1. The field within psychology devoted to understanding all psychological influences on health and illness across the life span is called

   A. Psychosomatic medicine  
   B. Health psychology  
   C. Medical psychology  
   D. Epidemiology

2. A health psychologist who designs a media campaign to get people to improve their diets focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy

3. A health psychologist who works with people who are already ill focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy

4. Etiology refers to

   A. Causes of illness  
   B. A special kind of disease state  
   C. Healthy behavior  
   D. Stress effects

5. A health psychologist who is interested in the behavioral and social factors that contribute to disease focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy

6. A health psychologist who studies the impact of hospitals and physicians on people's behavior focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy
7. During prehistory most ancient cultures viewed the mind and the body as

   A. Ultimately unknowable
   B. Somewhat interdependent
   C. Separate and autonomous systems
   D. Part of the same system

8. According to the humoral theory of Hippocrates and Galen, disease is the result of

   A. Trephination
   B. Evil spirits
   C. An imbalance of bodily fluids
   D. Cellular disorders

9. The idea that one's biochemistry may be associated with certain personality characteristics can be traced to the

   A. Stone Age
   B. Ancient Greeks
   C. Middle Ages
   D. Renaissance

10. The humoral theory was put to rest by

    A. The medieval church
    B. The rising belief in demonology
    C. Freud's work on conversion hysteria
    D. A growing understanding of cellular pathology

11. Conversion hysteria

    A. Is now even more frequent than in Freud's time
    B. Occurs when unconscious conflict is manifested in a symbolic physical symptom
    C. Occurs when an individual develops several minor symptoms to avoid interpersonal conflict
    D. All of these

12. Glove anesthesia is

    A. Rarely seen today
    B. A response to highly stressful events
    C. The term used when the hand, but not other parts of the arm, loses sensation
    D. All of these

13. _____________ linked specific personality patterns to specific illnesses.

    A. Dunbar and Alexander
    B. Galen
    C. Hippocrates
    D. Freud
14. _____________ links patterns of personality to specific illnesses.
   A. Psychoanalytic theory
   B. Psychosomatic medicine
   C. Freudian theory
   D. The biomedical model

15. The field of health psychology has been greatly influenced by the psychosomatic movement. Which of the following assumptions of this movement has made a lasting contribution to health psychology?
   A. Psychological conflict is sufficient to produce certain disorders
   B. Certain biological disorders can be related on a consistent basis to specific personality types
   C. Certain disorders are best treated medically; however, other disorders are best treated through psychotherapy
   D. Physical health is affected by both the psychological and social environment

16. According to your text, all conditions of health and illness are influenced by
   A. One's personality type
   B. Psychodynamics
   C. Psychological and social factors
   D. None of these

17. The fundamental assumption of the _____________ model is that health and illness are consequences of the interplay of biological, psychological and social factors.
   A. Biomedical
   B. Psychoemotional
   C. Biopsychosocial
   D. Psychosocial

18. The _____________ model maintains that all illness can be explained on the basis of aberrant somatic processes.
   A. Biomedical
   B. Psychoemotional
   C. Biopsychosocial
   D. Psychosocial

19. The idea that illness can be explained by low-level processes such as the functions of disordered cells and chemical imbalances is
   A. Dualism
   B. Systems theory
   C. Homeostasis
   D. Reductionism

20. The notion that cancer can be cured simply by excising a tumor most closely resembles the
   A. Biomedical model
   B. Biopsychosocial model
   C. Psychosomatic model
   D. Pathological model
21. A single-factor model of illness assumes that
   
   A. There is one ultimate cause of all illnesses
   B. Health should be emphasized over illness
   C. Illness can be explained in terms of biological disorder
   D. All of these

22. The idea that health is the absence of disease most closely resembles the
   
   A. Biomedical model
   B. Biopsychosocial model
   C. Psychosomatic model
   D. Pathological model

23. The ____________ emphasizes illness over health.
   
   A. Biopsychosocial model
   B. Psychosomatic model
   C. Reductionistic model
   D. Biomedical model

24. According to the biopsychosocial model, health and illness are determined by
   
   A. Microlevel processes
   B. Macrolevel processes
   C. An interaction of microlevel and macrolevel processes
   D. None of these

25. The ____________ maintains that health and illness are caused by multiple factors and produce multiple effects.
   
   A. Biopsychosocial model
   B. Psychosomatic model
   C. Reductionistic model
   D. Biomedical model

26. Systems theory assumes a principle of hierarchical organization. This implies that
   
   A. Changes in any one level will affect all other levels of the system
   B. Only changes in the highest level will affect all levels of the system
   C. Changes in one level will affect only lower levels of the system
   D. Changes in intermediate levels have the most profound impacts

27. According to the biopsychosocial model,
   
   A. An interdisciplinary team approach may lead to the best diagnoses
   B. Treatment must focus on biological, psychological and social factors
   C. Patients play an important role in their diagnosis and treatment
   D. All of these
28. Until the turn of the 20th century, ____________ were the major causes of illness and death in the United States.

   A. Acute disorders  
   B. Chronic illnesses  
   C. Hereditary disorders  
   D. Accidents and homicides

29. Acute disorders are

   A. Short-term medical illnesses that are usually amenable to cure  
   B. Typically diseases that are co-managed by patients and their practitioners  
   C. The major causes of death and illness in the United States  
   D. Serious disorders such as heart disease, cancer and diabetes

30. In industrialized countries, ____________ are the major contributors to disability and death.

   A. Acute disorders  
   B. Chronic illnesses  
   C. Hereditary disorders  
   D. Accidents and homicides

31. AIDS is a chronic illness. This is because it

   A. Is psychosomatic in origin  
   B. Is difficult for patients to manage, but seldom contributes to disability or death  
   C. Can be cured only if the patient and the practitioner work together as a team  
   D. Is an illness in which psychological and social factors play an important role in both cause and management

32. ____________ is the study of the frequency, distribution and causes of infectious and noninfectious diseases in a population, based on an investigation of the physical and social environment.

   A. Health psychology  
   B. Etiology  
   C. Morbidity  
   D. Epidemiology

33. ____________ refers to the number of cases of a disease that exist at some given point in time.  
   ____________ refers to the number of deaths due to particular causes.

   A. Morbidity; Mortality  
   B. Mortality; Morbidity  
   C. Epidemiology; Pathology  
   D. Etiology; Epidemiology

34. Health psychologists interested in issues related to quality of life are likely to be most interested in which of the following?

   A. Prevalence of acute illnesses in the population  
   B. Mortality statistics  
   C. Morbidity statistics  
   D. None of these
35. As of 2005, ____________ million Americans had no health insurance.

A. 15.3  
B. 26.7  
C. 46.6  
D. 54.9

36. Random assignment to conditions is an important characteristic of

A. Experiments  
B. Correlational research  
C. Longitudinal research  
D. All of these

37. Randomized clinical trials

A. Are experiments  
B. Are used to evaluate treatments  
C. Can establish the presence of a cause-effect relationship  
D. All of these

38. Dr. Garcia has recently completed a study of personality and physical health. He administered a questionnaire to college students that included a standardized optimism scale and a symptom checklist. He found that participants with higher levels of optimism reported fewer physical symptoms. This is an example of

A. An experiment  
B. Correlational research  
C. Prospective research  
D. Retrospective research

39. Correlational studies have advantages over experiments because they allow one to

A. Determine the direction of causality  
B. Study variables that may not be manipulated  
C. Rule out the influence of co-occurring variables  
D. All of these

40. A major disadvantage of correlational research is that

A. When two things are correlated, one does not cause the other  
B. Only two variables can be examined  
C. The direction of causation is ambiguous  
D. There are no serious disadvantages with correlational research

41. The ____________ approach can remedy some of the problems with correlational research.

A. Prospective  
B. Cross-sectional  
C. Single subject  
D. Case study
42. ____________ assess(es) the extent to which a group of individuals or a relationship between two variables changes over time.

   A. Experiments
   B. Prospective research
   C. Retrospective research
   D. Correlational research

43. A prospective approach where the same people are observed over a long period of time is

   A. Correlational research
   B. Longitudinal research
   C. Cross-sectional research
   D. Quasi-experimental research

44. Dr. Yee has taken the medical histories of 30 women who have the symptoms of a chronic illness. She is identifying factors in these histories that these patients share that have contributed to the development of their current illness. This is an example of

   A. An experiment
   B. Prospective research
   C. Retrospective research
   D. None of these

45. People with graduate degrees in health psychology typically are employed

   A. In academic settings, where they conduct research programs in health psychology
   B. In industrial or occupational health settings
   C. As clinicians who work with medical patients
   D. All of these

46. The 1948 World Health Organization's definition of health is analogous to a state of wellness.

   True   False

47. Very early cultures took a dualistic approach to the mind and the body.

   True   False

48. Some prehistoric cultures practiced a procedure that involved drilling a small hole in the skull to allow evil spirits to leave the body.

   True   False

49. In conversion hysteria, the patient converts psychological conflict into a symptom which then relieves the patient of anxiety.

   True   False

50. The biomedical model emphasizes health over illness.

   True   False
51. The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship.
   
   True   False

52. The most important factor giving rise to health psychology has been the expansion of health care services.
   
   True   False

53. Morbidity may be expressed in two ways: as the number of new cases or as the total number of existing cases of an illness.
   
   True   False

54. Although health psychologists have been employed in health settings for many years, they have difficulty establishing their credibility with physicians and other health care professionals.
   
   True   False

55. One advantage of correlational studies is the ability to study health-related variables in situations where the variable cannot be manipulated experimentally.
   
   True   False

56. Explain the principles that characterize the psychosomatic movement. In what ways has the psychosomatic movement influenced the practice of health psychology?

57. Compare and contrast the biopsychosocial and biomedical models. Include in your explanation the advantages of the biopsychosocial model over the biomedical model.
58. Explain how changing patterns of illness have contributed to the rise of health psychology.

59. Design an experiment and a correlational study to test this hypothesis: People who consume moderate levels of alcohol are at lower risk of heart disease. Explain the advantages and disadvantages of each methodology.

60. Explain how prospective and retrospective research remedies the problems of correlational research.
1 Key

1. The field within psychology devoted to understanding all psychological influences on health and illness across the life span is called

   A. Psychosomatic medicine  
   B. Health psychology  
   C. Medical psychology  
   D. Epidemiology  

   Level: Factual  
   Taylor - Chapter 01 #1

2. A health psychologist who designs a media campaign to get people to improve their diets focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy  

   Level: Factual  
   Taylor - Chapter 01 #2

3. A health psychologist who works with people who are already ill focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy  

   Level: Factual  
   Taylor - Chapter 01 #3

4. Etiology refers to

   A. Causes of illness  
   B. A special kind of disease state  
   C. Healthy behavior  
   D. Stress effects  

   Level: Factual  
   Taylor - Chapter 01 #4

5. A health psychologist who is interested in the behavioral and social factors that contribute to disease focuses on

   A. Health promotion and maintenance  
   B. Prevention and treatment of illness  
   C. Etiology and correlations of health, illness and dysfunction  
   D. The health care system and the formulation of health policy  

   Level: Factual  
   Taylor - Chapter 01 #5
6. A health psychologist who studies the impact of hospitals and physicians on people's behavior focuses on
   A. Health promotion and maintenance
   B. Prevention and treatment of illness
   C. Etiology and correlations of health, illness and dysfunction
   D. The health care system and the formulation of health policy

7. During prehistory most ancient cultures viewed the mind and the body as
   A. Ultimately unknowable
   B. Somewhat interdependent
   C. Separate and autonomous systems
   D. Part of the same system

8. According to the humoral theory of Hippocrates and Galen, disease is the result of
   A. Trephination
   B. Evil spirits
   C. An imbalance of bodily fluids
   D. Cellular disorders

9. The idea that one's biochemistry may be associated with certain personality characteristics can be traced to the
   A. Stone Age
   B. Ancient Greeks
   C. Middle Ages
   D. Renaissance

10. The humoral theory was put to rest by
    A. The medieval church
    B. The rising belief in demonology
    C. Freud's work on conversion hysteria
    D. A growing understanding of cellular pathology
11. Conversion hysteria

(p. 5)
A. Is now even more frequent than in Freud's time
B. Occurs when unconscious conflict is manifested in a symbolic physical symptom
C. Occurs when an individual develops several minor symptoms to avoid interpersonal conflict
D. All of these

Level: Conceptual
Taylor - Chapter 01 #11

12. Glove anesthesia is

(p. 5)
A. Rarely seen today
B. A response to highly stressful events
C. The term used when the hand, but not other parts of the arm, loses sensation
D. All of these

Level: Factual
Taylor - Chapter 01 #12

13. __________ linked specific personality patterns to specific illnesses.

(p. 5)
A. Dunbar and Alexander
B. Galen
C. Hippocrates
D. Freud

Level: Factual
Taylor - Chapter 01 #13

14. __________ links patterns of personality to specific illnesses.

(p. 5)
A. Psychoanalytic theory
B. Psychosomatic medicine
C. Freudian theory
D. The biomedical model

Level: Factual
Taylor - Chapter 01 #14

15. The field of health psychology has been greatly influenced by the psychosomatic movement. Which of the following assumptions of this movement has made a lasting contribution to health psychology?

A. Psychological conflict is sufficient to produce certain disorders
B. Certain biological disorders can be related on a consistent basis to specific personality types
C. Certain disorders are best treated medically; however, other disorders are best treated through psychotherapy
D. Physical health is affected by both the psychological and social environment

Level: Conceptual
Taylor - Chapter 01 #15
16. According to your text, all conditions of health and illness are influenced by
   (p. 6)
   A. One's personality type
   B. Psychodynamics
   C. Psychological and social factors
   D. None of these

17. The fundamental assumption of the ____________ model is that health and illness are consequences
    of the interplay of biological, psychological and social factors.
   (p. 6)
   A. Biomedical
   B. Psychoemotional
   C. Biopsychosocial
   D. Psychosocial

18. The ____________ model maintains that all illness can be explained on the basis of aberrant
    somatic processes.
   (p. 6)
   A. Biomedical
   B. Psychoemotional
   C. Biopsychosocial
   D. Psychosocial

19. The idea that illness can be explained by low-level processes such as the functions of disordered cells
    and chemical imbalances is
   (p. 6)
   A. Dualism
   B. Systems theory
   C. Homeostasis
   D. Reductionism

20. The notion that cancer can be cured simply by excising a tumor most closely resembles the
    (p. 6)
    A. Biomedical model
    B. Biopsychosocial model
    C. Psychosomatic model
    D. Pathological model
21. A single-factor model of illness assumes that
   (p. 6)
   A. There is one ultimate cause of all illnesses
   B. Health should be emphasized over illness
   C. Illness can be explained in terms of biological disorder
   D. All of these

22. The idea that health is the absence of disease most closely resembles the
   (p. 7)
   A. Biomedical model
   B. Biopsychosocial model
   C. Psychosomatic model
   D. Pathological model

23. The ____________ emphasizes illness over health.
   (p. 7)
   A. Biopsychosocial model
   B. Psychosomatic model
   C. Reductionistic model
   D. Biomedical model

24. According to the biopsychosocial model, health and illness are determined by
   (p. 7)
   A. Microlevel processes
   B. Macrolevel processes
   C. An interaction of microlevel and macrolevel processes
   D. None of these

25. The ____________ maintains that health and illness are caused by multiple factors and produce multiple effects.
   (p. 7)
   A. Biopsychosocial model
   B. Psychosomatic model
   C. Reductionistic model
   D. Biomedical model

26. Systems theory assumes a principle of hierarchical organization. This implies that
   (p. 7)
   A. Changes in any one level will affect all other levels of the system
   B. Only changes in the highest level will affect all levels of the system
   C. Changes in one level will affect only lower levels of the system
   D. Changes in intermediate levels have the most profound impacts
27. According to the biopsychosocial model,
   A. An interdisciplinary team approach may lead to the best diagnoses
   B. Treatment must focus on biological, psychological and social factors
   C. Patients play an important role in their diagnosis and treatment
   D. All of these

Level: Factual
Taylor - Chapter 01 #27

28. Until the turn of the 20th century, _____________ were the major causes of illness and death in the United States.
   A. Acute disorders
   B. Chronic illnesses
   C. Hereditary disorders
   D. Accidents and homicides

Level: Factual
Taylor - Chapter 01 #28

29. Acute disorders are
   A. Short-term medical illnesses that are usually amenable to cure
   B. Typically diseases that are co-managed by patients and their practitioners
   C. The major causes of death and illness in the United States
   D. Serious disorders such as heart disease, cancer and diabetes

Level: Factual
Taylor - Chapter 01 #29

30. In industrialized countries, _____________ are the major contributors to disability and death.
   A. Acute disorders
   B. Chronic illnesses
   C. Hereditary disorders
   D. Accidents and homicides

Level: Factual
Taylor - Chapter 01 #30

31. AIDS is a chronic illness. This is because it
   A. Is psychosomatic in origin
   B. Is difficult for patients to manage, but seldom contributes to disability or death
   C. Can be cured only if the patient and the practitioner work together as a team
   D. Is an illness in which psychological and social factors play an important role in both cause and management

Level: Conceptual
Taylor - Chapter 01 #31
32. ______________ is the study of the frequency, distribution and causes of infectious and noninfectious diseases in a population, based on an investigation of the physical and social environment.

A. Health psychology  
B. Etiology  
C. Morbidity  
D. Epidemiology

Level: Factual  
Taylor - Chapter 01 #32

33. ______________ refers to the number of cases of a disease that exist at some given point in time.  
__________________ refers to the number of deaths due to particular causes.

A. Morbidity; Mortality  
B. Mortality; Morbidity  
C. Epidemiology; Pathology  
D. Etiology; Epidemiology

Level: Factual  
Taylor - Chapter 01 #33

34. Health psychologists interested in issues related to quality of life are likely to be most interested in which of the following?

A. Prevalence of acute illnesses in the population  
B. Mortality statistics  
C. Morbidity statistics  
D. None of these

Level: Factual  
Taylor - Chapter 01 #34

35. As of 2005, ______________ million Americans had no health insurance.

A. 15.3  
B. 26.7  
C. 46.6  
D. 54.9

Level: Factual  
Taylor - Chapter 01 #35

36. Random assignment to conditions is an important characteristic of

A. Experiments  
B. Correlational research  
C. Longitudinal research  
D. All of these

Level: Factual  
Taylor - Chapter 01 #36
37. Randomized clinical trials
   (p. 13)
   A. Are experiments
   B. Are used to evaluate treatments
   C. Can establish the presence of a cause-effect relationship
   D. All of these

   Level: Conceptual
   Taylor - Chapter 01 #37

38. Dr. Garcia has recently completed a study of personality and physical health. He administered a
    questionnaire to college students that included a standardized optimism scale and a symptom checklist.
    He found that participants with higher levels of optimism reported fewer physical symptoms. This is an
    example of

   A. An experiment
   B. Correlational research
   C. Prospective research
   D. Retrospective research

   Level: Applied
   Taylor - Chapter 01 #38

39. Correlational studies have advantages over experiments because they allow one to
    (p. 13)
    A. Determine the direction of causality
    B. Study variables that may not be manipulated
    C. Rule out the influence of co-occurring variables
    D. All of these

   Level: Factual
   Taylor - Chapter 01 #39

40. A major disadvantage of correlational research is that
    (p. 13)
    A. When two things are correlated, one does not cause the other
    B. Only two variables can be examined
    C. The direction of causation is ambiguous
    D. There are no serious disadvantages with correlational research

   Level: Factual
   Taylor - Chapter 01 #40

41. The _____________ approach can remedy some of the problems with correlational research.
    (p. 13)
    A. Prospective
    B. Cross-sectional
    C. Single subject
    D. Case study

   Level: Factual
   Taylor - Chapter 01 #41
42. _____________ assess(es) the extent to which a group of individuals or a relationship between two variables changes over time.

A. Experiments  
**B.** Prospective research  
C. Retrospective research  
D. Correlational research

*Level: Factual*  
*Taylor - Chapter 01 #42*

43. A prospective approach where the same people are observed over a long period of time is

A. Correlational research  
**B.** Longitudinal research  
C. Cross-sectional research  
D. Quasi-experimental research

*Level: Factual*  
*Taylor - Chapter 01 #43*

44. Dr. Yee has taken the medical histories of 30 women who have the symptoms of a chronic illness. She is identifying factors in these histories that these patients share that have contributed to the development of their current illness. This is an example of

A. An experiment  
B. Prospective research  
**C.** Retrospective research  
D. None of these

*Level: Applied*  
*Taylor - Chapter 01 #44*

45. People with graduate degrees in health psychology typically are employed

A. In academic settings, where they conduct research programs in health psychology  
B. In industrial or occupational health settings  
C. As clinicians who work with medical patients  
**D.** All of these

*Level: Factual*  
*Taylor - Chapter 01 #45*

46. The 1948 World Health Organization's definition of health is analogous to a state of wellness.

**TRUE**

*Level: Factual*  
*Taylor - Chapter 01 #46*

47. Very early cultures took a dualistic approach to the mind and the body.

**FALSE**

*Level: Factual*  
*Taylor - Chapter 01 #47*
48. (p. 4) Some prehistoric cultures practiced a procedure that involved drilling a small hole in the skull to allow evil spirits to leave the body.

**TRUE**

49. (p. 5) In conversion hysteria, the patient converts psychological conflict into a symptom which then relieves the patient of anxiety.

**TRUE**

50. (p. 7) The biomedical model emphasizes health over illness.

**FALSE**

51. (p. 7) The biopsychosocial model emphasizes the importance of an effective patient-practitioner relationship.

**TRUE**

52. (p. 8) The most important factor giving rise to health psychology has been the expansion of health care services.

**FALSE**

53. (p. 10) Morbidity may be expressed in two ways: as the number of new cases or as the total number of existing cases of an illness.

**TRUE**

54. (p. 11) Although health psychologists have been employed in health settings for many years, they have difficulty establishing their credibility with physicians and other health care professionals.

**FALSE**

55. (p. 13) One advantage of correlational studies is the ability to study health-related variables in situations where the variable cannot be manipulated experimentally.

**TRUE**
56. Explain the principles that characterize the psychosomatic movement. In what ways has the psychosomatic movement influenced the practice of health psychology?

Student answers will vary.

57. Compare and contrast the biopsychosocial and biomedical models. Include in your explanation the advantages of the biopsychosocial model over the biomedical model.

Student answers will vary.

58. Explain how changing patterns of illness have contributed to the rise of health psychology.

Student answers will vary.

59. Design an experiment and a correlational study to test this hypothesis: People who consume moderate levels of alcohol are at lower risk of heart disease. Explain the advantages and disadvantages of each methodology.

Student answers will vary.

60. Explain how prospective and retrospective research remedies the problems of correlational research.

Student answers will vary.
## 1 Summary

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