

Exam

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Overall, the leading cause of death for Americans is 1) _____
A) heart disease. B) cancer.
C) accidents. D) respiratory disease.

Answer: A
Diff: 1 Type: MC

- 2) Support from others to change a behavior is an example of a(n) 2) _____
A) predisposing factor. B) reinforcing factor.
C) enabling factor. D) contributing factor.

Answer: B
Diff: 2 Type: MC

- 3) Studies associate mindfulness with 3) _____
A) improvements in memory. B) increased blood pressure.
C) increased religious belief. D) social isolation.

Answer: A
Diff: 1 Type: MC

- 4) Mindy wants to lose weight. The fact that her parents engage in regular exercise is a(n) 4) _____
A) enabling factor. B) motivational factor.
C) reinforcing factor. D) predisposing factor.

Answer: D
Diff: 3 Type: MC

- 5) Jane is sedentary and obese. What effect, if any, do these factors have on her health? 5) _____
A) They affect her health only if she has a family history of health problems related to obesity.
B) They impede her progress toward high-level wellness.
C) They affect her physical and emotional health only.
D) They affect her physical health only.

Answer: B
Diff: 3 Type: MC

- 6) Which change model was created to illustrate how firmly held ideas affect behavior change? 6) _____
A) transtheoretical model B) social cognitive model
C) shaping model D) health belief model

Answer: D
Diff: 2 Type: MC

- 7) Based on a recent cholesterol screening, Marlon decided that he has to stop eating so much fast food and get more exercise. Between work and school, his free time is limited, but he is determined to lower his cholesterol level and improve his overall health. The best way for Marlon to stay motivated to improve his diet and work out regularly is to _____
- A) set an ambitious goal and chart daily and weekly progress using online tools.
 - B) make weekly resolutions for how many times to work out and chastise himself if he hasn't accomplished his planned goal.
 - C) set reasonable short- and long-term goals and reward himself for meeting them.
 - D) depend on his friends to keep him away from his favorite fast-food restaurants.

Answer: C

Diff: 3 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 8) What considerations does the Health Belief Model (HBM) identify as important for an individual who wants to quit smoking? What considerations does the Social Cognitive Model (SCM) identify as important?

Answer: The HBM emphasizes the role of an individual's beliefs; namely, beliefs related to the seriousness of the health consequences of smoking, the susceptibility to those consequences, the benefits of quitting, and the barriers to quitting. The HBM also considers cues to action, such as chronic coughing or other symptoms, a lung disease diagnosis in a loved one, or a warning from a healthcare provider about the seriousness of tobacco use. In contrast, the SCM emphasizes the importance of role models in the individual's environment, including people who smoke and people who do not, and the thoughts an individual has regarding the effects of these choices on health. The SCM proposes that the individual regulates his or her behavior as a result of this process of observation and reflection, and that his or her successful behavior change then provides a model for others to observe.

Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 9) Not allowing yourself to think about stage fright and focusing only on the content of your speech when preparing for a presentation is an example of _____
- A) positive reinforcement.
 - B) countering.
 - C) blocking and stopping.
 - D) a situational reinforcer.

Answer: C

Diff: 3 Type: MC

- 10) Which of the following contributed to increased life expectancy in the early twentieth century? _____
- A) advances in heart and brain surgery
 - B) vaccinations and antibiotics
 - C) advances in genetic testing
 - D) more doctors in metropolitan areas

Answer: B

Diff: 1 Type: MC

- 11) Which health model views treating disease through medications and surgery as the surest way to improve health? _____
- A) public health model
 - B) environmental model
 - C) medical model
 - D) social model

Answer: C

Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

12) The acronym SMART stands for Serious, Measurable, Adaptable, Realistic, and Time-Oriented. 12) _____

Answer: True False

Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

13) Which of the following is an example of a SMART goal? 13) _____

- A) Reduce my weekend alcohol consumption from 6 or more drinks per night to 1 drink per night.
- B) Reduce my weekend alcohol consumption from 4 or more drinks per night to no more than 3 drinks per night.
- C) Drink less alcohol.
- D) Stop drinking alcohol.

Answer: B

Diff: 5 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

14) Excessive drug and alcohol consumption and poor sleep habits are the primary modifiable determinants related to chronic diseases. 14) _____

Answer: True False

Diff: 2 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

15) Jean drinks at least eight cans of soda each day. She knows that she should drink water, but the soda is much more satisfying because she loves its sweet taste. She has decided that she is going to stop drinking so much soda Sunday through Friday; she will reward herself by drinking soda on Saturday, and not making herself drink any water that day. She is confident that by the end of eight weeks, she will successfully overcome her soda habit and learn to like drinking water. Do you think Jean will successfully reach her goal by following her plan? Critique her plan and propose an alternate series of steps for her to follow to achieve her goal.

Answer: Jean is unlikely to reach her goal. Her goal is not specific enough and is probably unrealistic. Also, she is trying to change two behaviors at once: reducing her soda intake and increasing her water intake. She should focus on changing one behavior at a time: either cut back to a specific number of cans of soda per day or drink a specific amount of water per day. Her reward needs to be more meaningful and less like the behavior she is actually trying to change.

Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

16) Major public health achievements of the twentieth century include 16) _____

- A) pharmaceutical products.
- B) lower birth rates.
- C) workplace safety.
- D) mental health counseling.

Answer: C

Diff: 2 Type: MC

17) The thought, "I don't have enough time!" is an example of 17) _____

- A) punishment.
- B) shaping.
- C) enabling.
- D) self-talk.

Answer: D

Diff: 3 Type: MC

- 18) The dimension of physical health encompasses the ability to _____
A) reason objectively.
B) protect yourself from hazards in your environment.
C) analyze information.
D) perform activities of daily living.

Answer: D
Diff: 2 Type: MC

- 19) Having unprotected sex is considered a _____
A) health promotion. B) medical treatment.
C) risk behavior. D) health disparities.

Answer: C
Diff: 3 Type: MC

- 20) The model of health that is concerned with curing disease affecting a particular tissue or organ is the _____
A) holistic model. B) public health model.
C) surgical model. D) medical model.

Answer: D
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 21) The absence of disease or illness is the optimal description of health. _____

Answer: True False
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 22) Education and policies aimed at reducing distracted driving within a given population exemplify _____
A) medical treatment. B) health promotion.
C) risk behavior. D) health disparities.

Answer: B
Diff: 3 Type: MC

- 23) The ability to think clearly, analyze information, and use one's mental capacity to meet life's challenges is known as _____
A) emotional health. B) intellectual health.
C) physical health. D) social health.

Answer: B
Diff: 2 Type: MC

- 24) Which type of costs are related to higher insurance premiums and increased disability payments due to obesity-related health conditions? _____
A) Medicare costs B) indirect medical costs
C) direct medical costs D) Medicaid costs

Answer: B
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

25) Atheists cannot effectively practice mindfulness. 25) _____

Answer: True False

Diff: 4 Type: TF

26) Define health-related quality of life. 26) _____

Answer: True False

Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

27) Judy is confident in her ability to meet her weight-loss goal. When she notices herself overeating, she makes a plan and takes action to get her diet back on track. Judy 27) _____

- A) is in a state of readiness to change. B) has self-control.
C) relies on social support. D) exhibits self-efficacy.

Answer: D

Diff: 3 Type: MC

28) Which of the following statements about mindfulness is true? 28) _____

- A) An essential component of mindfulness is awareness of oneself and one's environment.
B) Research linking mindfulness to improved health is inconclusive.
C) The practice of mindfulness emerged in the United States in the 1970s.
D) Mindfulness is a religious practice in which the individual contemplates the divine.

Answer: A

Diff: 4 Type: MC

29) The science of epigenetics studies 29) _____

- A) the structure of our genes.
B) how behavioral choices influence our cells' ability to use genes.
C) how genes influence an individual's behavioral choices.
D) patterns of inheritance.

Answer: B

Diff: 4 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

30) When trying to drive less aggressively, Bekka observed her family and friends' more careful driving, reflected on what she observed, and changed her driving accordingly. This is an example of the social cognitive model of behavior change. 30) _____

Answer: True False

Diff: 3 Type: TF

31) Health-related quality of life describes the impact of an individual's health on his or her daily functioning. 31) _____

Answer: True False

Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 32) Which strategy is used by many athletes to visualize the attainment of goals? 32) _____
A) coaching B) athletic imagery
C) vicarious performance D) imagined rehearsal

Answer: D

Diff: 2 Type: MC

- 33) According to the transtheoretical model, a person in the precontemplation stage 33) _____
A) has no current intention to change or believes there is no need to change.
B) is aware of the problem but is greatly afraid of change.
C) is aware of the problem and is making preparations for change.
D) is aware of the problem and is already taking action to implement change.

Answer: A

Diff: 2 Type: MC

- 34) Jim was successful at meeting his exercise goal and rewarded himself by taking a three-day 34) _____
vacation at a golf resort. This is an example of a
A) manipulative behavior. B) negative behavior.
C) covert behavior. D) reinforcing behavior.

Answer: D

Diff: 3 Type: MC

- 35) Eve is always upset about something, and it seems that she is never really happy. Her mental 35) _____
outlook is likely to adversely affect
A) all six dimensions of her health. B) mainly her emotional health.
C) mainly her social health. D) mainly her physical health.

Answer: A

Diff: 3 Type: MC

- 36) Effective health promotion programs 36) _____
A) have the most measurable results when implemented in schools.
B) don't attempt to change individual attitudes about health.
C) focus on encouraging behaviors known to support good health.
D) focus on improving selected negative behaviors.

Answer: C

Diff: 4 Type: MC

- 37) Emotional health can best be described as being able to 37) _____
A) maintain satisfying interpersonal relationships.
B) feel and express emotions appropriately.
C) think clearly, without emotional influence.
D) adapt to various social situations.

Answer: B

Diff: 2 Type: MC

38) Beth works part-time as a waitress and receives no health insurance benefits from her employer. She purchased insurance under the Affordable Care Act, but the policy has a \$5,000 annual deductible. Beth 38) _____
A) is uninsured. B) is overinsured.
C) has equitable access to health services. D) is likely to delay care that she needs.
Answer: D
Diff: 3 Type: MC

39) Katherine is an energetic, confident student who is not afraid to stand up in front of the class and read her essay aloud. She trusts that even if others don't agree with her point of view, they will still value her as a person and a friend. These traits best demonstrate Katherine's positive 39) _____
A) emotional health. B) social health.
C) physical health. D) intellectual health.
Answer: A
Diff: 3 Type: MC

40) Health promotion 40) _____
A) includes policies, programs, and financial support for initiatives that promote health.
B) focuses on curing the most prevalent diseases.
C) involves social justice efforts aimed at achieving health care for all Americans.
D) refers to fundraising campaigns for health-related organizations.
Answer: A
Diff: 2 Type: MC

41) Manuela joined a group exercise class. Her instructor, who was formerly inactive and overweight, participates with the class and also shares personal fitness strategies. In class, Manuela tries to emulate her instructor's moves, and she has also become more physically active as part of her daily routine. Which technique is Manuela using to reach her goal of becoming more fit? 41) _____
A) reinforcement B) shaping C) visualization D) modeling
Answer: D
Diff: 3 Type: MC

42) An adolescent smoker might think lung cancer happens only to old people. This is an example of which factor of the health belief model? 42) _____
A) perceived seriousness B) perceived benefits
C) perceived susceptibility D) perceived barriers
Answer: C
Diff: 3 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

43) Explain why one of the most popular definitions of mindfulness in contemporary culture is "Keeping your feet in the now."
Answer: An essential component of mindfulness is bringing one's complete attention to the present moment, including thoughts, feelings, and sensations arising from one's environment.
Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 44) The ever-changing process of achieving individual potential in the physical, social, emotional, intellectual, spiritual, and environmental dimensions is the definition of 44) _____
A) recovery. B) health. C) fitness. D) satisfaction.

Answer: B

Diff: 1 Type: MC

- 45) Paul studies mortality rates in infants of various ethnicities. He studies their 45) _____
A) death rates. B) chronic disease rates.
C) illness rates. D) accident rates.

Answer: A

Diff: 2 Type: MC

- 46) Washing your hands before eating is an example of disease 46) _____
A) intervention. B) treatment. C) prevention. D) screening.

Answer: C

Diff: 3 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 47) Think of a health-related behavior you would like to change. List at least three resources that you will use to help you make a plan for change and explain why you selected these resources.

Answer: Resources may be selected from those listed in the Tech & Health section on page 15, those listed at the end of the chapter, or others that students locate on their own. Responses will vary and should include a well-thought-out explanation of why the resources were selected and how they will be used in planning and carrying out a behavior change.

Diff: 4 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 48) Social factors, biology and genetics, individual behavior, health services, and policymaking all combine to determine a person's health status. 48) _____

Answer: True False

Diff: 2 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 49) How can an individual develop a greater internal locus of control?

Answer: First, a person must acknowledge feelings of disempowerment, a tendency to blame problems on external factors, and a willingness to give up in the face of difficult circumstances. Following the behavior-change steps described in this chapter, from setting SMART goals to countering to changing self-talk, can help the person begin to develop an internal locus of control.

Diff: 3 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

50) Which behavior change model involves six distinct stages and is also known as the stages of change model? 50) _____

- A) social cognitive model
- B) transtheoretical model
- C) health belief model
- D) shaping model

Answer: B

Diff: 1 Type: MC

51) The change model based on three factors (social environment, thoughts and feelings, and behaviors) in interaction with each other is known as the 51) _____

- A) transtheoretical model.
- B) social cognitive model.
- C) health belief model.
- D) behavior modification model.

Answer: B

Diff: 2 Type: MC

52) Going out for dinner at your favorite restaurant as a reward for finishing a big project is an example of a 52) _____

- A) manipulative reinforcer.
- B) social reinforcer.
- C) possessional reinforcer.
- D) consumable reinforcer.

Answer: D

Diff: 3 Type: MC

53) To successfully change a behavior, a person must recognize that change is a(n) 53) _____

- A) stressful situation.
- B) process that occurs in stages.
- C) chance to wipe out past mistakes.
- D) isolated event.

Answer: B

Diff: 3 Type: MC

54) Rafael is committed to his study of ecology and the effects of climate change. Additionally, he tries to show respect for all living things. Which of the following statements best describes Rafael? 54) _____

- A) He demonstrates spiritual health.
- B) He demonstrates emotional health.
- C) He demonstrates intellectual health.
- D) He demonstrates social health.

Answer: A

Diff: 3 Type: MC

55) Brenda is going on a ski trip over spring break and has 12 weeks to get in shape. She purchased an elliptical trainer and started working out on it for 10 minutes each day. Each week, she will increase her workout by 10 minutes until she can exercise for one hour. If she finds that is too rigorous, she will only add 5 minutes to her workout each week. Which of the following behavior-change techniques is Brenda using to get in shape for her trip? 55) _____

- A) modeling
- B) self-talk
- C) visualization
- D) shaping

Answer: D

Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

56) For a low-income individual without dental insurance, cost can be a perceived barrier to obtaining necessary dental care. 56) _____

Answer: True False

Diff: 3 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 57) Young adults (ages 15-24) are most likely to die from _____
A) cancer. B) homicide. C) accidents. D) heart disease.
- Answer: C
Diff: 1 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 58) Compare *life expectancy* and *healthy life expectancy*.
Answer: *Life expectancy* refers to the number of years a person at a given age can expect to remain alive. *Healthy life expectancy* refers to the number of years a person at a given age can expect to live in full health, without chronic diseases or disabilities.
Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 59) The expected number of years of life remaining at a given age, such as at birth, is known as _____
A) mortality. B) morbidity.
C) population control. D) life expectancy.
- Answer: D
Diff: 1 Type: MC

- 60) The six dimensions of health _____
A) interact continuously. B) affect health independently of each other.
C) seldom influence one another. D) affect either the mind or the body.
- Answer: A
Diff: 2 Type: MC

- 61) All of the following are basic mindfulness skills EXCEPT _____
A) tuning out a noisy student in the library.
B) acknowledging that you are not perfect.
C) cultivating compassion for a friend with financial problems.
D) acknowledging your disappointment at a poor grade.
- Answer: A
Diff: 4 Type: MC

- 62) Changing your seat in class to one closer to the front to help change your habit of napping during the lecture is an example of _____
A) social reinforcement. B) negative reinforcement.
C) an activity reinforcer. D) situational inducement.
- Answer: D
Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 63) Being able to perform activities of daily living is an aspect of physical health. _____
Answer: True False
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 64) The achievement of the highest level of health possible in each of several dimensions is 64) _____
A) wellness. B) recovery. C) fitness. D) motivation.

Answer: A

Diff: 1 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 65) One of the goals of the *Healthy People 2020* public health initiative is to create social and physical environments that promote health. 65) _____

Answer: True False

Diff: 1 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 66) Compare the World Health Organization (WHO) 1947 definition of health and the definition advanced by biologist and philosopher René Dubos in 1968, identifying a key distinction critical to our current understanding of health.

Answer: Whereas the WHO acknowledged physical, social, and mental dimensions of health, Dubos added spiritual and emotional dimensions. Moreover, whereas the WHO defined health as a state of complete physical, social, and mental well-being, Dubos saw health as a state of fitness resulting from adaptability to one's environment. This concept of adaptability is key to our current understanding of health.

Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 67) Differences in cancer mortality among specific populations are an example of 67) _____
A) biological determinants. B) risk behaviors.
C) health disparities. D) medical malpractice.

Answer: C

Diff: 3 Type: MC

- 68) A sedentary lifestyle, overuse of caffeine, and risky sexual practices are examples of 68) _____
A) modifiable determinants of health. B) voluntary determinants of health.
C) involuntary determinants of health. D) nonmodifiable determinants of health.

Answer: A

Diff: 3 Type: MC

- 69) An appraisal of the relationship between an object, action, or idea and some attribute related to it is a(n) 69) _____
A) analysis. B) belief. C) attitude. D) motivation.

Answer: B

Diff: 1 Type: MC

- 70) Life expectancy in the early 1900s was largely determined by a person's 70) _____
A) susceptibility to infectious disease. B) occupation and location.
C) family history. D) hygiene habits.

Answer: A

Diff: 1 Type: MC

71) The science that views negative health events as resulting from individuals' interactions with their physical or social environment is 71) _____
A) disease prevention. B) medicine.
C) public health. D) immunology.

Answer: C
Diff: 1 Type: MC

72) Observing a friend's successful attempt to quit smoking and trying some of the same tactics to quit yourself is an example of 72) _____
A) shaping. B) modeling. C) conforming. D) envy.

Answer: B
Diff: 3 Type: MC

73) Because it increases one's susceptibility to negative health outcomes, alcohol abuse is an example of which type of behavior? 73) _____
A) risk B) reinforcing C) predetermined D) influential

Answer: A
Diff: 3 Type: MC

74) Once you have identified a target behavior that needs to change, your next step is to 74) _____
A) learn more about the behavior, its effects, and possible obstacles.
B) commit to changing all negative behaviors at the same time.
C) consider the possible negative outcomes before proceeding.
D) see a counselor to help you work out a plan.

Answer: A
Diff: 2 Type: MC

75) Jason is frustrated because he has three projects due at the same time next week and he doesn't believe it's possible to get all three finished. His solution is to forget about the projects and meet up with friends for a night out. Jason has 75) _____
A) self-efficacy. B) an external locus of control.
C) an internal locus of control. D) self-confidence.

Answer: B
Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

76) Emotional health is the same as intellectual health. 76) _____
Answer: True False
Diff: 2 Type: TF

77) Healthy life expectancy is another term for life span. 77) _____
Answer: True False
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 78) *Healthy People 2020* is a plan designed to 78) _____
A) update FDA regulations on the manufacture and sale of drugs in the United States.
B) increase payments to doctors who serve Medicaid and Medicare patients.
C) improve the quality of life and years of life for all Americans.
D) extend health insurance coverage to millions more Americans.

Answer: C

Diff: 2 Type: MC

- 79) The process of taking small individual steps toward a behavior change goal is 79) _____
A) journaling. B) action. C) shaping. D) preparation.

Answer: C

Diff: 2 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 80) Identify the five categories of determinants of health, and give an example of one determinant from each category that might influence our current epidemic of opioid abuse and overdose deaths in the United States.

Answer: The five categories of determinants of health are: individual behavior; biology and genetics; social factors; access to health services; and policymaking. Examples will vary, but suggested answers might include: individual choice of drug abuse for chronic pain rather than consultation with a physician; biological or genetic factors that increase an individual's susceptibility to drug abuse and/or addiction; social environment in which drug abuse is acceptable; poor access to quality health services; and federal, state, or local policies that limit the availability of drug treatment services or fail to effectively control physician prescription of opioids.

Diff: 3 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 81) All the following causes of death are linked to modifiable lifestyle behaviors EXCEPT 81) _____
A) genetic diseases. B) cancer.
C) diabetes. D) heart disease.

Answer: A

Diff: 2 Type: MC

- 82) Missy is motivated to lose weight. She has begun taking a 30-minute walk every morning, has worked with a nutrition counselor to design a new diet, and on Monday will begin following new eating plan. According to the transtheoretical model of behavior change, Missy is in a stage of 82) _____
A) precontemplation. B) action.
C) maintenance. D) contemplation.

Answer: B

Diff: 3 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 83) List the six dimensions of health and provide a brief description for each. Briefly describe a plan for improving one dimension of health in your own life.

Answer: • Physical: body size and composition, fitness, and susceptibility to disease
• Social: ability to maintain satisfying relationships with others
• Intellectual: clear thinking, objective reasoning, and responsible decision making
• Emotional: ability to both express and control emotions appropriately
• Spiritual: having a sense of meaning or purpose
• Environmental: understanding the effects of, protecting yourself from, and improving the conditions in your environment

Diff: 3 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 84) A trait or behavior that a person can actively control, such as eating habits, is a(n) 84) _____
A) biological determinant. B) modifiable determinant.
C) environmental influence. D) social determinant.

Answer: B

Diff: 2 Type: MC

- 85) Health and wellness are best described as 85) _____
A) static. B) determined by the environment.
C) dynamic. D) determined by genes.

Answer: C

Diff: 2 Type: MC

- 86) Which of the following is an essential prerequisite for changing a behavior? 86) _____
A) changing environmental obstacles
B) asking friends for advice
C) wanting to change
D) deciding on several rewards for making the change

Answer: C

Diff: 1 Type: MC

- 87) A person's bone structure is an example of a(n) 87) _____
A) epigenetic factor. B) environmental influence.
C) behavioral choice. D) nonmodifiable determinant.

Answer: D

Diff: 3 Type: MC

- 88) Mrs. J. is trying to get her third-grade students to remember to have their homework signed by a parent before bringing it to class. Students who remember every day for a month receive a gift card from a local bookstore. This is an example of a(n) 88) _____
A) consumable reinforcer. B) manipulative reinforcer.
C) activity reinforcer. D) possessional reinforcer.

Answer: D

Diff: 3 Type: MC

- 89) The positive aspects of a person's life, such as being satisfied with life in general and having positive emotions, determine one's sense of _____ 89) _____
A) well-being. B) health. C) progress. D) change.
Answer: A
Diff: 1 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 90) A disabled person can never achieve the highest level of wellness. 90) _____
Answer: True False
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 91) One of the most important goals of *Healthy People 2020* is to _____ 91) _____
A) increase funding for research on certain diseases such as cancer and diabetes.
B) increase the number of public health departments in every state.
C) eliminate health disparities and improve the health of all population groups.
D) reduce health care costs for all Americans.
Answer: C
Diff: 2 Type: MC

- 92) The contemporary definition of wellness is _____ 92) _____
A) the ability to move about freely without pain.
B) living longer than one's parents.
C) the achievement of the highest level of health possible in each of several dimensions.
D) the absence of ongoing symptoms or chronic disease.
Answer: C
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 93) Studies associate mindfulness with pain relief. 93) _____
Answer: True False
Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 94) Spiritual health can best be described as _____ 94) _____
A) not as important as other factors to overall wellness.
B) establishing and maintaining fulfilling relationships.
C) having a sense of meaning and purpose in one's life.
D) holding to religious beliefs learned in childhood.
Answer: C
Diff: 2 Type: MC

- 95) Determinants of health are a range of factors in a person's life that 95) _____
A) predispose him or her to a particular set of diseases.
B) influence his or her response to medical treatment.
C) influence his or her health status.
D) influence his or her genes.

Answer: C
Diff: 2 Type: MC

- 96) Jill has many friends, is respected by her coworkers, and maintains a great relationship with her 96) _____
boyfriend. Her ability to interact with others is an example of which dimension of health?
A) physical B) intellectual C) emotional D) social

Answer: D
Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 97) The wellness continuum ranges from a low point of beginning to experience some type of symptom 97) _____
to a high point of optimal health and well-being.

Answer: True False
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 98) A disease that begins slowly, progresses over a period of time, and may resist treatment is a(n) 98) _____
A) hereditary disease. B) acute disease.
C) behavioral disease. D) chronic disease.

Answer: D
Diff: 2 Type: MC

- 99) Which of the following were cited by college students in a national survey as major impediments to 99) _____
performing well academically?
A) carrying a too-heavy course load B) repeated strep infections
C) stress, anxiety, and sleep difficulties D) substance abuse

Answer: C
Diff: 1 Type: MC

- 100) People with an internal locus of control believe that events turn out as they do based on 100) _____
A) their own actions. B) fate and luck.
C) environmental factors. D) previous disappointments.

Answer: A
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 101) The development of self-esteem is an important part of intellectual health. 101) _____

Answer: True False
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 102) Gavin downloads a new workout song every time he completes his week's exercise goal. This action is an example of _____ 102) _____
- A) shaping.
 - B) countering.
 - C) an intrinsic reward.
 - D) positive reinforcement.

Answer: D

Diff: 3 Type: MC

Answer Key

Testname: CH1

- 1) A
Diff: 1 Page Ref:
Skill: Remembering
- 2) B
Diff: 2 Page Ref:
Skill: Understanding
- 3) A
Diff: 1 Page Ref:
Skill: Remembering
- 4) D
Diff: 3 Page Ref:
Skill: Applying
- 5) B
Diff: 3 Page Ref:
Skill: Applying
- 6) D
Diff: 2 Page Ref:
Skill: Understanding
- 7) C
Diff: 3 Page Ref:
Skill: Applying
- 8) The HBM emphasizes the role of an individual's beliefs; namely, beliefs related to the seriousness of the health consequences of smoking, the susceptibility to those consequences, the benefits of quitting, and the barriers to quitting. The HBM also considers cues to action, such as chronic coughing or other symptoms, a lung disease diagnosis in a loved one, or a warning from a healthcare provider about the seriousness of tobacco use. In contrast, the SCM emphasizes the importance of role models in the individual's environment, including people who smoke and people who do not, and the thoughts an individual has regarding the effects of these choices on health. The SCM proposes that the individual regulates his or her behavior as a result of this process of observation and reflection, and that his or her successful behavior change then provides a model for others to observe.
Diff: 4 Page Ref:
Skill: Analyzing
- 9) C
Diff: 3 Page Ref:
Skill: Applying
- 10) B
Diff: 1 Page Ref:
Skill: Remembering
- 11) C
Diff: 2 Page Ref:
Skill: Understanding
- 12) FALSE
Diff: 1 Page Ref:
Skill: Remembering
- 13) B
Diff: 5 Page Ref:
Skill: Evaluating
- 14) FALSE
Diff: 2 Page Ref:
Skill: Understanding

Answer Key

Testname: CH1

- 15) Jean is unlikely to reach her goal. Her goal is not specific enough and is probably unrealistic. Also, she is trying to change two behaviors at once: reducing her soda intake and increasing her water intake. She should focus on changing one behavior at a time: either cut back to a specific number of cans of soda per day or drink a specific amount of water per day. Her reward needs to be more meaningful and less like the behavior she is actually trying to change.
Diff: 4 Page Ref:
Skill: Analyzing
- 16) C
Diff: 2 Page Ref:
Skill: Understanding
- 17) D
Diff: 3 Page Ref:
Skill: Applying
- 18) D
Diff: 2 Page Ref:
Skill: Understanding
- 19) C
Diff: 3 Page Ref:
Skill: Applying
- 20) D
Diff: 2 Page Ref:
Skill: Understanding
- 21) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 22) B
Diff: 3 Page Ref:
Skill: Applying
- 23) B
Diff: 2 Page Ref:
Skill: Understanding
- 24) B
Diff: 2 Page Ref:
Skill: Understanding
- 25) FALSE
Diff: 4 Page Ref:
Skill: Analyzing
- 26) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 27) D
Diff: 3 Page Ref:
Skill: Applying
- 28) A
Diff: 4 Page Ref:
Skill: Analyzing
- 29) B
Diff: 4 Page Ref:
Skill: Analyzing

Answer Key

Testname: CH1

30) TRUE

Diff: 3 Page Ref:
Skill: Applying

31) TRUE

Diff: 2 Page Ref:
Skill: Understanding

32) D

Diff: 2 Page Ref:
Skill: Understanding

33) A

Diff: 2 Page Ref:
Skill: Understanding

34) D

Diff: 3 Page Ref:
Skill: Applying

35) A

Diff: 3 Page Ref:
Skill: Applying

36) C

Diff: 4 Page Ref:
Skill: Analyzing

37) B

Diff: 2 Page Ref:
Skill: Understanding

38) D

Diff: 3 Page Ref:
Skill: Applying

39) A

Diff: 3 Page Ref:
Skill: Applying

40) A

Diff: 2 Page Ref:
Skill: Understanding

41) D

Diff: 3 Page Ref:
Skill: Applying

42) C

Diff: 3 Page Ref:
Skill: Applying

43) An essential component of mindfulness is bringing one's complete attention to the present moment, including thoughts, feelings, and sensations arising from one's environment.

Diff: 4 Page Ref:
Skill: Analyzing

44) B

Diff: 1 Page Ref:
Skill: Remembering

45) A

Diff: 2 Page Ref:
Skill: Understanding

Answer Key

Testname: CH1

- 46) C
Diff: 3 Page Ref:
Skill: Applying
- 47) Resources may be selected from those listed in the Tech & Health section on page 15, those listed at the end of the chapter, or others that students locate on their own. Responses will vary and should include a well-thought-out explanation of why the resources were selected and how they will be used in planning and carrying out a behavior change.
Diff: 4 Page Ref:
Skill: Analyzing
- 48) TRUE
Diff: 2 Page Ref:
Skill: Understanding
- 49) First, a person must acknowledge feelings of disempowerment, a tendency to blame problems on external factors, and a willingness to give up in the face of difficult circumstances. Following the behavior-change steps described in this chapter, from setting SMART goals to countering to changing self-talk, can help the person begin to develop an internal locus of control.
Diff: 3 Page Ref:
Skill: Applying
- 50) B
Diff: 1 Page Ref:
Skill: Remembering
- 51) B
Diff: 2 Page Ref:
Skill: Understanding
- 52) D
Diff: 3 Page Ref:
Skill: Applying
- 53) B
Diff: 3 Page Ref:
Skill: Applying
- 54) A
Diff: 3 Page Ref:
Skill: Applying
- 55) D
Diff: 3 Page Ref:
Skill: Applying
- 56) TRUE
Diff: 3 Page Ref:
Skill: Applying
- 57) C
Diff: 1 Page Ref:
Skill: Remembering
- 58) *Life expectancy* refers to the number of years a person at a given age can expect to remain alive. *Healthy life expectancy* refers to the number of years a person at a given age can expect to live in full health, without chronic diseases or disabilities.
Diff: 4 Page Ref:
Skill: Analyzing
- 59) D
Diff: 1 Page Ref:
Skill: Remembering

Answer Key

Testname: CH1

60) A

Diff: 2 Page Ref:
Skill: Understanding

61) A

Diff: 4 Page Ref:
Skill: Analyzing

62) D

Diff: 3 Page Ref:
Skill: Applying

63) TRUE

Diff: 2 Page Ref:
Skill: Understanding

64) A

Diff: 1 Page Ref:
Skill: Remembering

65) TRUE

Diff: 1 Page Ref:
Skill: Remembering

66) Whereas the WHO acknowledged physical, social, and mental dimensions of health, Dubos added spiritual and emotional dimensions. Moreover, whereas the WHO defined health as a state of complete physical, social, and mental well-being, Dubos saw health as a state of fitness resulting from adaptability to one's environment. This concept of adaptability is key to our current understanding of health.

Diff: 4 Page Ref:
Skill: Analyzing

67) C

Diff: 3 Page Ref:
Skill: Applying

68) A

Diff: 3 Page Ref:
Skill: Applying

69) B

Diff: 1 Page Ref:
Skill: Remembering

70) A

Diff: 1 Page Ref:
Skill: Remembering

71) C

Diff: 1 Page Ref:
Skill: Remembering

72) B

Diff: 3 Page Ref:
Skill: Applying

73) A

Diff: 3 Page Ref:
Skill: Applying

74) A

Diff: 2 Page Ref:
Skill: Understanding

Answer Key

Testname: CH1

- 75) B
Diff: 3 Page Ref:
Skill: Applying
- 76) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 77) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 78) C
Diff: 2 Page Ref:
Skill: Understanding
- 79) C
Diff: 2 Page Ref:
Skill: Understanding
- 80) The five categories of determinants of health are: individual behavior; biology and genetics; social factors; access to health services; and policymaking. Examples will vary, but suggested answers might include: individual choice of drug abuse for chronic pain rather than consultation with a physician; biological or genetic factors that increase an individual's susceptibility to drug abuse and/or addiction; social environment in which drug abuse is acceptable; poor access to quality health services; and federal, state, or local policies that limit the availability of drug treatment services or fail to effectively control physician prescription of opioids.
Diff: 3 Page Ref:
Skill: Applying
- 81) A
Diff: 2 Page Ref:
Skill: Understanding
- 82) B
Diff: 3 Page Ref:
Skill: Applying
- 83) • Physical: body size and composition, fitness, and susceptibility to disease
• Social: ability to maintain satisfying relationships with others
• Intellectual: clear thinking, objective reasoning, and responsible decision making
• Emotional: ability to both express and control emotions appropriately
• Spiritual: having a sense of meaning or purpose
• Environmental: understanding the effects of, protecting yourself from, and improving the conditions in your environment
Diff: 3 Page Ref:
Skill: Applying
- 84) B
Diff: 2 Page Ref:
Skill: Understanding
- 85) C
Diff: 2 Page Ref:
Skill: Understanding
- 86) C
Diff: 1 Page Ref:
Skill: Remembering
- 87) D
Diff: 3 Page Ref:
Skill: Applying

Answer Key

Testname: CH1

- 88) D
Diff: 3 Page Ref:
Skill: Applying
- 89) A
Diff: 1 Page Ref:
Skill: Remembering
- 90) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 91) C
Diff: 2 Page Ref:
Skill: Understanding
- 92) C
Diff: 2 Page Ref:
Skill: Understanding
- 93) TRUE
Diff: 1 Page Ref:
Skill: Remembering
- 94) C
Diff: 2 Page Ref:
Skill: Understanding
- 95) C
Diff: 2 Page Ref:
Skill: Understanding
- 96) D
Diff: 3 Page Ref:
Skill: Applying
- 97) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 98) D
Diff: 2 Page Ref:
Skill: Understanding
- 99) C
Diff: 1 Page Ref:
Skill: Remembering
- 100) A
Diff: 2 Page Ref:
Skill: Understanding
- 101) FALSE
Diff: 2 Page Ref:
Skill: Understanding
- 102) D
Diff: 3 Page Ref:
Skill: Applying