

c1

Student: _____

1. Of all the developments that take place during the second decade of life, the only one that is truly inevitable is:

- A. physical maturation.
- B. an identity crisis.
- C. rebellion against one's parents.
- D. the first experience of romantic love.

2. The average girl in the United States reaches _____, the time of her first menstrual period, sometime between the ages of 12 and 13.

- A. spermatarche
- B. menarche
- C. puberty
- D. adrenarche

3. The physical transformation from child to adult is called:

- A. puberty.
- B. early adolescence.
- C. middle adolescence.
- D. late adolescence.

4. The term *puberty* refers to the period during which:

- A. an individual is between the ages of 12 and 15.
- B. an individual's endocrine system creates new hormones.
- C. an individual becomes capable of sexual reproduction.
- D. an individual stops growing.

5. According to the textbook, puberty involves all of the following *except*

- A. development of the primary sex characteristics.
- B. changes in distribution of fat and muscle in the body.
- C. development of secondary sex characteristics.
- D. increases in intellectual functioning

6. Professor Radon is studying the _____ system, which produces, circulates, and regulates levels of hormones in the body.

- A. adrenal
- B. circulatory
- C. respiratory
- D. endocrine

7. Which of the following statements about the production of hormones at puberty is *false*?

- A. The body begins to produce several hormones that have not been present in the body up until this time.
- B. There is an increase in the production of certain hormones.
- C. Boys' bodies produce more androgens and girls' bodies produce more estrogens.
- D. The feedback loop regulating the endocrine system's set point for each hormone becomes increasingly important.

8. When levels of _____ and _____ fall below the set points, the _____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.

- A. leptin; thyroid hormones; hypothalamus
- B. androgens; estrogen; adrenal gland
- C. androgens; estrogens; hypothalamus
- D. leptin; thyroid hormones; adrenal gland

9. The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:

- A. androgens.
- B. estrogens.
- C. organizational.
- D. activational.

10. Hormones play two very different roles in adolescence. _____ hormones program the brain to behave in certain ways, whereas _____ hormones are thought to stimulate development of the secondary sex characteristics.

- A. Activational; organizational
- B. Organizational; activational
- C. Testosterone; endocrine
- D. Endocrine; testosterone

11. Which of the following statements about prenatal development is *not* true?

- A. Up until about eight weeks after conception, all human brains are feminine.
- B. Puberty is part of a gradual process that begins at conception.
- C. All hormones necessary for puberty are present before birth.
- D. The amount of cortisol exposed to the fetus is directly linked to the timing and tempo of puberty.

12. Which of the following is *not* thought to contribute to the onset of puberty?

- A. the presence of sexually mature partners in the environment
- B. whether the individual is healthy enough to begin reproduction
- C. the development of primary sex characteristics
- D. whether there are nutritional resources available to support a pregnancy

13. Which of the following statements suggests that rising levels of the protein leptin is an important signal that tells the body it is ready for puberty?

- A. Production of pubic hair relates to increased sex drive.
- B. Excessive thinness can delay onset of puberty.
- C. Poorer adolescents tend to go through puberty earlier than non-poor adolescents.
- D. Excessive exercise promotes early physical development.

14. Which of the following is *not* part of the feedback loop in the endocrine system?

- A. gonads
- B. hypothalamus
- C. pituitary gland
- D. thyroid hormones

15. Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:

- A. by maturation of the adrenal glands through the process called adrenarche.
- B. by maturation of the gonads through a process called menarche.
- C. as rising levels of leptin instruct her hypothalamus to set the hormonal changes of puberty in motion.
- D. as increases in sex hormones activate her HPG axis.

16. The hormonally induced increase in the rate of growth in height and weight is referred to as:

- A. the adolescent growth spurt.
- B. epiphyses.
- C. secular trend.
- D. delayed phase preference.

17. The simultaneous release of growth hormones, thyroid hormones, and _____ stimulates rapid acceleration in height and weight during puberty.

- A. pituitary glands
- B. estrogens
- C. androgens
- D. thyroid glands

18. At the time of peak height velocity, adolescents grow at about the same rate as:

- A. newborns.
- B. infants.
- C. toddlers.
- D. elementary schoolchildren.

19. The adolescent growth spurt:

- A. generally begins two years earlier for girls than for boys.
- B. generally begins two years earlier for boys than for girls.
- C. is slower in the early adolescent years, then speeds up around age 15 for boys and girls.
- D. proceeds along a smooth and rapid course over the teen years.

20. Which of the following is *not* characteristic of changes in skeletal structure during puberty?

- A. One marker that indicates the termination in growth in height is epiphysis.
- B. Bones become more porous and more likely to break.
- C. Height gains are attributable more to increases in torso length than leg length.
- D. The growth sequence generally begins with the extremities, and then proceeds to the arms and legs, then to the torso and shoulders.

21. Who is at the greatest risk of developing body dissatisfaction?

- A. Callie, an early-maturing, affluent White girl who compares herself to her friends
- B. Miranda, a late-maturing Black girl
- C. John, an early-maturing Black male who compares himself to his friends
- D. Mike, a late-maturing White male who feels he is not muscular enough

22. One reason for the difference in the body shapes of the sexes is:

- A. the timing of the growth spurt.
- B. that females tend to be more "left-brained" and males more "right-brained."
- C. differences in the size of the hypothalamus.
- D. the difference in the amount and distribution of body fat.

23. Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:

- A. greater in boys than girls.
- B. greater in girls than boys.
- C. about the same in both genders.
- D. greater in early-maturing girls than in late-maturing boys.

24. Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?

- A. Suzy, an early maturer
- B. Lilly, someone who began dating early
- C. Diane, someone from a relatively affluent family
- D. Beth, a Black adolescent girl

25. The rapid increase in body fat that adolescent girls experience:

- A. leads to a majority of adolescent girls dieting unnecessarily.
- B. leads to an increase in healthy eating patterns among adolescent girls.
- C. increases vulnerability to feelings of body dissatisfaction for Black adolescent girls.
- D. is seen by the Centers for Disease Control as a major risk factor for obesity among adolescent girls.

26. According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:

- A. self-confidence.
- B. body fat.
- C. hormones.
- D. diet and exercise.

27. All of the following are reasons that males have greater gains in strength than females during early adolescence, *except*:

- A. increased production of androgens among females.
- B. strong societal pressures on girls to decrease their physical activity in adolescence.
- C. inadequate nutrition among adolescent girls.
- D. sex differences in body fat.

28. Which of the following sex characteristics is the first to develop in boys?

- A. production of sperm
- B. appearance of facial hair
- C. growth of testes and scrotum
- D. growth of penis

29. Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?
- A. After puberty, she will be shorter and heavier than her late-maturing peers.
 - B. After puberty, she will be shorter and thinner than her late-maturing peers.
 - C. After puberty, she will be taller and heavier than her late-maturing peers.
 - D. After puberty, she will be taller and thinner than her late-maturing peers.
30. The first ejaculation of seminal fluid that occurs is:
- A. biologically predetermined.
 - B. genetically inherited.
 - C. often determined culturally.
 - D. a major embarrassment for most boys.
31. The first sign of puberty in girls is generally:
- A. growth of breasts.
 - B. underarm hair.
 - C. menarche.
 - D. acne.
32. Molly's breasts are beginning to develop, she is beginning to grow pubic hair, her skin is becoming more oily, and her body is growing rapidly. These changes are brought about by the secretion of _____ by the _____.
- A. estrogen only; testes
 - B. androgens only; ovaries
 - C. estrogen and androgens; ovaries
 - D. estrogen and androgens; testes
33. Which of the following female sex characteristics is usually the last to develop?
- A. menarche
 - B. regular ovulation
 - C. development of the nipples of the breasts
 - D. growth of pubic hair
34. Which of the following statements about puberty in girls is *false*?
- A. Regular ovulation and the ability to carry a baby to term usually follow menarche by several years.
 - B. The development of the areola and nipple are far better indicators of sexual maturation than is breast size.
 - C. Menarche occurs very early in the process of sexual development.
 - D. The changes in the nipple and areola occur regardless of the size to which the breast finally develops.

35. Which of the following statements about the timing and tempo of sexual maturation is true?

- A. In the United States, and in all other countries, menarche typically occurs around age 12.
- B. The duration of puberty varies widely, from 1.5 to 6 years in girls and 2 to 5 years in boys.
- C. Adolescents who begin puberty early are also those who complete it early.
- D. Adolescents who begin puberty earlier usually grow to be taller adults.

36. Sarah is a junior high student anticipating and preparing for puberty. She wants to know when puberty will start and how long it will take until she looks and is considered an adult. What would you tell her?

- A. The timing of puberty, as well as the rate with which it occurs, is highly variable and is influenced by both genetic and environmental factors.
- B. The timing of puberty, as well as the rate with which it occurs, is highly predictive. She will begin the puberty process around 12.5 years of age and it will take four years until it is completed.
- C. The timing of puberty, as well as the rate with which it occurs, is highly controllable.
- D. The timing of puberty, as well as the rate with which it occurs, is predetermined by your DNA.

37. Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to be the earliest to mature?

- A. Brandy, a middle-income Black adolescent
- B. Miranda, a middle-income Mexican adolescent
- C. Emily, a middle-income White adolescent
- D. Kimberly, a middle-income Asian adolescent

38. Which of the following can delay the onset of puberty?

- A. stress
- B. nutritional deficiencies
- C. excessive exercise
- D. All of the above

39. Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by:

- A. hormonal factors.
- B. genetic factors.
- C. environmental factors.
- D. None of the above

40. Which of the following factors have *not* been found to influence the onset of maturation?

- A. father absence
- B. good nutrition
- C. family conflict
- D. peer pressure

41. According to the textbook, Julie, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with _____, which is compelling evidence that social relationships can affect biological functioning.

- A. the time her female roommate menstruates
- B. her most stressful days of the month
- C. days she feels most sexually aroused
- D. her biological sister living in a different city

42. Over the past century, the onset of puberty has been coming at an earlier age. This has been referred to as the:

- A. cross-sectional trend.
- B. endocrine trend.
- C. menarche trend.
- D. secular trend.

43. Puberty began for Nancy when she was 9 years old. Her mother began puberty at 11 years. For her grandmother, the onset was at 13 years of age. These changes in the age of onset of puberty over time are referred to as:

- A. cross-sectional trend.
- B. secular trend.
- C. longitudinal trend.
- D. physiologic trend.

44. Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?

- A. nutrition.
- B. sanitation.
- C. infectious diseases.
- D. genetics.

45. The biological changes that take place during puberty can cause changes in adolescents' behavior in all of the following ways, *except*:
- A. directly.
 - B. by affecting the adolescent's self-image.
 - C. by affecting the reactions of others to the adolescent.
 - D. All of these are ways in which biological changes occurring in puberty can cause changes in adolescents' behavior.
46. Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?
- A. longitudinal
 - B. cross-sectional
 - C. cross-sequential
 - D. secular
47. A research design in which subjects of different ages are assessed simultaneously is called a:
- A. longitudinal study.
 - B. cross-sectional study.
 - C. cross-sequential study.
 - D. correlational study.
48. Which of the following statements about hormonal changes of puberty is *true*?
- A. Hormonal changes affect the brain in ways that increase adolescents' desire for sensation-seeking activities.
 - B. Hormonal changes of puberty make adolescent more risk averse.
 - C. Hormonal changes of puberty make adolescents more introverted.
 - D. Hormonal changes affect the brain in ways that decrease adolescents' desire for rewarding activities.
49. Which of the following statements about adolescent mood swings is *false*?
- A. The effect of hormones on adolescent mood swings is strongest early in puberty.
 - B. Adolescents' moods fluctuate during the course of the day more than the moods of adults.
 - C. Adolescent mood swings parallel their changes in activities.
 - D. Hormones play a greater role in the development of depression than do stressful life events.
50. Which of the following plays the greatest role in the development of depression?
- A. rapid increases in hormones
 - B. early maturation
 - C. stressful life events
 - D. the delayed phase preference

51. Studies show that adolescent mood swings are most closely related to changes in:

- A. hormone levels.
- B. family relationships.
- C. nutrition.
- D. activities.

52. Which of the following statements about the impact of hormones on behavior is *false*?

- A. Adolescents' moods fluctuate more during the day than the moods of adults.
- B. The direct relation between adolescent moodiness and hormonal changes of puberty is extremely strong.
- C. The relation between hormonal changes and adolescent mood is strongest during early puberty.
- D. Rapid increase in hormones may be associated with increased irritability, impulsivity, aggression, and depression.

53. Given a choice, Mike would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the:

- A. secular trend.
- B. delayed phase preference.
- C. longitudinal design.
- D. adolescent growth spurt.

54. Which of the following does *not* contribute to changes in sleep patterns during adolescence?

- A. later secretion of melatonin
- B. mood fluctuations throughout the day
- C. television, computers, and artificial light sources
- D. early school starting times

55. The delayed phase preference suggests that:

- A. adolescents should not be taught sex education until high school.
- B. school should be held year-round.
- C. school should begin later in the morning.
- D. school should begin earlier in the morning.

56. Researchers have found that, with regard to adolescent sleep patterns:

- A. adolescents today are getting more sleep than adolescents 30 years ago.
- B. the reason that high schools begin classes earlier than middle schools or junior high schools is that adolescents are more alert during the morning hours than later in the day.
- C. getting inadequate sleep is associated with poorer mental health and lower grades for adolescents.
- D. although most adolescents do not get sufficient sleep during the week, they are able to make up for the deficit by sleeping later on weekends.

57. Which of the following statements about puberty's impact on family relationships is *true*?
- A. Puberty appears to increase distance between parents and children.
 - B. Other species do not experience distance during the pubertal transition.
 - C. Distancing effect of puberty on adolescent-parent relationships is consistently observed in minority families.
 - D. Puberty does not interfere with family relations.
58. According to the textbook, when compared to their less mature peers, adolescents who are physically mature are:
- A. less likely to have problems with their parents.
 - B. more likely to be involved in cross-sex activities such as going out on dates.
 - C. more likely to have platonic relationships with opposite sex peers.
 - D. less likely to be depressed.
59. Which of the following girls will experience the greatest menstrual discomfort?
- A. Sarita, who is prepared for the physical changes
 - B. Alison, who is a late maturer
 - C. Loryn, who has a negative attitude toward menarche
 - D. Janet, who is unpopular among her classmates
60. Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report:
- A. milder menstrual symptoms than their peers.
 - B. more severe menstrual symptoms than their peers.
 - C. about the same level of menstrual symptoms as their peers.
 - D. experiencing menarche sooner than their peers.
61. Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?
- A. when the girl's mother prepares her by describing the unpleasant aspects of menarche
 - B. when the girl reaches menarche early
 - C. when menarche occurs before the girl has been told about the physical changes which will occur
 - D. when the girl knows the facts about the physical changes her body will undergo
62. When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?
- A. A girl's mother will be the first person the girl tells that she has begun to menstruate.
 - B. A girl's best friend will be the first person the girl tells that she has begun to menstruate.
 - C. A girl is likely not to tell anyone that she is menstruating for the first several months after she begins.
 - D. A boy will tell his friends about his first ejaculation soon after it occurs.

63. Suzanne and Greg are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Greg are more likely to:
- A. become involved in illegal activities.
 - B. do better in school.
 - C. be ostracized by their classmates.
 - D. get along with their parents.
64. Which of the following characteristics is *not* associated with being an early-maturing boy?
- A. fewer problem behaviors
 - B. greater popularity
 - C. a more positive self-concept
 - D. greater confidence in one's self
65. Mike, an early maturer, is more likely to _____ than Bob, a late maturer.
- A. experience pseudomaturity
 - B. suffer greater consequences if bullied by peers
 - C. experiment with drugs and alcohol
 - D. All of the above
66. Early-maturing boys are:
- A. likely to have low self-esteem.
 - B. often expected to be more mature than they are.
 - C. better prepared to deal with changes of adolescence.
 - D. more childish than their later-maturing peers.
67. Avram is considered a late-maturing boy. A year after pubertal onset, we would expect Avram to show all of the following advantages over his early-maturing peers, *except*:
- A. greater athletic ability.
 - B. more intellectual curiosity.
 - C. greater exploratory behavior.
 - D. higher levels of social initiative.
68. During puberty, individuals who mature early are likely to experience which of the following?
- A. more intellectual curiosity
 - B. less frequent temper tantrums
 - C. less depression
 - D. more frequent and more intense temper tantrums

69. Which of the following characteristics is *not* typically associated with being an early-maturing girl?

- A. feelings of awkwardness and self-consciousness
- B. being less popular, especially with boys
- C. being more likely to become involved in juvenile delinquency
- D. being less likely to pursue advanced education and a demanding career

70. In America, early-maturing girls are more likely than their late-maturing peers to:

- A. be unpopular.
- B. have a more negative self-image.
- C. succeed in school.
- D. perceive themselves as attractive.

71. Which of the following was not offered by the textbook as an explanation for the sex differences in the impact of early and late maturation?

- A. the cultural desirability of thin body types
- B. the developmental readiness hypothesis
- C. the maturational deviance hypothesis
- D. genetic makeup

72. Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be *true* for Nadia?

- A. Nadia is less likely to suffer from social anxiety.
- B. Nadia is less likely to be popular with girls.
- C. Nadia is more likely to be popular with the boys.
- D. Nadia is less likely to be the victim of rumors and gossip.

73. The impact of early maturation on problem behaviors or depression is worse when:

- A. adolescents have many stressful life events.
- B. have harsh or inconsistent parents.
- C. live in disadvantaged neighborhoods.
- D. All of the above.

74. Generalizing from the textbook, the children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature _____ and boys who mature _____.

- A. late; early
- B. early; late
- C. late; late
- D. early; early

75. Follow-up studies of Swedish women who had been early maturers found that as adults they were:

- A. unable to develop coping skills.
- B. less likely to continue their education beyond high school.
- C. more likely to continue their education beyond high school.
- D. indistinguishable from those who had been late maturers.

76. The _____ is the minimal amount of energy one uses when resting.

- A. basal metabolism rate
- B. delayed phase preference
- C. secular trend
- D. feedback loop

77. Which of the following statements about the secular trend is *true*?

- A. There is currently no evidence that boys have followed the secular trend.
- B. Evidence for the secular trend in boys can be found in reports from European children's choirs.
- C. Experts agree that the secular trend (for boys and girls) has indeed continued in recent years.
- D. Scientists believe that the secular trend is caused by chemicals in the food supply.

78. Which of the following is *true* about obesity?

- A. To be considered obese, a person's body mass index must fall at or above the 95th percentile for their age and gender.
- B. Forty percent of American adolescents are obese.
- C. The rate of obesity has quadrupled worldwide since 2005.
- D. Obesity is solely caused by a low basal metabolic rate.

79. Which group is most at risk for obesity?

- A. late-maturing Black girls
- B. early-maturing Black girls
- C. early-maturing White boys
- D. early-maturing White girls

80. According to the textbook, in general, the amount of time individuals spend in moderate-to-vigorous physical activity:

- A. increases from childhood to adolescence.
- B. decreases from childhood to adolescence.
- C. remains the same from childhood to adolescence.
- D. is directly related to socioeconomic status.

81. Rosy believes that "fat is beautiful" and has a steady diet of fried chicken, French fries, and cheeseburgers. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call:
- A. disordered eating.
 - B. bulimia.
 - C. anorexia nervosa.
 - D. normal adolescent eating patterns.
82. Which of the following is *not* associated with disordered eating in the United States?
- A. poor interpersonal relationships
 - B. depression
 - C. alcohol and tobacco use
 - D. All of the following are associated with disordered eating.
83. Theresa has been known to go on eating binges and then purge immediately afterward. Theresa is probably suffering from:
- A. anorexia nervosa.
 - B. bulimia.
 - C. binge eating disorder
 - D. obesity.
84. Karen has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Karen is probably suffering from:
- A. anorexia nervosa.
 - B. bulimia.
 - C. binge eating disorder.
 - D. deprivation syndrome.
85. The potentially fatal disorder in which young women actually starve themselves is called:
- A. bulimia.
 - B. anorexia nervosa.
 - C. obesity nervosa.
 - D. purging.
86. Which of the following statements about obesity is *not* true?
- A. Adolescent obesity epidemic will cost the United States more than \$250 billion.
 - B. Adolescent obesity has been especially dramatic among Black females.
 - C. Adolescent obesity is limited to the United States.
 - D. Obesity is the most serious health problem of American adolescents.

87. Who of the following is likely to gain excess weight during adolescence?

- A. Mary, who gets inadequate sleep on school nights but sleeps in on the weekends
- B. Kevin, who gets insufficient physical inactivity, but lives near recreational facilities
- C. Tony whose friends are relatively overweight
- D. All of these adolescents are likely to gain excessive weight during puberty.

88. Non-White adolescents are relatively more likely than White adolescents to experience all of the following, *except*:

- A. to be murdered.
- B. to be physically inactive.
- C. suffer from chronic illness.
- D. anorexia nervosa.

89. Who most closely resembles the profile of someone who has binge eating disorder?

- A. Steve, a wrestler who nearly starves himself so he can stay in his weight bracket
- B. Carla, a gymnast who binges on junk food but makes herself vomit after each meal
- C. Howard, a football player who believes he is overweight and exercises twice a day, seven days a week
- D. Sherri, a volleyball player who binges on junk food but does not engage in any other weight loss behaviors

90. Of the following, the biggest threat to adolescents' health is:

- A. infectious disease.
- B. chronic illness.
- C. cardiovascular disease.
- D. risky behaviors.

91. Which of the following is *not* associated with the "new morbidity and mortality" of adolescence?

- A. accidents
- B. suicide
- C. homicide
- D. cancer

92. Which of the following statements about health in adolescence is *not* true?

- A. Adolescents have low rates of disabling or chronic illness.
- B. Adolescents have high rates of accidents, homicide, and suicide.
- C. The majority of health problems during adolescence are preventable.
- D. The new approach to adolescent health care is a return to traditional medicine.

93. The most virulent threats to adolescent health come from all of the following, *except*:

- A. unhealthy behaviors, such as drug use.
- B. chronic disabilities, such as cancer.
- C. violence inflicted by themselves or by others.
- D. risky activities, such as unprotected sexual intercourse.

94. Current efforts aimed at encouraging healthy behaviors among adolescents involve all of the following, *except*:

- A. changing the contexts in which adolescents live.
- B. increasing adolescents' knowledge and understanding of health enhancing behaviors.
- C. encouraging adolescents to sign contracts promising to abstain from unhealthy behaviors.
- D. encouraging health care professionals to do more screening for risky health practices.

95. Which adolescent is at highest risk for suicide?

- A. Black males
- B. Hispanic females
- C. White females
- D. American Indian/Alaskan Native males

96. According to the textbook, the prevalence of adolescent smoking is a direct function of:

- A. the number of retail outlets selling tobacco in their immediate neighborhood.
- B. the amount of people smoking in the neighborhood.
- C. whether biological parents smoke.
- D. being an early-maturing male and living in a single-parent household.

97. Almost half of all teenage deaths in the United States are a result of:

- A. car accidents and other unintentional injuries.
- B. suicide.
- C. homicide.
- D. sexually transmitted infections.

98. Graduated driver-licensing programs were designed to:

- A. place restrictions on when teenagers can drive.
- B. place restrictions on with whom teenagers can drive.
- C. reduce automobile fatalities.
- D. All of the above.

99. Based on information presented in the textbook, in the United States today, which of the following strategies would be the least efficient way to promote adolescent health?

- A. increasing adolescents' knowledge and understanding of health-promoting behaviors
- B. changing an aspect of the context in which adolescents live
- C. ensuring that school bathrooms are sanitary
- D. parental encouragement of adolescent exercise

100. According to the textbook, what was the most effective way to reduce adolescent smoking?

- A. school-wide assemblies with presentations from police officers and doctors
- B. on-campus law enforcement personnel who enforce school rules that prohibit smoking
- C. advertisements on TV shows relevant to teens, such as MTV
- D. raising the price of cigarettes

101. Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

102. Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

103. Suzanne and Raul are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Suzanne and Raul's development?

104. Paul and Sophia, two adolescents in the middle of puberty, have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Paul and Sophia have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Sophia will experience body dissatisfaction? What about Paul?

105. Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?

106. You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understood the relation between puberty and eating disorders?

107. One of your friends has approached you to ask about the field of adolescent health care. She wants to know what the major issues are and particularly is confused by two terms she has heard, "the paradox of adolescent health" and the "new morbidity and mortality" of adolescence. What do you tell her?

108. Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night, past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

109. Dr. Brown believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with his conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

c1 Key

1. Of all the developments that take place during the second decade of life, the only one that is truly inevitable is:

- A. physical maturation.
- B. an identity crisis.
- C. rebellion against one's parents.
- D. the first experience of romantic love.

Steinberg - Chapter 01 #1

2. The average girl in the United States reaches _____, the time of her first menstrual period, sometime between the ages of 12 and 13.

- A. spermatarche
- B. menarche
- C. puberty
- D. adrenarche

Steinberg - Chapter 01 #2

3. The physical transformation from child to adult is called:

- A. puberty.
- B. early adolescence.
- C. middle adolescence.
- D. late adolescence.

Steinberg - Chapter 01 #3

4. The term *puberty* refers to the period during which:

- A. an individual is between the ages of 12 and 15.
- B. an individual's endocrine system creates new hormones.
- C. an individual becomes capable of sexual reproduction.
- D. an individual stops growing.

Steinberg - Chapter 01 #4

5. According to the textbook, puberty involves all of the following *except*

- A. development of the primary sex characteristics.
- B. changes in distribution of fat and muscle in the body.
- C. development of secondary sex characteristics.
- D.** increases in intellectual functioning

Steinberg - Chapter 01 #5

6. Professor Radon is studying the _____ system, which produces, circulates, and regulates levels of hormones in the body.

- A. adrenal
- B. circulatory
- C. respiratory
- D.** endocrine

Steinberg - Chapter 01 #6

7. Which of the following statements about the production of hormones at puberty is *false*?

- A.** The body begins to produce several hormones that have not been present in the body up until this time.
- B. There is an increase in the production of certain hormones.
- C. Boys' bodies produce more androgens and girls' bodies produce more estrogens.
- D. The feedback loop regulating the endocrine system's set point for each hormone becomes increasingly important.

Steinberg - Chapter 01 #7

8. When levels of _____ and _____ fall below the set points, the _____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.

- A. leptin; thyroid hormones; hypothalamus
- B. androgens; estrogen; adrenal gland
- C.** androgens; estrogens; hypothalamus
- D. leptin; thyroid hormones; adrenal gland

Steinberg - Chapter 01 #8

9. The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:

- A. androgens.
- B. estrogens.
- C. organizational.**
- D. activational.

Steinberg - Chapter 01 #9

10. Hormones play two very different roles in adolescence. _____ hormones program the brain to behave in certain ways, whereas _____ hormones are thought to stimulate development of the secondary sex characteristics.

- A. Activational; organizational
- B. Organizational; activational**
- C. Testosterone; endocrine
- D. Endocrine; testosterone

Steinberg - Chapter 01 #10

11. Which of the following statements about prenatal development is *not* true?

- A. Up until about eight weeks after conception, all human brains are feminine.
- B. Puberty is part of a gradual process that begins at conception.
- C. All hormones necessary for puberty are present before birth.
- D. The amount of cortisol exposed to the fetus is directly linked to the timing and tempo of puberty.**

Steinberg - Chapter 01 #11

12. Which of the following is *not* thought to contribute to the onset of puberty?

- A. the presence of sexually mature partners in the environment
- B. whether the individual is healthy enough to begin reproduction
- C. the development of primary sex characteristics**
- D. whether there are nutritional resources available to support a pregnancy

Steinberg - Chapter 01 #12

13. Which of the following statements suggests that rising levels of the protein leptin is an important signal that tells the body it is ready for puberty?

- A. Production of pubic hair relates to increased sex drive.
- B. Excessive thinness can delay onset of puberty.**
- C. Poorer adolescents tend to go through puberty earlier than non-poor adolescents.
- D. Excessive exercise promotes early physical development.

Steinberg - Chapter 01 #13

14. Which of the following is *not* part of the feedback loop in the endocrine system?

- A. gonads
- B. hypothalamus
- C. pituitary gland
- D. thyroid hormones**

Steinberg - Chapter 01 #14

15. Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:

- A. by maturation of the adrenal glands through the process called adrenarche.**
- B. by maturation of the gonads through a process called menarche.
- C. as rising levels of leptin instruct her hypothalamus to set the hormonal changes of puberty in motion.
- D. as increases in sex hormones activate her HPG axis.

Steinberg - Chapter 01 #15

16. The hormonally induced increase in the rate of growth in height and weight is referred to as:

- A. the adolescent growth spurt.**
- B. epiphyses.
- C. secular trend.
- D. delayed phase preference.

Steinberg - Chapter 01 #16

17. The simultaneous release of growth hormones, thyroid hormones, and _____ stimulates rapid acceleration in height and weight during puberty.

- A. pituitary glands
- B. estrogens
- C. androgens**
- D. thyroid glands

Steinberg - Chapter 01 #17

18. At the time of peak height velocity, adolescents grow at about the same rate as:

- A. newborns.
- B. infants.
- C. toddlers.**
- D. elementary schoolchildren.

Steinberg - Chapter 01 #18

19. The adolescent growth spurt:

- A. generally begins two years earlier for girls than for boys.**
- B. generally begins two years earlier for boys than for girls.
- C. is slower in the early adolescent years, then speeds up around age 15 for boys and girls.
- D. proceeds along a smooth and rapid course over the teen years.

Steinberg - Chapter 01 #19

20. Which of the following is *not* characteristic of changes in skeletal structure during puberty?

- A. One marker that indicates the termination in growth in height is epiphysis.
- B. Bones become more porous and more likely to break.**
- C. Height gains are attributable more to increases in torso length than leg length.
- D. The growth sequence generally begins with the extremities, and then proceeds to the arms and legs, then to the torso and shoulders.

Steinberg - Chapter 01 #20

21. Who is at the greatest risk of developing body dissatisfaction?

- A. Callie, an early-maturing, affluent White girl who compares herself to her friends**
- B. Miranda, a late-maturing Black girl
- C. John, an early-maturing Black male who compares himself to his friends
- D. Mike, a late-maturing White male who feels he is not muscular enough

Steinberg - Chapter 01 #21

22. One reason for the difference in the body shapes of the sexes is:

- A. the timing of the growth spurt.
- B. that females tend to be more "left-brained" and males more "right-brained."
- C. differences in the size of the hypothalamus.
- D. the difference in the amount and distribution of body fat.**

Steinberg - Chapter 01 #22

23. Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:
- A. greater in boys than girls.
 - B. greater in girls than boys.
 - C. about the same in both genders.
 - D. greater in early-maturing girls than in late-maturing boys.

Steinberg - Chapter 01 #23

24. Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?
- A. Suzy, an early maturer
 - B. Lilly, someone who began dating early
 - C. Diane, someone from a relatively affluent family
 - D. Beth, a Black adolescent girl

Steinberg - Chapter 01 #24

25. The rapid increase in body fat that adolescent girls experience:
- A. leads to a majority of adolescent girls dieting unnecessarily.
 - B. leads to an increase in healthy eating patterns among adolescent girls.
 - C. increases vulnerability to feelings of body dissatisfaction for Black adolescent girls.
 - D. is seen by the Centers for Disease Control as a major risk factor for obesity among adolescent girls.

Steinberg - Chapter 01 #25

26. According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:
- A. self-confidence.
 - B. body fat.
 - C. hormones.
 - D. diet and exercise.

Steinberg - Chapter 01 #26

27. All of the following are reasons that males have greater gains in strength than females during early adolescence, *except*:

- A. increased production of androgens among females.
- B. strong societal pressures on girls to decrease their physical activity in adolescence.
- C. inadequate nutrition among adolescent girls.
- D. sex differences in body fat.

Steinberg - Chapter 01 #27

28. Which of the following sex characteristics is the first to develop in boys?

- A. production of sperm
- B. appearance of facial hair
- C. growth of testes and scrotum
- D. growth of penis

Steinberg - Chapter 01 #28

29. Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?

- A. After puberty, she will be shorter and heavier than her late-maturing peers.
- B. After puberty, she will be shorter and thinner than her late-maturing peers.
- C. After puberty, she will be taller and heavier than her late-maturing peers.
- D. After puberty, she will be taller and thinner than her late-maturing peers.

Steinberg - Chapter 01 #29

30. The first ejaculation of seminal fluid that occurs is:

- A. biologically predetermined.
- B. genetically inherited.
- C. often determined culturally.
- D. a major embarrassment for most boys.

Steinberg - Chapter 01 #30

31. The first sign of puberty in girls is generally:

- A. growth of breasts.
- B. underarm hair.
- C. menarche.
- D. acne.

Steinberg - Chapter 01 #31

32. Molly's breasts are beginning to develop, she is beginning to grow pubic hair, her skin is becoming more oily, and her body is growing rapidly. These changes are brought about by the secretion of _____ by the _____.
- A. estrogen only; testes
 - B. androgens only; ovaries
 - C. estrogen and androgens; ovaries**
 - D. estrogen and androgens; testes

Steinberg - Chapter 01 #32

33. Which of the following female sex characteristics is usually the last to develop?
- A. menarche
 - B. regular ovulation**
 - C. development of the nipples of the breasts
 - D. growth of pubic hair

Steinberg - Chapter 01 #33

34. Which of the following statements about puberty in girls is *false*?
- A. Regular ovulation and the ability to carry a baby to term usually follow menarche by several years.
 - B. The development of the areola and nipple are far better indicators of sexual maturation than is breast size.
 - C. Menarche occurs very early in the process of sexual development.**
 - D. The changes in the nipple and areola occur regardless of the size to which the breast finally develops.

Steinberg - Chapter 01 #34

35. Which of the following statements about the timing and tempo of sexual maturation is true?
- A. In the United States, and in all other countries, menarche typically occurs around age 12.
 - B. The duration of puberty varies widely, from 1.5 to 6 years in girls and 2 to 5 years in boys.**
 - C. Adolescents who begin puberty early are also those who complete it early.
 - D. Adolescents who begin puberty earlier usually grow to be taller adults.

Steinberg - Chapter 01 #35

36. Sarah is a junior high student anticipating and preparing for puberty. She wants to know when puberty will start and how long it will take until she looks and is considered an adult. What would you tell her?

- A.** The timing of puberty, as well as the rate with which it occurs, is highly variable and is influenced by both genetic and environmental factors.
- B. The timing of puberty, as well as the rate with which it occurs, is highly predictive. She will begin the puberty process around 12.5 years of age and it will take four years until it is completed.
- C. The timing of puberty, as well as the rate with which it occurs, is highly controllable.
- D. The timing of puberty, as well as the rate with which it occurs, is predetermined by your DNA.

Steinberg - Chapter 01 #36

37. Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to be the earliest to mature?

- A.** Brandy, a middle-income Black adolescent
- B. Miranda, a middle-income Mexican adolescent
- C. Emily, a middle-income White adolescent
- D. Kimberly, a middle-income Asian adolescent

Steinberg - Chapter 01 #37

38. Which of the following can delay the onset of puberty?

- A. stress
- B. nutritional deficiencies
- C. excessive exercise
- D.** All of the above

Steinberg - Chapter 01 #38

39. Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by:

- A. hormonal factors.
- B.** genetic factors.
- C. environmental factors.
- D. None of the above

Steinberg - Chapter 01 #39

40. Which of the following factors have *not* been found to influence the onset of maturation?

- A. father absence
- B. good nutrition
- C. family conflict
- D.** peer pressure

Steinberg - Chapter 01 #40

41. According to the textbook, Julie, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with _____, which is compelling evidence that social relationships can affect biological functioning.

- A.** the time her female roommate menstruates
- B. her most stressful days of the month
- C. days she feels most sexually aroused
- D. her biological sister living in a different city

Steinberg - Chapter 01 #41

42. Over the past century, the onset of puberty has been coming at an earlier age. This has been referred to as the:

- A. cross-sectional trend.
- B. endocrine trend.
- C. menarche trend.
- D.** secular trend.

Steinberg - Chapter 01 #42

43. Puberty began for Nancy when she was 9 years old. Her mother began puberty at 11 years. For her grandmother, the onset was at 13 years of age. These changes in the age of onset of puberty over time are referred to as:

- A. cross-sectional trend.
- B.** secular trend.
- C. longitudinal trend.
- D. physiologic trend.

Steinberg - Chapter 01 #43

44. Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?

- A. nutrition.
- B. sanitation.
- C. infectious diseases.
- D.** genetics.

Steinberg - Chapter 01 #44

45. The biological changes that take place during puberty can cause changes in adolescents' behavior in all of the following ways, *except*:

- A. directly.
- B. by affecting the adolescent's self-image.
- C. by affecting the reactions of others to the adolescent.
- D.** All of these are ways in which biological changes occurring in puberty can cause changes in adolescents' behavior.

Steinberg - Chapter 01 #45

46. Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?

- A.** longitudinal
- B. cross-sectional
- C. cross-sequential
- D. secular

Steinberg - Chapter 01 #46

47. A research design in which subjects of different ages are assessed simultaneously is called a:

- A. longitudinal study.
- B.** cross-sectional study.
- C. cross-sequential study.
- D. correlational study.

Steinberg - Chapter 01 #47

48. Which of the following statements about hormonal changes of puberty is *true*?

- A. Hormonal changes affect the brain in ways that increase adolescents' desire for sensation-seeking activities.
- B. Hormonal changes of puberty make adolescent more risk averse.
- C. Hormonal changes of puberty make adolescents more introverted.
- D. Hormonal changes affect the brain in ways that decrease adolescents' desire for rewarding activities.

Steinberg - Chapter 01 #48

49. Which of the following statements about adolescent mood swings is *false*?

- A. The effect of hormones on adolescent mood swings is strongest early in puberty.
- B. Adolescents' moods fluctuate during the course of the day more than the moods of adults.
- C. Adolescent mood swings parallel their changes in activities.
- D. Hormones play a greater role in the development of depression than do stressful life events.

Steinberg - Chapter 01 #49

50. Which of the following plays the greatest role in the development of depression?

- A. rapid increases in hormones
- B. early maturation
- C. stressful life events
- D. the delayed phase preference

Steinberg - Chapter 01 #50

51. Studies show that adolescent mood swings are most closely related to changes in:

- A. hormone levels.
- B. family relationships.
- C. nutrition.
- D. activities.

Steinberg - Chapter 01 #51

52. Which of the following statements about the impact of hormones on behavior is *false*?

- A. Adolescents' moods fluctuate more during the day than the moods of adults.
- B. The direct relation between adolescent moodiness and hormonal changes of puberty is extremely strong.
- C. The relation between hormonal changes and adolescent mood is strongest during early puberty.
- D. Rapid increase in hormones may be associated with increased irritability, impulsivity, aggression, and depression.

Steinberg - Chapter 01 #52

53. Given a choice, Mike would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the:

- A. secular trend.
- B. delayed phase preference.**
- C. longitudinal design.
- D. adolescent growth spurt.

Steinberg - Chapter 01 #53

54. Which of the following does *not* contribute to changes in sleep patterns during adolescence?

- A. later secretion of melatonin
- B. mood fluctuations throughout the day**
- C. television, computers, and artificial light sources
- D. early school starting times

Steinberg - Chapter 01 #54

55. The delayed phase preference suggests that:

- A. adolescents should not be taught sex education until high school.
- B. school should be held year-round.
- C. school should begin later in the morning.**
- D. school should begin earlier in the morning.

Steinberg - Chapter 01 #55

56. Researchers have found that, with regard to adolescent sleep patterns:

- A. adolescents today are getting more sleep than adolescents 30 years ago.
- B. the reason that high schools begin classes earlier than middle schools or junior high schools is that adolescents are more alert during the morning hours than later in the day.
- C. getting inadequate sleep is associated with poorer mental health and lower grades for adolescents.**
- D. although most adolescents do not get sufficient sleep during the week, they are able to make up for the deficit by sleeping later on weekends.

Steinberg - Chapter 01 #56

57. Which of the following statements about puberty's impact on family relationships is *true*?

- A. Puberty appears to increase distance between parents and children.
- B. Other species do not experience distance during the pubertal transition.
- C. Distancing effect of puberty on adolescent-parent relationships is consistently observed in minority families.
- D. Puberty does not interfere with family relations.

Steinberg - Chapter 01 #57

58. According to the textbook, when compared to their less mature peers, adolescents who are physically mature are:

- A. less likely to have problems with their parents.
- B. more likely to be involved in cross-sex activities such as going out on dates.
- C. more likely to have platonic relationships with opposite sex peers.
- D. less likely to be depressed.

Steinberg - Chapter 01 #58

59. Which of the following girls will experience the greatest menstrual discomfort?

- A. Sarita, who is prepared for the physical changes
- B. Alison, who is a late maturer
- C. Loryn, who has a negative attitude toward menarche
- D. Janet, who is unpopular among her classmates

Steinberg - Chapter 01 #59

60. Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report:

- A. milder menstrual symptoms than their peers.
- B. more severe menstrual symptoms than their peers.
- C. about the same level of menstrual symptoms as their peers.
- D. experiencing menarche sooner than their peers.

Steinberg - Chapter 01 #60

61. Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?

- A. when the girl's mother prepares her by describing the unpleasant aspects of menarche
- B. when the girl reaches menarche early
- C. when menarche occurs before the girl has been told about the physical changes which will occur
- D. when the girl knows the facts about the physical changes her body will undergo

Steinberg - Chapter 01 #61

62. When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?

- A.** A girl's mother will be the first person the girl tells that she has begun to menstruate.
- B. A girl's best friend will be the first person the girl tells that she has begun to menstruate.
- C. A girl is likely not to tell anyone that she is menstruating for the first several months after she begins.
- D. A boy will tell his friends about his first ejaculation soon after it occurs.

Steinberg - Chapter 01 #62

63. Suzanne and Greg are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Greg are more likely to:

- A.** become involved in illegal activities.
- B. do better in school.
- C. be ostracized by their classmates.
- D. get along with their parents.

Steinberg - Chapter 01 #63

64. Which of the following characteristics is *not* associated with being an early-maturing boy?

- A.** fewer problem behaviors
- B. greater popularity
- C. a more positive self-concept
- D. greater confidence in one's self

Steinberg - Chapter 01 #64

65. Mike, an early maturer, is more likely to _____ than Bob, a late maturer.

- A. experience pseudomaturity
- B. suffer greater consequences if bullied by peers
- C. experiment with drugs and alcohol
- D.** All of the above

Steinberg - Chapter 01 #65

66. Early-maturing boys are:

- A. likely to have low self-esteem.
- B.** often expected to be more mature than they are.
- C. better prepared to deal with changes of adolescence.
- D. more childish than their later-maturing peers.

Steinberg - Chapter 01 #66

67. Avram is considered a late-maturing boy. A year after pubertal onset, we would expect Avram to show all of the following advantages over his early-maturing peers, *except*:

- A.** greater athletic ability.
- B. more intellectual curiosity.
- C. greater exploratory behavior.
- D. higher levels of social initiative.

Steinberg - Chapter 01 #67

68. During puberty, individuals who mature early are likely to experience which of the following?

- A. more intellectual curiosity
- B. less frequent temper tantrums
- C. less depression
- D.** more frequent and more intense temper tantrums

Steinberg - Chapter 01 #68

69. Which of the following characteristics is *not* typically associated with being an early-maturing girl?

- A. feelings of awkwardness and self-consciousness
- B.** being less popular, especially with boys
- C. being more likely to become involved in juvenile delinquency
- D. being less likely to pursue advanced education and a demanding career

Steinberg - Chapter 01 #69

70. In America, early-maturing girls are more likely than their late-maturing peers to:

- A. be unpopular.
- B.** have a more negative self-image.
- C. succeed in school.
- D. perceive themselves as attractive.

Steinberg - Chapter 01 #70

71. Which of the following was not offered by the textbook as an explanation for the sex differences in the impact of early and late maturation?

- A. the cultural desirability of thin body types
- B. the developmental readiness hypothesis
- C. the maturational deviance hypothesis
- D.** genetic makeup

Steinberg - Chapter 01 #71

72. Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be *true* for Nadia?

- A. Nadia is less likely to suffer from social anxiety.
- B. Nadia is less likely to be popular with girls.
- C.** Nadia is more likely to be popular with the boys.
- D. Nadia is less likely to be the victim of rumors and gossip.

Steinberg - Chapter 01 #72

73. The impact of early maturation on problem behaviors or depression is worse when:

- A. adolescents have many stressful life events.
- B. have harsh or inconsistent parents.
- C. live in disadvantaged neighborhoods.
- D.** All of the above.

Steinberg - Chapter 01 #73

74. Generalizing from the textbook, the children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature _____ and boys who mature _____.

- A. late; early
- B.** early; late
- C. late; late
- D. early; early

Steinberg - Chapter 01 #74

75. Follow-up studies of Swedish women who had been early maturers found that as adults they were:

- A. unable to develop coping skills.
- B.** less likely to continue their education beyond high school.
- C. more likely to continue their education beyond high school.
- D. indistinguishable from those who had been late maturers.

Steinberg - Chapter 01 #75

76. The _____ is the minimal amount of energy one uses when resting.

- A.** basal metabolism rate
- B. delayed phase preference
- C. secular trend
- D. feedback loop

Steinberg - Chapter 01 #76

77. Which of the following statements about the secular trend is *true*?

- A. There is currently no evidence that boys have followed the secular trend.
- B.** Evidence for the secular trend in boys can be found in reports from European children's choirs.
- C. Experts agree that the secular trend (for boys and girls) has indeed continued in recent years.
- D. Scientists believe that the secular trend is caused by chemicals in the food supply.

Steinberg - Chapter 01 #77

78. Which of the following is *true* about obesity?

- A.** To be considered obese, a person's body mass index must fall at or above the 95th percentile for their age and gender.
- B. Forty percent of American adolescents are obese.
- C. The rate of obesity has quadrupled worldwide since 2005.
- D. Obesity is solely caused by a low basal metabolic rate.

Steinberg - Chapter 01 #78

79. Which group is most at risk for obesity?

- A. late-maturing Black girls
- B.** early-maturing Black girls
- C. early-maturing White boys
- D. early-maturing White girls

Steinberg - Chapter 01 #79

80. According to the textbook, in general, the amount of time individuals spend in moderate-to-vigorous physical activity:

- A. increases from childhood to adolescence.
- B.** decreases from childhood to adolescence.
- C. remains the same from childhood to adolescence.
- D. is directly related to socioeconomic status.

Steinberg - Chapter 01 #80

81. Rosy believes that "fat is beautiful" and has a steady diet of fried chicken, French fries, and cheeseburgers. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call:

- A.** disordered eating.
- B. bulimia.
- C. anorexia nervosa.
- D. normal adolescent eating patterns.

Steinberg - Chapter 01 #81

82. Which of the following is *not* associated with disordered eating in the United States?

- A. poor interpersonal relationships
- B. depression
- C. alcohol and tobacco use
- D.** All of the following are associated with disordered eating.

Steinberg - Chapter 01 #82

83. Theresa has been known to go on eating binges and then purge immediately afterward. Theresa is probably suffering from:

- A. anorexia nervosa.
- B.** bulimia.
- C. binge eating disorder
- D. obesity.

Steinberg - Chapter 01 #83

84. Karen has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Karen is probably suffering from:

- A.** anorexia nervosa.
- B. bulimia.
- C. binge eating disorder.
- D. deprivation syndrome.

Steinberg - Chapter 01 #84

85. The potentially fatal disorder in which young women actually starve themselves is called:

- A. bulimia.
- B. anorexia nervosa.**
- C. obesity nervosa.
- D. purging.

Steinberg - Chapter 01 #85

86. Which of the following statements about obesity is *not* true?

- A. Adolescent obesity epidemic will cost the United States more than \$250 billion.
- B. Adolescent obesity has been especially dramatic among Black females.
- C. Adolescent obesity is limited to the United States.**
- D. Obesity is the most serious health problem of American adolescents.

Steinberg - Chapter 01 #86

87. Who of the following is likely to gain excess weight during adolescence?

- A. Mary, who gets inadequate sleep on school nights but sleeps in on the weekends
- B. Kevin, who gets insufficient physical inactivity, but lives near recreational facilities
- C. Tony whose friends are relatively overweight
- D. All of these adolescents are likely to gain excessive weight during puberty.**

Steinberg - Chapter 01 #87

88. Non-White adolescents are relatively more likely than White adolescents to experience all of the following, *except*:

- A. to be murdered.
- B. to be physically inactive.
- C. suffer from chronic illness.
- D. anorexia nervosa.**

Steinberg - Chapter 01 #88

89. Who most closely resembles the profile of someone who has binge eating disorder?

- A. Steve, a wrestler who nearly starves himself so he can stay in his weight bracket
- B. Carla, a gymnast who binges on junk food but makes herself vomit after each meal
- C. Howard, a football player who believes he is overweight and exercises twice a day, seven days a week
- D. Sherri, a volleyball player who binges on junk food but does not engage in any other weight loss behaviors**

Steinberg - Chapter 01 #89

90. Of the following, the biggest threat to adolescents' health is:

- A. infectious disease.
- B. chronic illness.
- C. cardiovascular disease.
- D.** risky behaviors.

Steinberg - Chapter 01 #90

91. Which of the following is *not* associated with the "new morbidity and mortality" of adolescence?

- A. accidents
- B. suicide
- C. homicide
- D.** cancer

Steinberg - Chapter 01 #91

92. Which of the following statements about health in adolescence is *not* true?

- A. Adolescents have low rates of disabling or chronic illness.
- B. Adolescents have high rates of accidents, homicide, and suicide.
- C. The majority of health problems during adolescence are preventable.
- D.** The new approach to adolescent health care is a return to traditional medicine.

Steinberg - Chapter 01 #92

93. The most virulent threats to adolescent health come from all of the following, *except*:

- A. unhealthy behaviors, such as drug use.
- B.** chronic disabilities, such as cancer.
- C. violence inflicted by themselves or by others.
- D. risky activities, such as unprotected sexual intercourse.

Steinberg - Chapter 01 #93

94. Current efforts aimed at encouraging healthy behaviors among adolescents involve all of the following, *except*:

- A. changing the contexts in which adolescents live.
- B. increasing adolescents' knowledge and understanding of health enhancing behaviors.
- C.** encouraging adolescents to sign contracts promising to abstain from unhealthy behaviors.
- D. encouraging health care professionals to do more screening for risky health practices.

Steinberg - Chapter 01 #94

95. Which adolescent is at highest risk for suicide?

- A. Black males
- B. Hispanic females
- C. White females
- D.** American Indian/Alaskan Native males

Steinberg - Chapter 01 #95

96. According to the textbook, the prevalence of adolescent smoking is a direct function of:

- A.** the number of retail outlets selling tobacco in their immediate neighborhood.
- B. the amount of people smoking in the neighborhood.
- C. whether biological parents smoke.
- D. being an early-maturing male and living in a single-parent household.

Steinberg - Chapter 01 #96

97. Almost half of all teenage deaths in the United States are a result of:

- A.** car accidents and other unintentional injuries.
- B. suicide.
- C. homicide.
- D. sexually transmitted infections.

Steinberg - Chapter 01 #97

98. Graduated driver-licensing programs were designed to:

- A. place restrictions on when teenagers can drive.
- B. place restrictions on with whom teenagers can drive.
- C. reduce automobile fatalities.
- D.** All of the above.

Steinberg - Chapter 01 #98

99. Based on information presented in the textbook, in the United States today, which of the following strategies would be the least efficient way to promote adolescent health?

- A. increasing adolescents' knowledge and understanding of health-promoting behaviors
- B. changing an aspect of the context in which adolescents live
- C.** ensuring that school bathrooms are sanitary
- D. parental encouragement of adolescent exercise

Steinberg - Chapter 01 #99

100. According to the textbook, what was the most effective way to reduce adolescent smoking?

- A. school-wide assemblies with presentations from police officers and doctors
- B. on-campus law enforcement personnel who enforce school rules that prohibit smoking
- C. advertisements on TV shows relevant to teens, such as MTV
- D. raising the price of cigarettes**

Steinberg - Chapter 01 #100

101. Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

The timing and rate of development varies widely for individuals both within groups and among groups, and helping youngsters understand what they can expect in terms of development and in terms of variation can help them deal with the changes they experience. Timing, though, can have a huge impact on boys and girls, with early-maturing girls and late-maturing boys potentially being especially vulnerable with regard to self-esteem issues, and early-maturing girls having particular problems in terms of problem behaviors, including being at risk for dropping out of school. The direct effects of biological changes during adolescence, primarily from hormonal changes, can increase sex drive and sexual activity; also, changes in adolescents' self-image can affect their behavior and changes in appearance may cause others to react to them differently, such as expecting mature behavior from someone who appears to be physically mature. Despite the popular belief that adolescents are prone to mood swings, these variations are greatly exaggerated and are often due to specific events going on in the adolescent's life. A particular health concern, however, involves changes in sleep patterns—adolescents need 9 hours of sleep a night, and because they are staying up later, they would benefit from waking later and starting classes later, not earlier, than they did in elementary, middle, and junior high school. Many of the problems that occur, especially from being early or late-maturing, are linked either to pre-existing problems from childhood or cultural attitudes and expectations. By understanding and addressing the issues, pitfalls, and factors affecting these aspects of development, adults can help adolescents work through them.

Key Points:

- a) There are differences in the timing and rate of development that may have an impact on adolescents.
- b) Biological changes can affect psychological functioning directly and indirectly.
- c) Moodiness is not as prevalent as commonly believed.
- d) Changes in sleep patterns suggest a need for changes in schedules.
- e) Problems are often associated with childhood problems and cultural contexts.

Steinberg - Chapter 01 #101

102. Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

Maria, an early maturer, is more likely to suffer from low self-esteem and depression than her on-time or late-maturing peers. She may even suffer from eating disorders, panic attacks, social anxiety, or be the victim of rumors and gossip. She might receive more attention from older boys and in turn start participating in deviant activities. John, on the other hand, will not experience as many emotional difficulties as Maria. He may also be quite popular and self-confident as it is likely that he will be tall and muscular before his peers. However, like Maria, he is also more likely to participate in deviant activities such as alcohol and drug use, delinquency, and problems at school. However, it is important to note that the ultimate impact of the timing of pubertal onset will depend on the broader context in which maturation takes place.

Key Points:

- a) Early maturation is more negative for girls and more positive for boys.
- b) Early-maturing adolescents tend to engage in more delinquent activities.
- c) Impact of puberty depends on the broader context in which adolescents live.

Steinberg - Chapter 01 #102

103. Suzanne and Raul are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Suzanne and Raul's development?

Suzanne is likely to experience many positive effects of late maturation. For example, she is more likely to be the thin, "leggy" American ideal, and she will have more time to prepare for puberty than early or on-time maturers (she may even have fewer psychological problems than early and on-time girls). Suzanne is also less likely than early maturers to engage in delinquent behaviors. For Raul, there are greater disadvantages: he will be seen as childish and have trouble being noticed by his peers, especially girls; he will also have less self-confidence than his early or on-time maturing peers. However, it is also likely that Raul will be better able to control his tempers and impulses during puberty (as he will be relatively older and more mature than his early-maturing peers were when they went through puberty).

Key Points:

- a) Late maturation is more negative for boys and more positive for girls.
- b) Late-maturing adolescents tend to engage in less delinquent activities.
- c) Impact of puberty depends on the broader context in which adolescents live.

Steinberg - Chapter 01 #103

104. Paul and Sophia, two adolescents in the middle of puberty, have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Paul and Sophia have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Sophia will experience body dissatisfaction? What about Paul?

The simultaneous release of growth hormones, thyroid hormones, and androgens lead to the adolescent growth spurt, which Sophia will probably experience two years prior to Paul. During peak height velocity, Sophia and Paul will grow at approximately the same rate as a toddler. Much of the height gain during puberty results from an increase in torso length rather than leg length. The sequence in which Sophia and Paul will grow will be pretty comparable: first the extremities (head, hands, and feet), then the arms and legs, followed by torso and shoulder growth. One marker that indicates the termination in growth in height is epiphysis (closing of the ends of the long bones in the body). In addition to sheer changes in height and weight, there are changes in the relative proportion of body muscle and body fat. Paul might decrease in body fat just before puberty, whereas Sophia will probably increase in body fat more rapidly during puberty. Sophia might react to the increase in body fat at puberty by dieting unnecessarily. At the end, Paul will probably finish adolescence with a muscle-to-fat ratio of about 3 to 1, while Sophia will probably be 5 to 4. According to one estimate, about half of the sex difference in athletic performance during early adolescence results simply from the difference in body fat. The rapid increase in body fat that occurs among females in early adolescence frequently prompts young girls to become overly concerned about their weight (even if their weight is within the normal range for their height and weight). Although more than half of adolescent girls diet unnecessarily during this time in response to the increase in body fat, if Sophia matures early, begins dating early, compares herself with her peers, and/or comes from a relatively more affluent family, she will be particularly susceptible to body dissatisfaction. Paul's feelings about how he looks will probably revolve around how muscular he is and probably won't be affected by comparisons with peers.

Key Points:

- a) Describe the asynchronicity of body growth.
- b) Explain the changes in the relative proportion of body muscle and body fat.
- b) Describe why girls are prone to body dissatisfaction.

105. Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?

The timing of puberty is highly variable (puberty onset can occur anytime between 7 and 13 in American girls and between 9.5 and 13.5 in American boys). Though the timing of puberty is indeed highly heritable, the environment can also have a substantial impact on pubertal onset. The two most influential environmental factors are nutrition and health. In fact, puberty can be significantly delayed if an individual has a history of nutrient deficiencies, caloric restriction, or chronic illnesses. There are also important familial factors that are related to pubertal onset: puberty tends to begin slightly earlier among girls who grow up in high-conflict families, girls who grow up with a stepfather, girls who were physically or sexually abused during childhood, and among girls who grew up in father-absent households. There is also quite a bit of research that has documented a secular trend—that menarche among American girls has occurred at earlier and earlier ages. The secular trend could be due to better nutrition, better sanitation, and better control of infectious diseases (it is likely not due to variations in genes). Though there is definitely evidence for the secular trend over the last 150 years or so, scientists disagree about whether this pattern has continued in recent years.

Key Points:

- a) Timing of puberty is highly variable.
- b) Timing of puberty is influenced by genetic and environmental factors.
- b) Age at puberty onset has declined over time (secular trend).

Steinberg - Chapter 01 #105

106. You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understood the relation between puberty and eating disorders?

Although a variety of nutritional and behavioral factors can lead to weight gains during adolescence, gaining weight can sometimes result directly from the physical changes of puberty. Not only does the ratio of body fat to muscle increase markedly during puberty, but the body's basal metabolism rate also drops. Normal weight gain and change in body composition which accompanies puberty leads many adolescents, especially girls, to become extremely concerned about their weight. Girls who go through puberty earlier than their peers have an increased likelihood of developing disordered eating patterns. Eating disorders, such as anorexia and bulimia, which promote starvation and dieting, can affect hormone levels that initiate puberty. A consequence of starvation during early adolescence is that pubertal development is severely delayed.

Key Points:

- a) Mention physical changes that could relate to eating disordered behavior (e.g., weight gain caused by drop in basal metabolism rate, ratio of muscle to fat).
- b) Early-maturing girls are at greater risk.
- c) Anorexia nervosa and bulimia can delay pubertal development.

Steinberg - Chapter 01 #106

107. One of your friends has approached you to ask about the field of adolescent health care. She wants to know what the major issues are and particularly is confused by two terms she has heard, "the paradox of adolescent health" and the "new morbidity and mortality" of adolescence. What do you tell her?

Your friend is entering a challenging field in that the "paradox" of adolescent health is that this is one of the healthiest periods in the life span, but many youngsters (1 in 15) has at least one disabling chronic illness, such as mental disorder, respiratory illnesses, and muscular skeletal disorders. Moreover, despite new medical technologies and better health care leading to a reduction of death and disability from disease, the "new morbidity and mortality" of adolescence finds the worst threats to adolescent health come from unhealthy behaviors and risky activity, such as automobile accidents, homicide, and suicide, which are psychosocial rather than natural causes. Minority youth are at particular risk for both the "old" (disease) and "new" (violence/risk-related) health threat, having generally poorer health and less access to medical care and health insurance. Current efforts to reduce health-compromising behaviors and increase health-enhancing behaviors include education about alcohol and other drug use, accident prevention, safe sex, and proper nutrition, and increased access to health care, particularly in school-based health centers, although the results of these programs have been inconsistent.

Key Points:

- a) The paradox is that adolescence is one of the healthiest periods in the life span, whereas nearly 1 in 15 adolescents has at least one disabling chronic illness.
- b) The "new morbidity and mortality" of adolescence suggests that current threats to adolescents' health are psychosocial not natural causes.
- c) The big challenge is to reduce health compromising behaviors and increase health-enhancing behaviors.

108. Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night, past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

According to research, Maya's sleep pattern is a result of the delayed phase preference in which adolescents' biological clock shifts later. Her circadian rhythm is no longer the same as it was when she was a child. Melatonin, for example, is secreted over one hour later after puberty starts, and therefore causes teens to be sleepier later. Adolescents are more sleep deprived, and this may also be due to more freedom to choose their own bedtime and the external stimuli available to teens today. Research shows, that adolescents who do not get enough sleep suffer from poorer mental health, more delinquency, more frequent injuries, and are overweight. Furthermore, adolescents are better able to fight sleep than are children, and stay up later to watch TV or talk on the phone (environmental distractors). As a result of these changes, Maya would like to sleep later and wake up later, but school prevents her from doing so and subsequently makes Maya sleep deprived.

Key Points:

- a) Mention and define *delayed phase preference*, *circadian rhythm*, and *melatonin shift*
- b) Mention influence of external and environmental stimuli (e.g., artificial light, computers).
- c) Mention early school start times.
- d) Mention sleep deprivation.
- e) Adolescents are better able to fight sleepiness than children, enabling them to stay up even later.

Steinberg - Chapter 01 #108

109. Dr. Brown believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with his conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

I disagree with Dr. Brown's belief that adolescence is a time of storm and stress. All of our hormones are present at birth; the only change is in the amount that they are secreted as we grow. Our endocrine system produces, regulates, and controls the hormones in our body. The endocrine system can be equated to a thermostat—the sex hormones are set at a certain set point that is controlled by the hypothalamus stimulating the pituitary gland to trigger the gonads, which will secrete androgens in males and estrogens in females (males and females have both, but in different amounts). The onset of puberty is triggered by a desensitization of the hypothalamus to the level of hormones it needs to keep it at the set point. When this happens, a higher level is needed to get the hypothalamus at its new "temperature"; this is the feedback loop system that occurs in puberty. It is not the result of new hormones, just a change in the amounts.

Key Points:

- a) Adolescence is not a time of storm and stress.
- b) Description of the endocrine system and feedback loop.
- c) Mention of the desensitization of the hypothalamus.

Steinberg - Chapter 01 #109

c1 Summary

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