

Name: _____

PSC 126, Health Psychology
Instructor: Capitano

Fall 2003
Exam 1

BE SURE THAT ALL MULTIPLE CHOICE QUESTIONS ARE ANSWERED ON YOUR SCANTRON FORM!!

Part I. Multiple Choice: Indicate on the Scantron form the single best choice for the answer (1 point ea.).

1. "I have lower back pain". This statement best illustrates the idea of a(n):
 - a. sign
 - b. symptom
 - c. disease
 - d. infection

2. According to the World Health Organization in 1948, health is defined as:
 - a. the absence of disease or infirmity
 - b. engaging in behaviors recommended by a doctor
 - c. the complete state of physical, social, and mental well-being
 - d. average or above in signs of wellness

3. What is the adherence issue, described in class, about treating HIV-infected injecting drug users (IDUs) with anti-HIV drugs?
 - a. Their use of injected drugs can compromise the effectiveness of the anti-HIV drugs.
 - b. IDUs' adherence to their illegal drug use prevents them from benefitting from social support.
 - c. IDUs' failure to adhere to the anti-HIV drug treatment may result in the evolution of more virulent strains of HIV.
 - d. Both a) and b).

4. At the turn of the 20th century, most individuals in the US died from _____; in contrast, today, most people die from _____.
 - a. accidents; chronic disorders
 - b. accidents; acute disorders
 - c. chronic disorders; accidents
 - d. acute disorders; chronic disorders

5. The notion that it is possible for people to control certain aspects of their physiological processes if you make them aware of these processes (biofeedback) is most closely associated with
 - a. the field of Behavioral Medicine
 - b. Sigmund Freud
 - c. Franz Alexander
 - d. John Capitano

6. Which of the following statements is not true of a living system?
 - a. the whole is greater than the sum of the parts
 - b. systems are organized hierarchically
 - c. complete understanding can be achieved by studying the individual parts of the system
 - d. a disturbance introduced into a system affects multiple levels

7. Thalassaemia
- results from an error in the synthesis of hemoglobin.
 - requires frequent blood transfusions in serious cases.
 - is characterized by anemia.
 - all of the above.
8. Which of the following sequences goes from the smallest unit to the largest unit?
- triplet, base, gene, chromosome
 - base, triplet, gene, chromosome
 - triplet, polypeptide, amino acid, protein
 - codon, anti-codon, base, chromosome
9. In order to make a protein, first the process of _____ in which the DNA code is copied to RNA occurs, next the process of _____ in which the RNA is used to make a protein occurs.
- transcription, translation
 - transcription, translocation
 - translation, transcription
 - translocation, transcription
10. A messenger RNA will have the same sequence (except for the U/T substitution) as:
- the template strand
 - the non-template strand
 - a transfer RNA
 - both a) and c)
11. A protein binds to the promoter region preceding a gene on the DNA. What will happen?
- probably nothing, since promoter regions are unrelated to genes
 - the process of transcription will be initiated
 - the process of transcription will be inhibited
 - either b or c, depending on whether the protein is an activator or repressor protein
12. Which of the following is true of 'innate' immunity?
- the major cell type is the lymphocyte
 - complement proteins are involved
 - innate immune responses are specific to specific antigens
 - innate immune responses take time to develop
13. Herd immunity refers to:
- the fact that cowpox can protect people from smallpox.
 - the fact that the Japanese discontinued their pertussis vaccination campaign in 1974.
 - the idea that a majority of the population must be vaccinated for virtually everyone to be protected.
 - the type of immunity that one sees in social animals, like cows, people, and monkeys.
14. In humoral immunity, neutralization of a microbe is accomplished by
- cytotoxic T-lymphocytes
 - complement
 - antibodies
 - neutrophils

15. A pathogen found in the lymph will be battled
- a. in the lymph.
 - b. in the bone marrow.
 - c. in the spleen.
 - d. in the lymph nodes.
16. According to the graph presented in lecture, the immune response to a novel virus involves the activation (increased responsiveness) of the following in chronological order:
- a. natural killer cells, cytotoxic T-lymphocytes, antibody
 - b. cytotoxic T-lymphocytes, natural killer cells, antibody
 - c. natural killer cells, antibody, cytotoxic T-lymphocytes
 - d. antibody, natural killer cells, cytotoxic T-lymphocytes
17. Which of the following characteristics is most closely associated with the greatest effectiveness of a placebo?
- a. the placebo looks and tastes like medicine
 - b. the patient is a female
 - c. the placebo is administered in an informal medical setting
 - d. a cold, insensitive physician administers the placebo
18. A study was described in class on surgical procedures for relieving angina. People in one group had their internal mammary arteries tied off (ligated), while people in the other group had a sham surgery. This study revealed that
- a. immediately after surgery, only half of the people in the sham surgery group showed improvement.
 - b. the surgery acted as a nocebo.
 - c. more people in the sham surgery group actually did better one year later compared to those in the ligation group.
 - d. the majority of people in *both* groups had their pain relieved successfully with a placebo.
19. Of the following conceptions of illness, which was the earliest?
- a. imbalance in bodily humors
 - b. cellular pathology
 - c. punishment by God for evil-doing
 - d. evil spirits in the body that can be released by trephination
20. 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 the above
21. Considering the most prevalent causes of death today in the US, the most effective preventive measures would be:
- a. mass public immunization programs.
 - b. lifestyle management.
 - c. adding nutritional supplements to food.
 - d. all of the above.

22. 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 the above
23. Randomized clinical trials
- a. are experiments.
 - b. are used to evaluate treatments.
 - c. can establish the presence of cause-effect relationships.
 - d. all of the above.
24. The idea that cancer can be cured simply by excising a tumor, most closely resembles the _____ model.
- a. biomedical
 - b. biopsychosocial
 - c. psychosomatic
 - d. pathological
25. According to your text, over the past 25 years Americans' consumption of alcohol has _____ and exercise has _____.
- a. decreased; increased
 - b. increased; decreased
 - c. remain unchanged; decreased
 - d. remain unchanged; increased
26. Which of the following is an example of "behavioral immunization"?
- a. Getting smokers to stop by using one-on-one counseling.
 - b. Getting overweight people to reduce their food consumption through joining organizations like Weight Watchers.
 - c. Presenting an anti-drug program to third graders.
 - d. All of these are examples of behavioral immunization.
27. The American female population is
- a. sick more frequently than the male population.
 - b. decreasing its consumption of alcohol and cigarettes.
 - c. studied more than men in research on heart disease.
 - d. all of the above.
28. In order to be more effective in providing social support, self-help groups must
- a. prove to be cost-effective.
 - b. be supplemented with traditional psychotherapy.
 - c. incorporate more treatment modalities in their formats.
 - d. broaden their appeal to different segments of the population.

29. According to your text, one of the chief remaining tasks of managing chronic disorders is identifying
- a. how to improve pain management with cognitive-behavioral methods.
 - b. how to increase acceptance of alternative medicine.
 - c. the best way to gain adherence to multiple treatment goals.
 - d. how to compensate for sensory loss (hearing, vision, etc.) among the aging.
30. Most health psychologists work in
- a. private practice.
 - b. hospitals and clinics.
 - c. universities and other academic settings.
 - d. governmental agencies.
31. All cancers result from:
- a. immunocompromise.
 - b. a dysfunction in messenger RNA.
 - c. a dysfunction in transfer RNA.
 - d. a dysfunction in DNA.
32. In general, which of the following is true regarding cancer?
- a. Married people develop fewer cancers than single people.
 - b. No difference in cancer rates has been found for well-nourished and malnourished people.
 - c. Cultural and ethnic differences in cancer rates are very small.
 - d. Women are more likely to get prostate cancer than men.
33. Psychoneuroimmunological research on stress and cancer has focused on which of the following?
- a. NK cells
 - b. CD4+ T-cells
 - c. antibody
 - d. all of the above.
34. Introns
- a. are polypeptides.
 - b. are sequences of bases in DNA that appear to have no coding function.
 - c. are the same as promoter regions.
 - d. are the name given to a complete mRNA molecule.
35. Thuy is infected with the flu. She sneezes into their hand, then touches a doorknob. James comes along in a few minutes and opens the door, then a couple of days later starts with flu symptoms. This is an example of
- a. direct transmission of disease.
 - b. indirect transmission of disease.
 - c. biological transmission of disease.
 - d. mechanical transmission of disease.
36. A focal infection:
- a. is confined to a particular area, but sends toxins to other parts of the body.
 - b. remains at a particular area.
 - c. is the same as a secondary infection.
 - d. is caused only by viruses, never bacteria.

37. Hodgkin's disease involves
- an inflammation of the lymphatic vessels.
 - the progressive, chronic enlargement of tissues of the lymphatic system, like the spleen.
 - a viral disorder marked by an excess number of monocytes.
 - a generalized disorder of the connective tissue.
38. Rita is trained in traditional nursing and also has received special training in primary care. She is affiliated with a group of private practice physicians, sees her own patients, and provides routine medical care, prescribes treatment, and attends to chronically ill and walk-in patients with a myriad of disorders. Rita is a(n):
- physician.
 - nurse-practitioner.
 - physician's assistant.
 - clinical nurse specialist.
39. A 'colleague' orientation is most likely to develop
- when providers include their patients as active partners in their health and medical care.
 - among providers affiliated with a prepaid health care plan.
 - among private providers who are paid directly for fee-for-service care.
 - among providers who are committed to providing a high quality of technical care.
40. Patient depersonalization
- serves no valid medical function.
 - is disturbing to patients but has little effect on the patient-provider relationship.
 - is disturbing to patients but has no adverse medical effects.
 - can provide emotional protection to the provider.
41. For the most part, physicians' estimates of their patients' rates of adherence are
- accurate.
 - artificially low.
 - artificially high.
 - reliable.
42. The placebo effect:
- accounted for much of the success of early medical treatments, but is seldom an important aspect for modern medical care
 - accounts for improvements in the patient's psychological state, but is unrelated to actual physiological changes
 - has been observed in both patients and providers
 - is powerful but of short duration

Part II. Extra credit: Answer the following question correctly and get a free point! **ANSWER THIS QUESTION ON THE SCANTRON FORM!!**

43. For short-term antibiotic treatments, an estimated _____ fail to comply adequately.
- one-quarter
 - one-third
 - one-fifth
 - three-quarters

Name: _____

BE SURE YOUR NAME IS ON THIS PAGE!!

Part III. Fill-ins: In the space provided, write the word or phrase that best completes each sentence (2 points each).

44. When a health psychologist wants to know the _____ of a disease, he or she wants to know the origin or cause of the disease.
45. Division 38 (Health Psychology) of the American Psychological Association was established in the year _____.
46. A _____ mutation results in the substitution of an incorrect amino acid for a correct one.
47. _____ refers to the complete set of instructions for making an organism.

IMPORTANT NOTE: This exam will be handed back in class after it has been corrected, by having it available in alphabetical piles. Your score will appear on THIS page, and will not be visible to other students. If you would rather pick this exam up in person from the TA, please indicate this by putting a check mark on this line: _____