Ch. 17
1. The leading cause of death in North America is:
   A) lung cancer.
   B) AIDS.
   C) coronary heart disease.
   D) alcohol-related accidents.
   E) accidents.

2. "Burnout" refers to the:
   A) physical, emotional, and mental exhaustion brought on by persistent job-related stress.
   B) formation of plaques in the coronary arteries.
   C) tendency to respond to stress with anger.
   D) suppression of immune responses.

3. Kate, who is 50 pounds overweight, has tried a variety of diets. Although she often loses some weight under each diet, she eventually gains it all back. Explain why Kate most likely has difficulty maintaining her weight losses. What are the advantages and disadvantages of her continued efforts to lose weight?

4. Research on cancer indicates that:
   A) cancer patients who bottle up their negative emotions have less chance of survival than those who are able to express them.
   B) stress is linked with a greater incidence of cancer only in white males.
   C) an increase in the production of B lymphocytes accounts for the link between stress and cancer.
   D) cancer appears more often than usual among the widowed and less often than usual among the divorced.

5. The field of health psychology is concerned with:
   A) the prevention of illness.
   B) the promotion of health.
   C) the treatment of illness.
   D) all of the above.

6. You have just transferred to a new campus and find yourself in a potentially stressful environment. According to the text, which of the following would help you cope with the stress?
   A) believing that you have some control over your environment
   B) being able to predict when stressful events will occur
   C) feeling optimistic that you will eventually adjust to your new surroundings
   D) All of the above would help.

7. Research studies demonstrate that after a catastrophe rates of ______ often increase.
   A) psychological disorders
   B) stress-related illnesses
   C) death
   D) all of the above
   E) none of the above

8. The component of Type A behavior that is the most predictive of coronary disease is:
   A) time urgency.
B) competitiveness.
C) high motivation.
D) impatience.
E) anger.

9. Rats that received electric shocks were unlikely to develop ulcers if the:
A) shocks were systematically associated with the delivery of appetizing food.
B) shocks were quickly terminated by the experimenter.
C) rats didn't anticipate the shocks ahead of time.
D) rats could control the termination of the shocks.
E) shocks became a routine part of the rats' daily life.

10. Prolonged stress due to sustained military combat is associated with a decrease in the size of a brain structure vital to:
A) memory.
B) sexual behavior.
C) motor reflexes.
D) speech production.

11. Which of the following suggestions would be the worst advice for a dieter?
A) "Minimize your exposure to tempting foods."
B) "Be sure to accompany your diet with a sustained exercise program."
C) "Avoid consumption of soft drinks and alcoholic beverages."
D) "Avoid eating during the day so you can enjoy a big meal in the evening."
E) "Reduce your weight gradually over a period of many months."

12. Which of the following was offered in the text as a reason people continue to smoke?
A) Social pressure from peers is strong.
B) Cigarettes serve as powerful reinforcers.
C) Regular use of nicotine impairs the brain's ability to produce neurotransmitters such as serotonin.
D) Most adults who smoke don't really want to quit.

13. Trevor, a college student, has tried to quit smoking on two different occasions. In each case, however, he relapsed into his old habit during the last few weeks of the school year. Explain the possible reasons for this relapse pattern and describe what Trevor can do to avoid repeated failure in his efforts to stop smoking.

14. Calvin was a social worker who counseled troubled families. After several years of breaking up fights and removing abused children from their homes for their own protection, Calvin became so depressed and cynical about his job that he began finding it difficult to go to work. Calvin was probably suffering from:
A) a Type A response.
B) the exhaustion phase of the GAS.
C) the alarm reaction of the GAS.
D) burnout.

15. AIDS is a disorder that causes a breakdown in the body's:
A) endocrine system.
B) circulatory system.
C) immune system.
D) respiratory system.
16. When people's images on a video monitor are widened to make them look fatter, observers perceive them as ________ sincere and ________ friendly.
A) more; more  
B) more; less  
C) less; less  
D) less; more

17. Research suggests that ________ influences often lead a person to start smoking, whereas ________ influences become important in explaining why people continue to smoke.
A) biological; social  
B) social; biological  
C) biological; cognitive  
D) cognitive; biological

18. The tendency to overeat when food is plentiful:
A) is a recent phenomenon that is associated with the luxury of having ample food.  
B) emerged in our prehistoric ancestors as an adaptive response to alternating periods of feast and famine.  
C) is greater in developed, than in developing, societies.  
D) is stronger in women than in men.

19. Confiding one's fears and frustrations to supportive friends is likely to ________ lymphocyte levels and ________ cortisol levels.
A) increase; increase  
B) decrease; decrease  
C) increase; decrease  
D) decrease; increase

20. In recent studies of obese mice, researchers have found that some mice:
A) had a defective gene for producing leptin, a fat-detecting hormone.  
B) had abnormally high levels of insulin, a hunger-triggering hormone.  
C) could be conditioned to avoid fatty foods.  
D) had fewer-than-normal receptor sites for a fat-detecting hormone.  
E) are immune to changes in hormone levels.

21. Allergic reactions and arthritis are caused by:
A) an overreactive immune system.  
B) an underreactive immune system.  
C) the presence of B lymphocytes.  
D) the presence of T lymphocytes.

22. British civil service workers in executive positions live longer than those in clerical positions. This best illustrates the value of:
A) spontaneous remission.  
B) perceived control.  
C) the general adaptation syndrome.  
D) alternative medicine.

23. The relaxation response associated with meditation is most likely to ________ oxygen consumption and ________ finger temperature.
A) decrease; decrease  
B) increase; increase  
C) increase; decrease  
D) decrease; increase  

24. The disease- and infection-fighting cells of the immune system are:  
A) B lymphocytes.  
B) T lymphocytes.  
C) both a. and b.  
D) antigens.  

25. Compared to men, women:  
A) have stronger immune systems.  
B) are less susceptible to infections.  
C) are more susceptible to self-attacking diseases such as multiple sclerosis.  
D) have none of the above characteristics.  
E) have all the characteristics described in a., b., and c.  

26. Nicotine triggers a(n) ________ in anxiety and a(n) ________ in mental alertness.  
A) increase; decrease  
B) increase; increase  
C) decrease; decrease  
D) decrease; increase  

27. The number of fat cells a person has is influenced by:  
A) genetic predisposition.  
B) childhood eating patterns.  
C) adulthood eating patterns.  
D) all of the above.  

28. A national health survey recently indicated that the longest life expectancies were associated with those Americans who attended religious services:  
A) less than once a year.  
B) less than once a week.  
C) once a week.  
D) more than once a week.  

29. Mr. O'Brian is a high school teacher who suffers from hypertension and depression. Research suggests that regular aerobic exercise would ________ his depression and ________ his hypertension.  
A) reduce; reduce  
B) reduce; have no effect on  
C) reduce; increase  
D) have no effect on; reduce  
E) have no effect on; have no effect on  

30. Chronic anger ________ the risk of heart disease and chronic depression ________ the risk of heart disease.  
A) increases; decreases  
B) increases; increases  
C) decreases; decreases
31. Justin wants to avoid feeling sleepy during his early afternoon psychology class. He would be best advised to avoid eating ________ for lunch.
A) chicken
B) spaghetti
C) vegetable soup
D) a lettuce salad

32. Those who attend religious services regularly are most likely to:
A) have an enlarged adrenal cortex.
B) show a decrease in lymphocyte production.
C) be at increased risk for obesity.
D) experience lower death rates from coronary heart disease.
E) experience numerous colds and flu.

33. Studies have demonstrated that meals that are high in ________ promote relaxation because they raise levels of ________.
A) carbohydrates; serotonin
B) carbohydrates; cortisol
C) protein; serotonin
D) protein; cortisol

34. When an organism's weight falls below its set point, the organism is likely to experience a(n) ________ in hunger and a(n) ________ in its metabolic rate.
A) increase; increase
B) increase; decrease
C) decrease; decrease
D) decrease; increase

35. In response to stress, the adrenal gland releases:
A) cortisol.
B) lymphocytes.
C) uric acid.
D) teratogens.
E) acetylcholine.

36. Andrew, who is convinced that an expensive herbal remedy "cured" his arthritis, has decided to turn to homeopathy and herbal medicine for all of his health care. You caution him by pointing out that:
A) arthritis is a cyclical disease that often improves on its own.
B) botanical herbs have never been proven effective in controlled experiments.
C) alternative medicine is a recent fad in this country that has few proponents in other parts of the world.
D) All of the above are true.

37. Malcolm's report on the effects of nicotine mentions each of the following except:
A) increased heart rate.
B) appetite suppression.
C) increased circulation to extremities.
D) release of endorphins triggered by nicotine.
38. A study in which people were asked to confide troubling feelings to an experimenter found that subjects typically:
A) did not truthfully report feelings and events.
B) experienced a sustained increase in blood pressure until the experiment was finished.
C) became physiologically more relaxed after confiding their problem.
D) denied having any problems.

39. Of the following, who would be the most likely to suffer long-term negative effects of stress?
A) Elvira, a paramedic who was involved with the rescue of survivors of a major plane crash
B) Manuel, whose wife of 20 years has just died
C) Marissa, an unemployed mom raising three kids in an urban ghetto
D) Jeffrey, who has just been laid off from his job after working for the company for 10 years

40. In order, the sequence of stages in the general adaptation syndrome is:
A) alarm reaction, stage of resistance, stage of exhaustion.
B) stage of resistance, alarm reaction, stage of exhaustion.
C) stage of exhaustion, stage of resistance, alarm reaction.
D) alarm reaction, stage of exhaustion, stage of resistance.

41. In North America, which of the following is most likely to cause premature death?
A) the failure to use automobile seat belts
B) alcohol abuse
C) smoking
D) obesity
E) lack of exercise

42. Concluding her presentation on spirituality and health, Maja notes that:
A) historically, religion and medicine joined hands in caring for the sick.
B) most Americans believe that spirituality and religion are related to health.
C) people who attend religious services weekly have healthier life-styles.
D) all of the above are true.

43. In response to uncontrollable shock, levels of stress hormones ________ and immune responses are ________.
A) decrease; suppressed
B) increase; suppressed
C) decrease; increased
D) increase; increased

44. The best way to increase the production of serotonin is to:
A) avoid high-carbohydrate foods.
B) make use of biofeedback.
C) engage in aerobic exercise.
D) receive training in meditation.

45. Which of the following is not necessarily a reason that obese people have trouble losing weight?
A) Fat tissue has a lower metabolic rate than lean tissue.
B) Once a person has lost weight, it takes fewer calories to maintain his or her current weight.
C) The tendency toward obesity may be genetically based.
D) Obese people tend to lack willpower.
46. The impact of obesity on life expectancy is most devastating for:
   A) white men.
   B) black men.
   C) white women.
   D) black women.

47. Researchers Friedman and Rosenman refer to individuals who are very time-conscious, supermotivated, verbally aggressive, and easily angered as:
   A) ulcer-prone personalities.
   B) cancer-prone personalities.
   C) Type A.
   D) Type B.

48. Hans Selye discovered that stressors cause the adrenal cortex to ________ in size, and the thymus gland to ________ in size.
   A) increase; increase
   B) decrease; increase
   C) increase; decrease
   D) decrease; decrease

49. According to the text, one-half of all deaths from the 10 leading causes of death in the United States can be attributed to:
   A) stress.
   B) obesity.
   C) nutrition.
   D) behavior.

50. Which of the following was not suggested as possible explanation of the "faith factor" in health?
   A) Having a coherent worldview is a buffer against stress.
   B) Religious people tend to have healthier life-styles.
   C) Those who are religious have stronger networks of social support.
   D) Because they are more affluent, religiously active people receive better health care.

51. A classmate argues that "the best way to handle stress is to work harder and meet life's challenges head-on." Evaluate both the strengths and the weaknesses of your classmate's position.

52. As you are waiting to be interviewed for a job, your heart rate, body temperature, and breathing rate begin to increase. These physiological changes are produced by activation of the ________ nervous system.
   A) parasympathetic
   B) sympathetic
   C) somatic
   D) central

53. Jill is an easygoing, noncompetitive person who is happy in her job and enjoys her leisure time. She would probably be classified as:
   A) Type A.
   B) Type B.
   C) Type C.
D) atherosclerotic.

54. When young adults marry, they experience ________ stress and consume ________ alcohol.
A) less; more
B) more; less
C) less; less
D) more; more

55. College women who had been sexually abused as children were especially likely to report health problems if they had:
A) grown up in a single-parent family.
B) kept the abuse a secret.
C) been victimized before age 5.
D) been victimized by a stranger rather than by a close relative.

56. Kurt minimized the stress of testing positive for HIV by viewing this circumstance as an opportunity for a renewed religious commitment and spiritual growth. His reaction best illustrates the importance of:
A) spontaneous remission.
B) the general adaptation syndrome.
C) the Type A personality.
D) biofeedback
E) stress appraisal.

57. The general adaptation syndrome describes stages in the:
A) conditioning of the immune response.
B) body's response to aerobic exercise.
C) body's response to prolonged stress.
D) process of biofeedback.

58. Which theory seems to offer the best explanation for why adolescents start smoking?
A) neurobiological
B) psychoanalytic
C) social-cognitive
D) trait

59. The inner part of the adrenal gland is to ________ as the outer part of the adrenal gland is to ________.
A) epinephrine; norepinephrine
B) norepinephrine; epinephrine
C) cortisol; norepinephrine
D) epinephrine; cortisol
E) cortisol; epinephrine

60. Camelia is worried that her 12-year-old son might begin smoking because many of his classmates do. According to the text, Camelia can most effectively help her son not begin smoking by:
A) telling him about the dangers of smoking.
B) telling him that if he begins smoking she will withhold his allowance.
C) using role-playing to teach him refusal techniques to counteract peer pressure to smoke.
D) insisting that he not associate with anyone who smokes.
61. Smoking is especially common among young teens who:
A) are not very self-conscious about their behavior.
B) come from wealthy families.
C) receive low grades in school.
D) are highly popular among their classmates.

62. Which of the following is an example of biofeedback?
A) Milos learns to relax by being provided with information on changes in the temperature of his fingers.
B) Jane decides to quit smoking after seeing a film linking cigarettes with cancer.
C) Jim learns to lower his blood pressure by meditating twice a day.
D) Kecia successfully quits smoking after her psychologist has her smoke so rapidly she cannot tolerate another cigarette.

63. By dramatically reducing her daily caloric intake, Marilyn plans to reduce her normal body weight by 10 to 15 percent. Research suggests that after 3 or 4 weeks of sustained dieting, Marilyn will:
A) have a lower fat cell count.
B) feel an increase in pep and physical energy.
C) experience a decrease in her feelings of hunger.
D) have a lower resting metabolic rate.
E) have a lower set point for body weight.

64. Karen and Kyumi are taking the same course with different instructors. Karen's instructor schedules quizzes every Friday, while Kyumi's instructor gives the same number of quizzes on an unpredictable schedule. Assuming that their instructors are equally difficult, which student is probably under more stress?
A) Karen
B) Kyumi
C) There should be no difference in their levels of stress.
D) It is impossible to predict stress levels in this situation.

65. Each semester, Bob does not start studying until just before midterms. Then he is forced to work around the clock until after final exams, which makes him sick, probably because he is in the __________ phase of the ________. 
A) alarm; post-traumatic stress syndrome
B) resistance; general adaptation syndrome
C) exhaustion; general adaptation syndrome
D) depletion; post-traumatic stress syndrome

66. The level of serotonin in the brain is ________ by a diet high in ________.
A) increased; carbohydrates
B) decreased; salt
C) increased; protein
D) decreased; sugar

67. Relaxation is the most effective technique for preventing:
A) alcoholism.
B) a stressful environment.
C) smoking.
D) a repeat heart attack.
68. Wild animals placed in zoos sometimes die shortly thereafter. These deaths are likely to result from a(n) ________ in the animals' production of ________.
A) decrease; lymphocytes
B) increase; androgens
C) decrease; cortisol
D) increase; steroids
E) decrease; teratogens

69. Bernard is an ambitious, highly competitive corporation lawyer who recently had a heart attack. He tends to be impatient and a perfectionist, and he gets angry over little things. Research suggests that Bernard's susceptibility to heart attacks may be most closely linked to his:
A) ambition.
B) anger.
C) impatience.
D) perfectionism.
E) competitiveness.

70. Connie complains to the campus psychologist that she has too much stress in her life. The psychologist tells her that the level of stress people experience depends primarily on:
A) how many activities they are trying to do at the same time.
B) how they appraise the events of life.
C) their physical hardiness.
D) how predictable stressful events are.

71. Although John has been obese for as long as he can remember, he is determined to lose excess weight with a special low-calorie diet. John is likely to have difficulty losing weight while dieting because:
A) fat cells can be lost only with vigorous exercise.
B) his resting metabolic rate will increase and prompt him to overeat.
C) he has an unusually low set point for body weight.
D) fat tissue can be maintained by fewer calories than can other body tissues.
E) the number of calories a person consumes daily has no effect on body weight.

72. Epinephrine, norepinephrine, and cortisol:
A) are released by the thymus and lymph glands.
B) accelerate the proliferation of lymphocytes.
C) divert blood flow from muscle tissue to the body's internal organs.
D) accelerate the buildup of plaques on artery walls.
E) decrease heart rate and blood pressure.

73. When would you expect that your immune responses would be weakest?
A) during summer vacation
B) during exam weeks
C) just after receiving good news
D) Immune activity would probably remain constant during these times.

74. Resistance to stress is greatest during ________ of the GAS.
A) Phase 1
B) Phase 2
C) Phase 3
D) Phase 4
75. The most rapid increase in nicotine tolerance occurs among smokers who:
A) perceive a lack of personal control over their own lives.
B) feel sick and dizzy the first time they smoke a cigarette.
C) engage in regular aerobic exercise.
D) are Type B personalities.

76. The macrophage and lymphocytes are major agents of the:
A) sympathetic nervous system.
B) immune system.
C) limbic system.
D) parasympathetic nervous system.
E) reticular system.

77. The subfield of psychology that provides psychology's contribution to the prevention and treatment of illness is known as:
A) medical psychology.
B) neuropsychology.
C) health psychology.
D) behavioral psychology.
E) psychobiology.

78. A psychophysiological illness is a(n):
A) physical illness that produces a psychological disorder.
B) illness that is not caused by a physical disorder but instead seems linked to stress.
C) disease of the central nervous system.
D) physical or psychological disorder that has a genetic component.

79. Behavioral and medical knowledge about factors influencing health form the basis of the field of:
A) health psychology.
B) holistic medicine.
C) behavioral medicine.
D) osteopathic medicine.

80. After an initial rapid weight loss, a person on a diet loses weight much more slowly. This slowdown occurs because:
A) most of the initial weight loss is simply water.
B) when a person diets, metabolism decreases.
C) people begin to "cheat" on their diets.
D) insulin levels tend to increase with reduced food intake.

81. When Hans Selye injected rats with an ovarian hormone extract, he observed that:
A) their right cerebral hemispheres became enlarged.
B) the number of T lymphocytes in their body increased.
C) their adrenal cortex shrank.
D) their secondary sex characteristics became exaggerated.
E) they developed bleeding ulcers.

82. The most important benefit of biofeedback is its capacity to:
A) encourage regular aerobic exercise.
B) reduce the proliferation of lymphocytes.
C) elevate blood cortisol levels.
D) facilitate the relaxation response.

83. Lymphocytes are:
A) harmful agents such as chemicals and viruses that cross the placenta from mother to fetus.
B) stress hormones produced by the sympathetic nervous system.
C) cancer cells that form in the lymph glands.
D) white blood cells that are part of the body's immune system.

84. Life expectancy is _______ correlated with wealth and _______ correlated with income inequality.
A) positively; positively
B) negatively; negatively
C) positively; negatively
D) negatively; positively

85. Compared to men, women are immunologically _______ and they are _______ susceptible to lupus and multiple sclerosis.
A) stronger; less
B) weaker; more
C) stronger; more
D) weaker; less

86. In their classic 9-year study, Friedman and Rosenman reported that, compared to Type A men, Type B men were _______ susceptible to _______.
A) more; stomach ulcers
B) less; stomach ulcers
C) more; heart attacks
D) less; heart attacks

87. Research on obesity indicates that:
A) pound for pound, fat tissue requires more calories to maintain than lean tissue.
B) once fat cells are acquired they are never lost, no matter how rigorously one diets.
C) one pound of weight is lost for every 3500-calorie reduction in diet.
D) when weight drops below the set point, hunger and metabolism also decrease.

88. Rush hour traffic is to upset stomach as _______ is to _______.
A) fight; flight
B) Type B; Type A
C) lymphocyte; macrophage
D) hypertension; indigestion
E) stressor; stress reaction

89. The deadly effects of AIDS most clearly result from a decreased production of:
A) epinephrine.
B) acetylcholine.
C) cortisol.
D) lymphocytes.
E) androgens.

90. Researchers express the most doubt about there being a true link between _______ and a diet high in _______.
A) hypertension; salt  
B) hyperactivity; sugar  
C) heart disease; cholesterol  
D) cancer; fat

91. The greatest number of deaths in Africa today result from:  
A) heart disease.  
B) strokes.  
C) cancer.  
D) AIDS.  
E) malaria.

92. In one study of grave markers in Scotland, researchers found that those with the largest markers tended to live the longest. What possible explanation was offered for this link between economic status and longevity?  
A) People who buy large grave stones are above average in religious activity.  
B) Because those who purchase large grave stones tend to be more affluent, they likely perceived greater control in their lives.  
C) Having a small grave stone may indicate that the person was unhappy, and had low self-esteem.  
D) All of the above explanations were offered in the text.

93. During biofeedback training:  
A) a subject is given sensory feedback for a subtle body response.  
B) biological functions controlled by the autonomic nervous system may come under conscious control.  
C) the accompanying relaxation is much the same as that produced by other, simpler methods of relaxation.  
D) all of the above occur.

94. In one study, laboratory rats drank sweetened water with a drug that causes immune suppression. After repeated pairings of the taste with the drug:  
A) the animals developed tolerance for the drug and immune responses returned to normal.  
B) sweet water alone triggered immune suppression.  
C) dependency on the drug developed and withdrawal symptoms appeared when the drug was withheld.  
D) many of the animals died.

95. Research on obesity and weight control indicates that:  
A) when an obese person has lost weight, a diet and exercise program are no longer necessary for maintaining the lower weight.  
B) lean tissue is maintained by fewer calories than is fat tissue.  
C) overweight people typically suffer from a lack of willpower and self-discipline.  
D) no matter how carefully people diet, they can never lose fat cells.

96. The threat to one's immune system is greatest during ________ of the GAS.  
A) Phase 1  
B) Phase 2  
C) Phase 3  
D) Phase 4

97. Friedman and Rosenman referred to competitive, hard-driving, impatient, and easily angered individuals as ________ personalities.  
A) hyperactive
B) stroke-prone
C) ulcer-prone
D) Type A
E) Type B

98. Who is the best example of a Type B personality?
A) George, a self-confident, time-conscious mail carrier
B) Wang Lung, a relaxed, easy-going dentist
C) Henry, an irritable, impatient college professor
D) Stasio, a fun-loving, hard-driving corporation president

99. Research has demonstrated that as a predictor of health and longevity, religious involvement:
A) has a small, insignificant effect.
B) is more accurate for women than men.
C) is more accurate for men than women.
D) rivals nonsmoking and exercise.

100. Philip's physician prescribes a stress management program to help Philip control his headaches. The physician has apparently diagnosed Philip's condition as a ________ illness, rather than a physical disorder.
A) psychogenic
B) hypochondriac
C) psychophysiological
D) biofeedback

Answer Key – Ch.17:Untitled Exam-1

1. C
2. A
3.
4. A
5. D
6. D
7. D
8. E
9. D
10. A
11. D
12. B
13.
14. D
15. C
16. C
17. B
18. B
19. C
20. A
21. A
22. B
23. D
24. C
25. E
26. D
27. D
28. D
29. A
30. B
31. B
32. D
33. A
34. B
35. A
36. A
37. C
38. C
39. C
40. A
41. C
42. D
43. B
44. C
45. D
46. A
47. C
48. C
49. D
50. D
51.
52. B
53. B
54. C
55. B
56. E
57. C
58. C
59. D
60. C
61. C
62. A
63. D
64. B
65. C
66. A
67. D
68. A
69. B
70. B
71. D
72. D
73. B
74. B
75. B
76. B
77. C
78. B
79. C
80. B
81. E
82. D
83. D
84. C
85. C
86. D
87. B
88. E
89. D
90. B
91. D
92. B
93. D
94. B
95. D
96. C
97. D
98. B
99. D
100. C