**26)** Lifestyle factors that contribute to heart disease include

A) sex.   
 B) cigarette smoking.  
 C) family history of heart disease.  
 D) age.

**27)** The leading cause of death among Americans aged 15 to 24 is

A) accidents.   
 B) infectious diseases.  
 C) homicide.  
 D) suicide.

**28)** The dominant focus of U.S. government health policies is

A) improving diversity among healthcare providers.   
 B) preventing unhealthy behaviors.  
 C) improving access to healthcare through provisions of the ACA.  
 D) preventing deaths from respiratory conditions such as asthma and COPD.

**29)** A primary goal of *Healthy People 2020* is to

A) shift the focus to environmental factors instead of social factors in determining health.   
 B) increase the proportion of adults who meet federal guidelines for exercise.  
 C) increase life expectancy beyond 100 years.  
 D) reduce the cost of health care.

**30)** Which of the following statements about the Affordable Care Act (ACA) is true?

A) Being a student disqualifies a person from being eligible for Medicaid.   
 B) "Catastrophic" health plans are available but will have a higher premium.  
 C) The majority of people are able to avoid a penalty if they choose not to get a health plan.  
 D) Rehabilitative services are considered one of the ACA’s 10 essential benefits.

**31)** Allan was born in a rural area and has lived his whole life there. Which is most likely to be true about him when compared to someone raised in an urban area?

A) He is less likely to wear his seatbelt when driving.   
 B) He is less likely to die of injury.  
 C) He is more likely to be physically active.  
 D) He is more likely to seek preventive care.

**32)** Income and education are correlated with health status. The relationship between the poverty rate and health status is a(n) \_\_\_\_\_\_\_\_ one, and the relationship between education level and health status is a(n) \_\_\_\_\_\_\_\_ one.

A) direct; direct   
 B) inverse; direct  
 C) direct; inverse  
 D) inverse; inverse

**33)** Differentiate between the terms “sex” and “gender.”

A) Sex refers to the biological and physiological characteristics that define men, women, and intersex people.   
 B) Sex refers to the act of intercourse, and gender refers to the biological and physiological characteristics of men and women.  
 C) Gender encompasses men and women but does not account for intersex people.  
 D) Gender and sex are synonymous terms and refer to the same thing.

**34)** What risk factor for poorer health is more prevalent in adult women than in adult men?

A) tobacco use   
 B) alcohol use  
 C) poverty via lower earnings  
 D) delayed routine medical care

**35)** Which statement regarding the health of diverse population groups is correct?

A) Compared with non-Hispanic whites, Blacks and Hispanics are less likely to get appropriate medication for heart conditions.   
 B) Rates of death related to smoking and alcohol are lower among American Indians than the general population.  
 C) Rates of diabetes and asthma are lower among Pacific Islanders than the general population.  
 D) Latinos tend to suffer from higher rates of suicide than the general population.

**36)** Kent, who is African American, has decided to add exercise into his daily routine to prevent health issues. Based exclusively on his race/ethnicity, which chronic condition is the most likely health issue of particular concern that would be favorably affected by increased physical activity?

A) prostate cancer   
 B) diabetes  
 C) cystic fibrosis  
 D) Tay-Sachs disease

**37)** When compared to the overall U.S. population, Asian Americans have

A) lower rates of lung cancer.   
 B) higher rates of alcohol abuse.  
 C) lower rates of coronary heart disease.  
 D) shorter life expectancies.

**38)** Gay, lesbian, bisexual, and transgender teens have higher rates of

A) asthma.   
 B) cancer.  
 C) diabetes.  
 D) drug use.

**39)** Which of the Healthy People 2020 targets is in danger of not being reached?

A) Increase proportion of people with health insurance.   
 B) Reduce proportion of obese adults.  
 C) Increase proportion of adults who meet federal guidelines for exercise.  
 D) Reduce proportion of adults who use cigarettes.

**40)** Which is correct regarding health disparities between Blacks and whites?

A) When comparing groups with similar earnings, disparities were eliminated or reduced in the areas of hypertension and diabetes.   
 B) When comparing groups with similar earnings, disparities remained unchanged, with higher rates of hypertension and diabetes seen in Blacks.  
 C) Rates of hypertension and diabetes are higher among whites regardless of income level.  
 D) Rates of hypertension and diabetes are not different between Blacks and whites, regardless of income level.

**41)** The health determinant that we have LEAST control over is

A) diet.   
 B) exercise.  
 C) heredity.  
 D) stress.

**42)** Which is NOT considered an environmental factor that affects health?

A) household cleaning products   
 B) amount of crime in your community  
 C) access to vaccinations and screening tests  
 D) radiation from sun exposure

**43)** Differentiate between the underlying factors related to cystic fibrosis and those related to diabetes.

A) Both conditions are primarily the result of genetic errors.   
 B) Both conditions are due primarily to the interaction of behavior and environment.  
 C) Diabetes is primarily related to genetic errors, whereas the interaction of behavior and environment contributes significantly to cystic fibrosis.  
 D) Cystic fibrosis is the result of genetic errors, whereas the interaction of behavior and environment contributes significantly to diabetes.

**44)** Which would be considered the initial step in improving wellness through lifestyle management?

A) Select a target behavior.   
 B) Ask your family for assistance.  
 C) Evaluate your current habits.  
 D) Seek guidance and assistance from local programs.

**45)** Which strategy is most likely to improve your success in changing an unhealthy behavior?

A) Identify as many unhealthy target behaviors as possible so you can work on them all simultaneously.   
 B) Ask family members to track your behavioral changes.  
 C) Reduce the number of activities you take on so that you can better focus on change.  
 D) Place your emphasis on a single target behavior you wish to change.

**46)** What is a target behavior?

A) a habit or mannerism that is the focus of your behavior change plan   
 B) a friend's behavior that you identified needs to be changed  
 C) a health condition such as diabetes  
 D) a characteristic such as obesity

**47)** Which element is most likely to indicate the reliability of the information on a website?

A) the popularity of the website   
 B) the date of the post on the topic  
 C) the “About Us” link  
 D) the testimonials page of the website

**48)** Which strategy is LEAST helpful in promoting a behavior change for better health?

A) Target multiple behaviors simultaneously.   
 B) Identify cues to behaviors.  
 C) Incorporate rewards for reaching goals.  
 D) Make slow, systematic changes in behavior.

**49)** The belief in one's ability to be successful in the performance of a given task is referred to as

A) self-control.   
 B) self-efficacy.  
 C) self-esteem.  
 D) self-talk.

**50)** Shelia is 25 pounds overweight. All her relatives are also significantly overweight, and she sees this as the reason that she has been unable to be successful in losing weight despite having tried a variety of diets. Based on this information, you conclude that Sheila has

A) poor self-esteem.   
 B) a lack of self-confidence.  
 C) an external locus of control.  
 D) an internal locus of control.

**51)** Those with an internal locus of control believe that events turn out as they do based on

A) fate or luck.   
 B) heredity.  
 C) a “higher power.”  
 D) their input and actions.

**52)** Visualizing yourself engaging in a new, healthier behavior is one of the best ways to

A) boost your self-efficacy.   
 B) improve your physical strength.  
 C) identify barriers to change.  
 D) externalize your locus of control.

**53)** Which strategy is most likely to increase your chances of success in the pursuit of a new behavior?

A) Select a different behavior to change if you experience a temporary failure.   
 B) Utilize visualization techniques.  
 C) Rationalize temporary setbacks to minimize feelings of failure.  
 D) Stick with the program even during periods of high stress.

**54)** The precontemplation stage is characterized by

A) no acknowledgement of a need to change.   
 B) an outward modification of behavior.  
 C) thinking about making a change.  
 D) seeking outside support for the problem.

**55)** Following your annual physical, you review your lab work and find that your cholesterol is elevated. Your physician tells you that this can increase your risk of heart disease and stroke and recommends exercise. You think that when the snow melts in about 4 months you’ll take up a walking program. According to the transtheoretical model of change you are in the \_\_\_\_\_\_\_\_\_ phase.

A) denial   
 B) precontemplation  
 C) contemplation  
 D) action

**56)** Tania has recognized that her eating behaviors are not healthy. Her response to stress previously was to severely restrict her calorie intake, often eating only one small meal per day. Her weight had dropped to unhealthy levels. In order to address her unhealthy eating patterns, she made several changes in her daily routines and has consistently been eating better for the past 4 weeks. She is feeling much better. According to the transtheoretical model, Tania is in the \_\_\_\_\_\_\_\_ phase of behavior change.

A) preparation   
 B) action  
 C) maintenance  
 D) termination

**57)** Relapses sometimes occur when trying to change a behavior. If this happens, the best strategy is to

A) choose a different behavior to change.   
 B) acknowledge defeat and give up.  
 C) give yourself credit for the progress you’ve made and avoid self-blame.  
 D) set an even more challenging goal so that you’re motivated again.

**58)** Which is a key to successful behavior change?

A) beginning with identifying all the behaviors to be changed   
 B) concentrating on several interrelated behaviors  
 C) refusing to tolerate temporary setbacks  
 D) anticipating problems and include rewards

**59)** Which is the recommended order of steps in creating a personalized plan for change?

A) identify patterns, monitor behavior, establish action plan, set goals, make a personal contract   
 B) establish action plan, set goals, monitor behavior, identify patterns, make a personal contract  
 C) make a personal contract, set goals, establish action plan, monitor behavior, analyze data  
 D) monitor behavior, identify patterns, set goals, establish action plan, make a personal contract

**60)** Entries made into a health journal about a behavior should note all of the following EXCEPT

A) how you felt at the time the behavior occurred.   
 B) what you were doing when the behavior occurred.  
 C) when and where the behavior occurred.  
 D) your SMART goals.

**61)** Janae has the goal of exercising at least 30 minutes a day, five days a week, in order to lose ten pounds within two weeks. According to the "SMART" criteria, which element should she reconsider?

A) the specificity   
 B) the target behavior  
 C) the time frame  
 D) the reality of committing to 5 days a week of exercising

**62)** Your chances of success in changing a behavior increase if you

A) set a very ambitious goal.   
 B) ignore related habits.  
 C) recruit support from friends or family.  
 D) focus solely on short-term benefits.

**63)** To help ensure success with a behavior change program, you should

A) establish a very broad goal.   
 B) involve the people around you.  
 C) avoid setting a firm deadline for completion.  
 D) reward yourself only when you reach your final goal.

**64)** Rewards included in health action plans should

A) be planned in advance.   
 B) be provided only when you reach your overall goal.  
 C) come in the form of food or alcohol.  
 D) be given only when someone notices your success.

**65)** Which item is NOT generally included in a personal contract for behavior change?

A) setting a date to begin   
 B) stating your goal  
 C) identifying how you will measure progress  
 D) establishing consequences for failure to reach the goal

**66)** Which is a recommended strategy for maintaining behavior change?

A) Assess stress levels.   
 B) Rationalize failures.  
 C) Avoid social influences.  
 D) Resist the urge to change techniques.

**67)** Marta has a very general desire to be healthier. Which is the best first step for her to take in moving toward that goal?

A) Start journaling about things that make her unhappy.   
 B) Identify community resources for help.  
 C) Choose two unhealthy behaviors and make goals for change.  
 D) Perform a self-assessment and consider discussing the results with a close friend or family member.

**68)** Carla has become very busy since she came to college. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel that she has let her friends down because she has had to miss several activities they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She is frustrated that she cannot spend more time with her friends without giving up her other activities.

**68.1)** Carla's frustration surrounding limitations to her time with her friends is affecting her \_\_\_\_\_\_\_\_ wellness.

A) spiritual   
 B) interpersonal  
 C) cultural  
 D) intellectual

**68.2)** If Carla succeeds in improving her time management so she can spend more time with her friends, she will most likely see a corresponding improvement in her \_\_\_\_\_\_\_\_ wellness.

A) financial   
 B) physical  
 C) emotional  
 D) occupational

**68.3)** Carla wants to make a plan to spend more time with her friends. Which strategy is most likely to enhance the success of her plan?

A) closely monitoring and evaluating her schedule   
 B) focusing on what motivated her to change her behavior  
 C) establishing a reward she can give herself once she has succeeded  
 D) developing an external locus of control

**68.4)** Which of Carla's characteristics would most help her succeed in balancing her time so that she can study, be active on campus, and have fun with her friends?

A) her belief that she is in control of her own life   
 B) her ability to resist rewards  
 C) her ability to persuade friends to do as she asks  
 D) her rigid application of a plan without allowing for alterations

**69)** The key element of wellness is the absence of disease.

⊚ true  
 ⊚ false

**70)** Self-confidence affects self-esteem.

⊚ true  
 ⊚ false

**71)** Strong friendships are a key component of your environmental wellness.

⊚ true  
 ⊚ false

**72)** Religion is a requirement for good spiritual health.

⊚ true  
 ⊚ false

**73)** It is not possible to have health in the absence of wellness.

⊚ true  
 ⊚ false

**74)** Interpersonal wellness includes the ability to detect problems.

⊚ true  
 ⊚ false

**75)** Prior to the 20th century, infectious diseases were a primary cause of mortality.

⊚ true  
 ⊚ false

**76)** Poor lifestyle choices are a primary factor in American mortality in the 21st century.

⊚ true  
 ⊚ false

**77)** Morbidity and mortality are synonymous.

⊚ true  
 ⊚ false

**78)** One goal being developed for *Healthy People 2030* is to eliminate health disparities among Americans.

⊚ true  
 ⊚ false

**79)** Gender differences in rates of chronic diseases are reflected in the fact that men have higher risk of Alzheimer’s disease and women are at a greater risk of depression.

⊚ true  
 ⊚ false

**80)** According to the National College Health Assessment II, obesity is a health factor that is reported to affect over 30% of students and ranks in the top three health issues affecting academic performance.

⊚ true  
 ⊚ false

**81)** According to the National Center for Health Statistics, significant progress on racial and ethnic health disparities has been made over the previous 15 years. There is no longer a gap in life expectancy between whites and Blacks.

⊚ true  
 ⊚ false

**82)** Factors such as education and economic status are not considered significant health determinants within *Healthy People 2020*.

⊚ true  
 ⊚ false

**83)** Attainment of a 4-year college degree is associated with an additional decade of life expectancy.

⊚ true  
 ⊚ false

**84)** Deeply rooted behaviors like addiction can never be changed through independent self-management techniques alone.

⊚ true  
 ⊚ false

**85)** Access to adequate health care is needed to facilitate a behavior change.

⊚ true  
 ⊚ false

**86)** Motivation and commitment to change behavior increase with an external locus of control.

⊚ true  
 ⊚ false

**87)** Motivation for behavior change is unaffected by social support.

⊚ true  
 ⊚ false

**88)** The role of visualization in behavior change is to increase your external locus of control.

⊚ true  
 ⊚ false

**89)** Lapses into previous unhealthy behaviors should be considered failures.

⊚ true  
 ⊚ false

**90)** A health journal should address only the specific target behavior rather than the circumstances around that behavior.

⊚ true  
 ⊚ false

**91)** Most people are more likely to be motivated toward behavior change by long-term goals such as the avoidance of disease in the future.

⊚ true  
 ⊚ false

**92)** Taking incremental steps toward a long-term goal by making small changes indicates you are now in the contemplation stage.

⊚ true  
 ⊚ false

**93)** Making adjustments to your original plan of action is a common part of the termination phase of behavior change.

⊚ true  
 ⊚ false

**94)** Effective rewards and support for behavior change are a key element of SMART goal setting.

⊚ true  
 ⊚ false

**95)** You have just moved to a new town, have started a new job, are settling in to a new apartment, and your beloved grandmother just passed away. This seems like the perfect time to institute a behavior change program.

⊚ true  
 ⊚ false

**96)** Making a successful change in a physical health behavior has the additional benefit of improved self-efficacy.

⊚ true  
 ⊚ false

**97)** Behavior choices and actions have no impact beyond the health and wellness of the individual making the change.

⊚ true  
 ⊚ false

**Answer Key**Test name: chapter 1

7) A

8) A

9) B

10) B

11) A

12) B

13) B

14) D

15) B

16) B

17) D

18) A

19) B

20) C

21) A

22) B

23) A

24) C

25) C

26) B

27) A

28) B

29) B

30) D

31) A

32) B

33) A

34) C

35) A

36) B

37) C

38) D

39) B

40) A

41) C

42) C

43) D

44) C

45) D

46) A

47) C

48) A

49) B

50) C

51) D

52) A

53) B

54) A

55) C

56) B

57) C

58) D

59) D

60) D

61) C

62) C

63) B

64) A

65) D

66) A

67) D

68) Section Break

68.1) B

68.2) C

68.3) A

68.4) A

69) FALSE

70) TRUE

71) FALSE

72) FALSE

73) FALSE

74) FALSE

75) TRUE

76) TRUE

77) FALSE

78) TRUE

79) FALSE

80) FALSE

81) FALSE

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97) FALSE