

## **CHAPTER 1: AN OVERVIEW OF PSYCHOLOGY AND HEALTH**

### **True/False Statements**

1. Advances in medical treatment were responsible for a sharp decrease in infectious diseases at the turn of the 20<sup>th</sup> century.

Answer: False

Section Reference: Illness Today and in the Past

2. Today, accidental injury is the leading cause of death in children and adolescents in Canada.

Answer: True

Section Reference: Illness Today and in the Past

3. During the Middle Ages, the influence of the Church resulted in many major advancements in medical knowledge.

Answer: False

Section Reference: The Middle Ages

4. “Risk factors” are those biological or behavioral characteristics that are known to cause a disease.

Answer: False

Section Reference: “The Person” in Health and Illness

5. In the past, practitioners of psychosomatic medicine generally used a psychoanalytic model to explain a physical symptom.

Answer: True

Section Reference: How the Role of Psychology Emerged

6. One of the goals of health psychology is to have an effect on public policy.

Answer: True

Section Reference: How the Role of Psychology Emerged

7. The biopsychosocial model of health and illness is actually an extension

of the biomedical model.

Answer: True

Section Reference: The Biopsychosocial Perspective

8. The "systems" approach assumes simple systems are embedded within complex systems.

Answer: True

Section Reference: The Biopsychosocial Perspective

9. Although sociocultural research has found differences in health beliefs across cultures, disease patterns themselves do not differ.

Answer: False

Section Reference: Health and Psychology Across Cultures)

10. Quasi-experimental designs allow us to make causal conclusions from existing groups.

Answer: False

Section Reference: Quasi-Experimental Studies)

## Matching

Match one of the following with descriptions given in questions 11 to 15.

- a. Hippocrates
- b. Plato
- c. Galen
- d. St. Thomas Aquinas
- e. Descartes

11. From his work, which included dissection, this second century physician felt that pathologies could be localized in parts of the body.

Answer: c

Section Reference: Ancient Greece and Rome

12. An Italian philosopher, he saw the mind and body as an interrelated unit.

Answer: d

Section Reference: The Middle Ages

13. He was among the Greek philosophers to propose that the mind and body are separate entities.

Answer: b

Section Reference: Ancient Greece and Rome

14. Called "the father of medicine," his humoral theory for the origin of disease was influential for centuries.

Answer: a

Section Reference: Ancient Greece and Rome

15. He described in mechanical terms the functioning of the body's actions and sensations such as pain.

Answer: e

Section Reference: The Renaissance and After

Match the following with descriptions given in questions 16 through 20

- a. epidemiology
- b. public health
- c. medical sociology
- d. medical anthropology
- e. health psychology

16. Provides direct service to patients in the management of their illnesses or engages in research and teaching.

Answer: e

Section Reference: Health Psychology: The Profession

17. Concerned with the incidence and prevalence of illnesses.

Answer: a

Section Reference: Related Fields

18. Organizes health education or provides community health services.

Answer: b

Section Reference: Related Fields

19. May conduct studies of health care services and how they are organized.

Answer: c

Section Reference: Related Fields

20. May conduct studies on the medical practices in different cultures.

Answer: d

Section Reference: Related Fields

## Multiple Choice

21. Claudia goes to the university health center complaining of a sore throat and headache. A blood test reveals that her white blood cell count is high, and a throat culture reveals a streptococcus infection. Which of the following is true?
- a) Claudia's high white blood cell count is a symptom of illness.
  - b) Her sore throat is a sign of illness.
  - c) The results of the blood test and throat culture are signs of illness.
  - d) Her headache and high white blood count are symptoms of illness.

Answer: c

Section Reference: What is Health?

22. Common definitions of health include
- a) optimal weight and endurance.
  - b) absence of signs of malfunctioning.
  - c) absence of subjective symptoms of disease.
  - d) both b and c.

Answer: d

Section Reference: What is Health?

23. In his continuum of illness and health, Aaron Antonovsky suggested that
- a) wellness and illness are independent concepts.
  - b) medical treatment affects only the wellness side of the continuum.
  - c) his model represents differing health statuses.
  - d) lifestyle has little impact on health or illness.

Answer: c

Section Reference: An Illness/Wellness Continuum

24. In discussing the illness and health continuum, Antonovsky emphasizes
- a) illness more than health.
  - b) a revised focus toward what helps people stay healthy.
  - c) the psychosocial factors that contribute to illness.
  - d) the role of poverty in health care.

Answer: b

Section Reference: An Illness/Wellness Continuum

25. The term "health", as used by the author of the textbook, is best described as
- a) a positive state of mental, social, and physical well-being.
  - b) the absence of illness.
  - c) the absence of disease risks.

d) lack of a terminal condition.

Answer: a

Section Reference: An Illness/Wellness Continuum

26. Infectious diseases were:

- a) more frequently fatal in the past than they are now.
- b) brought over to North America by European settlers.
- c) the greatest threat to American health in the 19th century.
- d) all of the above

Answer: d

Section Reference: Illness Today and in the Past

27. The decline in the death rate from infectious diseases by the end of the 19<sup>th</sup> century was largely the result of

- a) the development of antibiotics.
- b) advances in medical treatment.
- c) changing definitions of disease states in the medical community.
- d) preventive measures.

Answer: d

Section Reference: Illness Today and in the Past

28. A person living in Canada today

- a) is more likely to die of a chronic disease than any other cause of mortality.
- b) has a shorter life span than someone who lived in the 19th Century.
- c) is likely to be at high risk of dying of infections.
- d) has an average life expectancy over 90 years.

Answer: a

Section Reference: Illness Today and in the Past

29. The procedure referred to as trephination

- a) is effective in the treatment of chronic disease.
- b) is believed to have been done in the past for superstitious reasons.
- c) is frequently used today in the treatment of infectious diseases.
- d) was based on the humoral theory of illness.

Answer: b

Section Reference: Early Cultures

30. Hippocrates, the "Father of Medicine"

- a) suggested that eating a good diet would promote good health.
- b) proposed the humoral theory of illness and wellness.
- c) defined health as a balance of humors.
- d) all of the above.

Answer: d

Section Reference: Ancient Greece and Rome

31. A "humor" is a

- a) type of emotional response.
- b) spiritual state.
- c) a bodily fluid.
- d) all of the above

Answer: c

Section Reference: Ancient Greece and Rome

32. A main contribution of Galen to knowledge about illness

- a) was to discover that illness can be localized in specific parts of the body.
- b) was to reject the humoral theory of Hippocrates.
- c) was not appreciated until the 20th century.
- d) was to reject the mind/body split.

Answer: a

Section Reference: Ancient Greece and Rome

33. The position of Rene Descartes on the mind/body problem can best be described as:

- a) agreeing with both Aquinas and Plato that the mind and body are unitary.
- b) agreeing with Aquinas and disagreeing with Plato that the mind and body are unitary.
- c) agreeing with Plato and disagreeing with Aquinas on the unitary nature of mind and body.
- d) placing little to no emphasis on the mind.

Answer: c

Section Reference: The Renaissance and After

34. Which of the following was NOT an advance in science and medicine in the 18th and 19th centuries?

- a) The growing use of dissection in autopsies to aid in the acquisition of knowledge.
- b) The rejection of the belief that the mind and body are separate.
- c) The discovery that microorganisms cause certain diseases
- d) New surgical and anesthetic techniques.

Answer: b

Section Reference: The Renaissance and After

35. The proposition that all diseases can be explained by disturbances in physiological processes
- a) is the basis of the biomedical model.
  - b) is no longer the dominant view in the field of medicine.
  - c) has never been widely accepted.
  - d) is consistent with an emphasis on psychosocial factors.

Answer: a

Section Reference: The Renaissance and After

36. Dr. Lee believes that disease occurs independently from our psychological and social experience. Dr. Lee believes in the \_\_\_\_\_ theory.
- a) humoral
  - b) biopsychosocial
  - c) biomedical
  - d) trephination

Answer: c

Section Reference: The Renaissance and After

37. Which of the following statements about chronic disease is true?
- a) Significant advances have been made in their treatment, to the point where they are no longer dangerous.
  - b.) Although we know more about the causes of chronic diseases, advances in their treatment have been modest.
  - c) Psychological and social factors have little to do with these diseases.
  - d) Gains and survival rates from cancer between 1950 and 1987 are due to improved medical techniques.

Answer: b

Section Reference: Problems in the Healthcare System

38. Canada's health care system is based on the principle of
- a) equal access to care at equal cost to the individual.
  - b) equal access to care at no cost to the individual.
  - c) equal access to care at cost to the individual.
  - d) pay-per-use access to care.

Answer: b

Section Reference: Problems in the Healthcare System)



39. Which of the following is NOT a risk factor for an individual developing cancer?

- a) high alcohol use
- b) high fat diet
- c) cigarette smoking
- d) all of the above are risk factors

Answer: d

Section Reference: "The Person" in Health and Illness

40. Risk factors for a health problem

- a) directly cause diseases.
- b) are associated with diseases.
- c) are largely unknown today.
- d) are usually easily cured with medication.

Answer: b

Section Reference: "The Person" in Health and Illness

41. Risk factors for the two leading causes of death in Canada include

- a) smoking and high blood pressure.
- b) high blood pressure and high dietary cholesterol.
- c) smoking and obesity.
- d) obesity and lack of exercise.

Answer: c

Section Reference: "The Person" in Health and Illness

42. Melody has been having a great deal of difficulty in her attempt to quit smoking. Which of the following might be reasons for her lack of success?

- a) She thinks getting cancer is not likely.
- b) Her friends all smoke and don't think it's such a big problem.
- c) She is addicted to nicotine.
- d) all of the above

Answer: d

Section Reference: "The Person" in Health and Illness

43. Smoking has been identified as a risk factor in each of the following health problems except

- a) stroke.
- b) cancer.
- c) chronic lung disease.
- d) obesity.

Answer: d

Section Reference: "The Person" in Health and Illness

44. In Belloc and Breslow's study of longevity and health practices

- a) longevity was not statistically related to most health behaviors.
- b) the health of older participants who practiced all seven health habits was similar to that of much younger participants.
- c) maintaining an appropriate weight was the best predictor of health.
- d) eating multiple small meals was important.

Answer: b

Section Reference: "The Person" in Health and Illness

45. Which of the following is NOT one of the healthful behaviors studied by Belloc and Breslow (1972)?

- a) never smoking cigarettes
- b) never or only occasionally eating between meals
- c) taking one aspirin per day
- d) sleeping 7 to 8 hours a day

Answer: c

Section Reference: "The Person" in Health and Illness

46. The recent rise in the percentage of North Americans who are seriously overweight indicates that

- a) North Americans are focusing on the wrong health behaviours.
- b) primary prevention efforts are failing in North America.
- c) the health behaviours influencing this health problem are changing in the wrong direction.
- d) the health behaviours influencing all leading causes of death are changing in the wrong direction.

Answer: c

Section Reference: "The Person" in Health and Illness

47. People whose personalities include high levels of \_\_\_\_\_ seem to be "disease-prone."

- a) anger & hostility
- b) depression
- c) anxiety
- d) all of the above

Answer: d

Section Reference: "The Person" in Health and Illness

48. Considering the psychosocial characteristics of the following people, which one is most likely to develop an illness?

- a) Fernando, a banker who works long hours.
- b) Linda, a student who occasionally feels a bit sad and homesick.
- c) Ling, an athlete who experiences mild levels of anxiety before her competitions.
- d) John, an anxious and pessimistic news director who frequently "blows up" at his staff.

Answer: d

Section Reference: "The Person" in Health and Illness

49. Jane feels a numbness in her hand and has been to several doctors, who have found no organic cause for her problem. She might be suffering from
- a) trephination.
  - b) behavioral modification.
  - c) conversion hysteria.
  - d) psychoanalysis.

Answer: c

Section Reference: How the Role of Psychology has Emerged

50. Medical history notes for a young woman with a skin rash refers to her "conflicting feelings about being physically close to her husband". Her physician seems to accept a \_\_\_\_\_ explanation for her illness.
- a) psychosomatic
  - b) behavioristic
  - c) public health
  - d) humoral

Answer: a

Section Reference: How the Role of Psychology has Emerged

51. Which of the following approaches would a specialist in behavioral medicine be most likely to use in treating a chronic headache?
- a) medicine
  - b) psychoanalysis
  - c) biofeedback
  - d) psychotherapy

Answer: c

Section Reference: How the Role of Psychology has Emerged

52. The work on biofeedback by physiological psychologists has shown us that
- a) even internal functions like heart rate and blood pressure can be controlled with psychological methods.
  - b) the mind/body dichotomy really exists and can be measured.
  - c) psychoanalysis is effective in the treatment of high blood pressure.
  - d) biofeedback is an ineffective method of therapy.

Answer: a

Section Reference: How the Role of Psychology has Emerged

53. Which of the following is the least likely to be studied by a modern health psychologist?

- a) why people do not use seat belts
- b) how to design a media campaign to encourage healthful lifestyles
- c) how patients are affected by characteristics of hospitals and nursing homes
- d) how to differentiate organic symptoms from conversion hysteria

Answer: d

Section Reference: How the Role of Psychology has Emerged

54. Which of the following is not an example of an indirect way that health psychologists help patients?

- a) Conducting research to discover information about lifestyles that affect health.
- b) Providing therapy to a patient to assist in adjustment to a chronic illness.
- c) Holding a training workshop for medical professionals regarding psychosocial characteristics of patients.
- d) Designing new behavior change programs that will affect people's health.

Answer: b

Section Reference: How the Role of Psychology has Emerged

55. Mei-Lin has lost the use of her legs after being in a biking accident. Her health psychologist is working with her to cognitively redefine the experience as a challenge rather than a disaster. This technique is classified as a(n) \_\_\_\_\_ method.

- a) ineffective
- b) cognitive
- c) behavioral
- d) psychoanalytic

Answer: b

Behaviourism's Legacy: Progress in Health Psychology's Goals

56. A biopsychosocial approach to dealing with an adolescent girl's weight problem would be likely to consider

- a) her family history.
- b) how her weight problem affects her friendships.
- c) how she feels emotionally about her weight problem.
- d) all of these

Answer: d

Section Reference: The Biopsychosocial Perspective

37. Which of the following is true regarding the role of emotions in health and illness?

- a) People with positive emotions take better care of their health.
- b) Fear prevents some people from obtaining medical care.
- c) Recovery from illness can be affected by emotions.
- d) all of the above

Answer: d

Section Reference: The Biopsychosocial Perspective

58. Which of the following is NOT true of the systems concept in health psychology?

- a) It takes into account an unchanging, interrelated group of parts.
- b) By definition, a person qualifies as a system.
- c) It is consistent with the biopsychosocial model.
- d) Events in one system affect events in other systems.

Answer: a

Section Reference: The Biopsychosocial Perspective

59. Compared with older individuals, children

- a) experience the same number of chronic diseases as adults.
- b) suffer from relatively few chronic diseases.
- c) are more responsible for their own health.
- d) have cognitive skills similar to those of adolescents and adults.

Answer: b

Section Reference: Life-Span and Gender Perspectives

60. The life-span perspective in health psychology reveals that adolescents

- a) will be healthier than children because they are exposed to fewer infectious diseases.
- b) typically follow the example of their parents more than their friends.
- c) are powerfully influenced by peer pressure, often leading to poorer health practices.
- d) respond to illnesses much like the elderly do.

Answer: c

Section Reference: Life-Span and Gender Perspectives

61. Greg is a 15 year old who was diagnosed as a diabetic at age 4. For the first time, he now is not following his health regimen. The most probable explanation is

- a) he doesn't understand what he should do.
- b) he secretly doesn't want to be healthy.
- c) social pressures to avoid being "different" prevent him from taking proper care of himself.
- d) he may be forgetting what to do and should have a neuropsychological examination.

Answer: c

Section Reference: Life-Span and Gender Perspectives

62. When reporting the decrease in deaths from AIDS, an epidemiologist is discussing AIDS'
- a) morbidity.
  - b) mortality.
  - c) incidence.
  - d) prevalence.

Answer: b

Section Reference: Related Fields

63. An epidemiologist writes a report discussing the total number of previously reported and new cases of AIDS for the past 5 years. He is reporting on the disease's
- a) prevalence.
  - b) morbidity.
  - c) incidence.
  - d) mortality.

Answer: a

Section Reference: Related Fields

64. Dr. Yi is collecting data on the number of new cases of cholera in Beijing during the summer of 1997. Dr. Yi is studying the \_\_\_\_\_ of cholera.
- a) prevalence.
  - b) morbidity.
  - c) incidence.
  - d) epidemic.

Answer: c

Section Reference: Related Fields

65. An epidemic usually refers to a situation in which
- a) many people die from a disease.
  - b) a disease receives greater publicity.
  - c) the mortality rate of a disease increases.
  - d) the incidence rate of a disease has increased rapidly.

Answer: d

Section Reference: Related Fields

66. Wilbur has had a stroke and is now undergoing treatment by exercising and receiving

electrical stimulation to his severely weakened muscles. The professional performing this treatment is most likely a

- a) physical therapist.
- b) licensed practical nurse.
- c) doctor.
- d) medical anthropologist.

Answer: a

Section Reference: Related Nonpsychology Careers

67. Cultural differences in illness patterns have been reflected by

- a) higher prevalence of stomach cancer in Japan than in the USA.
- b) uniform cancer rates across the USA.
- c) the devaluation of the importance of good health in the USA.
- d) the universality of illnesses.

Answer: a

Section Reference: Health and Psychology Across Cultures

68. According to the textbook author, culture influences

- a) beliefs regarding the causes of health and illness.
- b) accepted practices for curing illness.
- c) norms or expectations on what to do when one is ill.
- d) all of the above.

Answer: d

Section Reference: Health and Psychology Across Cultures

69. Religious beliefs and practices

- a) invariably lead to poorer health.
- b) may either promote healthful living, or deter it, depending on the religion.
- c) invariably promote good health.
- d) have declined with the rise of health psychology.

Answer: b

Section Reference: Health and Psychology Across Cultures

70. Which of the following is not necessarily a component of a useful theory?

- a) It relates previously seemingly unrelated information.
- b) It enables us to make predictions.
- c) It has been proven to be correct.
- d) It organizes known facts.

Answer: c

Section Reference: Research Methods

71. In a study of the effects of an anti-inflammatory drug on chronic jaw pain, one group receives an inactive substance in the form of a pill. This group receives
- a) the independent variable.
  - b) the dependent variable.
  - c) a control.
  - d) a placebo.

Answer: d

Section Reference: Experiments

72. The method of experimental design in which the subject and the experimenter are unaware of which group they are assigned is called the
- a) experimental control.
  - b) double-blind procedure.
  - c) nonexperimental method.
  - d) quasi-experimental approach.

Answer: b

Section Reference: Experiments

73. Which of the following illustrates a difference between experimental and non-experimental approaches to research?
- a) Only experimental methods can imply causation.
  - b) In nonexperimental methods, the researcher manipulates an independent variable.
  - c) Only experimental methods measure dependent variables
  - d) Nonexperimental methods test cause and effect relationships.

Answer: a

Section Reference: Comparing Experimental and Nonexperimental Methods

74. Nonexperimental or correlational studies
- a) can generate predictive information.
  - b) are not usually useful because they can't lead to causal inferences.
  - c) are not usually done anymore.
  - d) involve the manipulation of independent variables.

Answer: a

Section Reference: Correlational Studies

75. Researchers reported that there is a strong relationship between height and IQ: as height goes up, IQ goes up. They are reporting
- a) a negative correlation.



- b) a positive correlation
- c) a non-linear relationship.
- d) no correlation.

Answer: b

Section Reference: Correlational Studies

76. A student researcher writes in his report that his statistical analysis revealed a correlation coefficient of +2.13 between the two variables in his study. His reported correlation coefficient

- a) indicates a negative correlation.
- b) indicates a positive correlation.
- c) is a significant result.
- d) is an error.

Answer: d

Section Reference: Correlational Studies

77. A \_\_\_\_\_ study would NOT be an example of a quasi-experimental study.

- a) retrospective
- b) prospective
- c) longitudinal
- d) correlational

Answer: d

Section Reference: Quasi-Experimental Studies

78. To study the effects of cigarette smoking on breast cancer, 500 healthy teenaged girls were recruited to participate in a study that tracked their smoking (or nonsmoking) behavior and cancer incidence for five decades. This is an example of

- a) a prospective study.
- b) an experiment.
- c) a retrospective study.
- d) a single-subject approach.

Answer: a

Section Reference: Quasi-Experimental Studies

79. Suppose that a recent study found an increase in heart and lung disease among people aged 50-60. Further study revealed that, compared to people 20 years younger, these individuals tended to smoke more during their young adulthood, because they were not aware of the health effects of smoking at that time. This difference between individuals raised at different times is an example of

- a) the placebo effect
- b) a cross-sectional approach

- c) a cohort effect
- d) a prospective study

Answer: c

Section Reference: Quasi-Experimental Studies

80. Dr. Martinez is conducting an in-depth study of a patient exposed to farm pesticides. Dr. Martinez is probably using a

- a) cross-sectional design.
- b) experimental design.
- c) single-subject design.
- d) twin study.

Answer: c

Section Reference: Quasi-Experimental Studies

81. A reasonable assumption that can be made about monozygotic twins is

- a) they are likely to have many genetic differences.
- b) differences between them are environmentally determined.
- c) they will be reared in identical environments.
- d) they are always same sexed.

Answer: b

Section Reference: Genetics Research

82. In deciding which research methods to use, a researcher might keep in mind that

- a) it is never appropriate to use experimental and nonexperimental methods in the same study.
- b) nonexperimental methods can still support causal explanations.
- c) nonexperimental methods are rarely helpful in science.
- d) experimental and nonexperimental methods can be effectively combined in the same study.

Answer: d

Section Reference: Which Research Method is Best?

### **Short Answer Questions**

83. Provide a brief summary of Antonovsky's illness-wellness continuum. How does it differ from traditional definitions of health?
84. Review the two primary perspectives of the mind-body problem. How is the debate relevant to a discussion of health and illness?
85. Your job is to work with pediatric cancer patients. What developmental factors must you keep in mind as you proceed with your work?

### **Essay Questions**

86. Ten-year-old Juan has been diagnosed with diabetes. Describe his likely experience living with the disease from a biopsychosocial perspective.
87. Compare and contrast the disciplines of psychosomatic medicine, behavioral medicine, and health psychology.
88. You are interested in testing the effectiveness of a newly developed treatment for back pain. Outline your approach to your research project.

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