

**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. Which of the following is NOT one of the seven healthy habits found in the Alameda Co. study?
  - a. eating healthy snacks between meals
  - b. sleeping 7-8 hours per night
  - c. eating breakfast almost every day
  - d. drinking no more than 4 alcoholic beverages at one time
  
2. Regarding the relationship of health habits to one another, they are:
  - a. highly predictive of one another
  - b. stable and do not tend to fluctuate
  - c. controlled by similar factors in all people
  - d. generally unrelated
  
3. In the study that used the Health Beliefs Model to understand what influenced gay men's intentions to use condoms, which factor predicted the intentions of the younger gay men?
  - a. perceived severity
  - b. perceived vulnerability
  - c. cues to action
  - d. perceived barriers
  
4. One of the advantages of the Theory of Planned Behavior is its focus on \_\_\_\_\_ behavioral intentions rather than \_\_\_\_\_ behavioral intentions.
  - a. broad, specific
  - b. subjective, broad
  - c. broad, subjective
  - d. specific, broad
  
5. Individuals who are planning to stop smoking within the next six months can be considered being in the \_\_\_\_\_ stage of change.
  - a. precontemplation
  - b. contemplation
  - c. preparation
  - d. action
  
6. What is meant by 'unrealistic optimism' that many people have about health?
  - a. that if they get sick, there will be adequate health care available.
  - b. that sickness can be prevented by having a strong social network.
  - c. that the medical community will find a cure for most diseases before they get sick.
  - d. that illness or sickness is not likely to happen to them.
  
7. The number of Americans who die from smoking each year is closest to:
  - a. 44,000.
  - b. 100,000.
  - c. 400,000.
  - d. 1 million.
  
8. Nicotine has which of the following behavioral effects?
  - a. increased alertness
  - b. slower information processing
  - c. decreased attention
  - d. both b and c

9. All of the following effects of smoke contribute to chronic lung infection in smokers except which one?
- a. irritation of lung tissues
  - b. slowing down the beating of cilia
  - c. stimulating mucus secretion
  - d. inhibiting alveolar macrophage production
10. If someone stops smoking after having smoked 20 cigarettes per day for 20 years, their risk of lung cancer is equal to that of a non-smoker:
- a. after 1 year of abstinence.
  - b. after 3 years of abstinence.
  - c. after 10 years of abstinence.
  - d. never.
11. A recent study compared the amount of DNA damage in healthy lung tissue in a variety of groups. Smokers, obviously, had the highest rates of DNA alterations, and non smokers had the lowest. Which group of former smokers had the second highest rate?
- a. people who had started smoking after age 20.
  - b. people who had started smoking at 15-17 years of age.
  - c. people who had started smoking at 7-15 years of age.
  - d. \*all\* former smokers had the same rate of DNA damage.
12. Compared to dependent smokers, tobacco chippers
- a. are less likely to smoke when others around them are not smoking.
  - b. report having had a more unpleasant experience (nausea, dizziness) when first starting to smoke.
  - c. do not show an increase in blood pressure after smoking a cigarette.
  - d. show as much craving for a cigarette as dependent smokers do after abstaining.
13. Which of the following countries has the highest prevalence rate in the world of HIV infection among adults?
- a. Botswana
  - b. United States
  - c. South Africa
  - d. Russia
14. Which statement below is \*not\* true about the US AIDS epidemic?
- a. AIDS occurs at disproportionate rates among minorities.
  - b. More men than women are infected with HIV in the US.
  - c. HIV is now transmitted primarily through heterosexual intercourse for both men and women.
  - d. AIDS is now the leading cause of death among Black men aged 25-44.
15. HIV needs \_\_\_\_\_ to infect a cell.
- a. the CD4 molecule on the cell surface
  - b. a specific type of chemokine receptor on the cell surface
  - c. to have gp120 on its own surface
  - d. all of the above
16. In the current fiscal year, the US government has committed \_\_\_\_\_ in federal funds for needle exchange programs to reduce the spread of HIV among injecting drug users.
- a. 10,000,000
  - b. 5,000,000
  - c. 1,000,000
  - d. 0

17. Kemeny's study of bereavement in HIV+ gay men showed:
- no differences in stress hormone levels between bereaved and non-bereaved men.
  - higher viral loads in bereaved men compared to non-bereaved men.
  - a decrease in immune response in bereaved men, but no change for non-bereaved men.
  - that anti-retroviral drugs were less effective in bereaved men compared to controls.
18. According to your text, tobacco use is considered a risk factor for all of the following except which one?
- heart disease
  - cancer
  - accidental injuries
  - cerebrovascular disease
19. Considering the relationship of chronological age to health behaviors, good health behaviors would be LEAST likely to be observed during:
- early childhood.
  - adolescence and early adulthood.
  - early and middle adulthood.
  - late adulthood.
20. You are designing a health-promotion program for residents of a retirement community. According to your text, which of the following behaviors would be the most important to target in your intervention?
- eliminating smoking
  - developing a regular exercise program
  - reducing alcohol consumption
  - maintaining a healthy diet
21. Which of the following educational appeals about exercise would be the most likely to lead to getting people to exercise more?
- A presentation that focuses on statistics to show how exercise will lead to greater health.
  - Arnold, a bodybuilder, who talks about the health benefits of exercise.
  - A message that recommends two hours of exercise daily.
  - A long message that scares the bejesus out of the viewer.
22. The use of Antabuse in the treatment of alcoholism involves having the client sip his or her favorite drink while ingesting Antabuse, which produces nausea. In this example, the Antabuse is the \_\_\_\_\_, and after a number of pairings, alcohol comes to produce nausea. This nausea is referred to as the \_\_\_\_\_.
- unconditioned stimulus; conditioned response
  - conditioned stimulus; conditioned response
  - unconditioned stimulus; unconditioned response
  - unconditioned stimulus; conditioned stimulus
23. In a study described in your text, children viewed one of two films of a model being inoculated with a vaccine. Which of the following results was shown in that study?
- Children who viewed the film that depicted models who briefly displayed moderate levels of pain and emotion experienced more distress than children who viewed a film that displayed fearless models.
  - Children who viewed the film that depicted models who briefly displayed moderate levels of pain and emotion experienced less distress than children who viewed a film that displayed fearless models.
  - Children who viewed the film that depicted models who were the same sex as they are experienced less distress than children who viewed a film that depicted opposite-sex models.
  - The nature of the film didn't have any effect; they were all equally effective in distracting the child during the inoculation.

24. Wanda's weight-loss counselor has observed that she has a self-defeating pattern of beliefs and cognitions about her ability to control overeating. Specifically, when she eats something that is not allowed on her diet, she thinks "I have no willpower. I'll always be fat" and binges for the rest of the day. Wanda's counselor is now encouraging her to think "Well, I slipped on my diet at lunch. Relax, one slip isn't that bad. I'll get back on my diet right away!" The therapist is utilizing a technique called:
- a. cognitive restructuring.
  - b. positive reinforcement.
  - c. self-monitoring.
  - d. self-punishment.
25. Which of the following is an example of social engineering?
- a. The city of Davis passes a ban prohibiting smoking in public places.
  - b. County supervisors decide to add fluorine to the water supply.
  - c. The writers of Frasier include a segment where he and his girlfriend discuss planning to use condoms when they have sex.
  - d. All of these are examples of social engineering.
26. Which of the following is *\*not\** one of the established long-term benefits of aerobic exercise?
- a. control of hypertension
  - b. improved attention and concentration
  - c. improved cardiovascular function
  - d. reductions in poor health habits
27. Which of the following people are least likely to exercise regularly?
- a. Joe, a 10-year old boy.
  - b. Jill, a 15-year old girl.
  - c. Jack, a 35-year old man.
  - d. Juana, a 45-year old woman.
28. The single greatest cause of accidental death is:
- a. motorcycle and car accidents
  - b. accidental poisoning
  - c. accidents in the workplace.
  - d. accidents in the home.
29. The practice of breast self-examination has been found to be predicted by:
- a. being in the contemplation stage.
  - b. favorable attitudes toward breast self-examination.
  - c. reading how to practice BSE.
  - d. all of the above.
30. The most powerful determinant of what a family eats is:
- a. the husband's food preferences.
  - b. the wife's food preferences.
  - c. the childrens' food preferences.
  - d. the food preferences of whomever does the food shopping.
31. People who gain and lose weight in cycles (yo-yo dieters) increase their chances for becoming obese because they:
- a. develop more poor health habits with each diet cycle.
  - b. increase their number of fat cells with each diet cycle.
  - c. decrease their metabolic rate with each diet cycle.
  - d. decrease their motivation with each diet cycle.

32. The most effective technique in work site weight-loss programs is
- a. individual instruction.
  - b. team competition.
  - c. aerobic programs.
  - d. interventions tailored to each person's stage of change.
33. Bulimic girls differ from anorectic girls in that:
- a. anorectics are underweight; bulimics are often of normal weight or overweight.
  - b. bulimia is more commonly observed between the ages of 30 to 45.
  - c. anorexia is associated with diminished perceptions of control; bulimia is not.
  - d. anorexia may be associated with certain physiological factors; bulimia is associated with certain psychological factors.
34. The exchange of oxygen and carbon dioxide during respiration occur between the:
- a. bronchi and the capillaries.
  - b. alveoli and the capillaries.
  - c. alveoli and the arteries.
  - d. bronchioles and the alveoli.
35. According to your text the critical difference between alcoholics and problem drinkers is that
- a. alcoholics show substantial social, psychological, and biomedical problems resulting from alcohol.
  - b. alcoholism is defined by a variety of specific behaviors.
  - c. alcoholics have a high tolerance for alcohol and show withdrawal symptoms when they attempt to become abstinent.
  - d. alcoholics' daily activities are disrupted.
36. Alcohol treatment programs
- a. have low dropout rates.
  - b. are more successful with clients from high SES backgrounds.
  - c. are more successful with female clients.
  - d. none of the above.
37. In contrast to nicotine gum, the use of transdermal nicotine patches:
- a. produces a sharper rise in nicotine levels than does cigarette smoking.
  - b. does not produce significant gains in smoking cessation.
  - c. is associated with higher rates of patient adherence.
  - d. is more strongly associated with cardiovascular risk than smoking is.
38. Weight gains that follow smoking cessation may be related to changes in eating habits. Specifically, individuals who stop smoking :
- a. show a shift in preference for sweet, highly caloric foods.
  - b. show a shift in preference for high-fat, highly caloric foods.
  - c. change eating habits to accommodate their lower circulating insulin levels.
  - d. become more sensitive to external food-related cues.
39. According to your text, the time between progression from HIV+ status to a diagnosis of AIDS is most strongly influenced by:
- a. individual differences.
  - b. socio-economic factors.
  - c. sexual orientation.
  - d. ethnicity.

40. Regarding interventions to reduce risk behaviors for AIDS, perceptions of self-efficacy among gay men have been related to
- a. frequency of condom use.
  - b. number of sexual partners.
  - c. number of anonymous sexual partners.
  - d. all of the above.
41. The mean score on the Alameda Index for this class was about 4. This indicates that the average student in this class experiences
- a. Disability-severe: trouble with feeding, dressing, climbing stairs, getting outdoors, or inability to work for 6 months or longer.
  - b. Disability-less: Did not report above, but reported changing hours or type of work or cutting down on other activities for 6 months or longer.
  - c. Did not report any disability, but reported one impairment or chronic condition in the past 12 months.
  - d. High-energy level -- at least 3 high-energy answers
42. Which statement about differences found in the student health survey is FALSE??
- a. Women report more hassles than men.
  - b. Seniors report more hassles than underclassmen.
  - c. There was no significant difference with regards to age.
  - d. Pre-med students report more hassles than other majors.

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

43. The average dropout rate reported in studies of adherence to exercise regimens is about \_\_\_\_\_ by the end of the first six months.
- a. 30%
  - b. 50%
  - c. 70%
  - d. 85%

Please be sure your name is on this page!!

Name: \_\_\_\_\_

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

44. As discussed in class, the neurotransmitter believed to be involved in the pleasurable/rewarding aspects of smoking is \_\_\_\_\_.
45. \_\_\_\_\_ is a substance in cigarette smoke that binds about 250 times more tightly to hemoglobin than oxygen.
46. \_\_\_\_\_ is a respiratory disorder that involves an allergic reaction to a foreign substance.
47. The enzyme responsible for cleaving the long chains of proteins and enzymes produced by the ribosomes of HIV infected cells is called \_\_\_\_\_.

**IMPORTANT NOTE:** We will attempt to have grades posted on the web page by late Monday morning. The exam will be available to you in a box outside the instructor's door (275 Young Hall) by Monday noon. 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 Darryl, please indicate this by putting a check mark on this line: \_\_\_\_\_