

Name: _____

PSC 126, Health Psychology
Instructor: Capitanio

Fall 2003
Final Exam

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 feel sick to my stomach". This statement best illustrates the idea of a(n):
 - a. sign
 - b. infection
 - c. disease
 - d. symptom

2. What does the World Health Organization's definition of health include that other (older, biomedical) definitions *do not*?
 - a. The idea that health is the opposite of sickness/illness.
 - b. A focus on the genetic origin of disease.
 - c. The idea that health includes mental and social well being.
 - d. All of the above.

3. Which of the following would a health psychologist be LEAST concerned about?
 - a. the etiology of a disease
 - b. problems in patient adherence
 - c. diagnosis of disease
 - d. how social support influences recovery from disease

4. 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).

5. Which of the following is NOT true regarding the relationship between helicobacter pylori and gastric ulcers?
 - a. 70-90% of patients with gastric ulcers show evidence of H. pylori infection.
 - b. About 80% of people without gastric ulcers show evidence of H. pylori infection.
 - c. Antibiotic elimination of H. pylori heals ulcers in only about 80% of cases.
 - d. All of the above are true, choose d.

6. Systems theory assumes a principle of hierarchical organization. This implies that
 - a. changes in any one level will affect all other levels in 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 effects on a system.

7. Which statement best reflects the role of genetics in understanding health and disease from a biopsychosocial perspective?
- Genetics are irrelevant to understanding disease from such a perspective.
 - An individual's behavior can influence the expression of genes.
 - There is a strong genetic basis to some diseases, and it is important to know this.
 - both b) and c).
8. A(n) _____ will increase the rate of a chemical reaction.
- enzyme
 - ribosome
 - phosphate group
 - promoter region
9. The actual construction of the amino acid chain (which will eventually become a protein) takes place
- in the nucleus.
 - at the ribosome.
 - inside the DNA strand.
 - all of the above
10. Which of the following is NOT involved in specific (or acquired) immunity?
- cytotoxic T cells
 - antibodies
 - B cells
 - NK cells
11. Physician Edward Jenner noticed in the late 1700s that _____.
- the rate of measles had started to decline
 - women who milked cows rarely got smallpox
 - neurotic women sometimes experienced numbness below the wrist
 - his barber was doing an awful lot of bloodlettings
12. In cell-mediated immunity, neutralization of a microbe is accomplished principally by
- cytotoxic T cells.
 - complement.
 - antibodies.
 - neutrophils.
13. At time 1, you immunize (inject) an animal with antigen A, which it has never been exposed to before. Three months later, you immunize the same animal with antigens A and B (the animal has never been exposed to antigen B before). Two weeks later, you measure the amounts of antibody to antigen A and to antigen B, and you find:
- exactly the same amounts of antibody to each antigen
 - more antibody to antigen A than to antigen B
 - more antibody to antigen B than to antigen A
 - can't tell from this example, without knowing what the antigens are
14. A harmless substance that is given to a patient to alleviate pain, but actually increases the patient's pain is called a(n):
- placebo
 - nocebo
 - analgesic
 - opiate

15. In general, a placebo has the greatest effect for a disorder:
- when there is no tissue damage associated with the disorder.
 - for women, compared to men.
 - when it's given in a very informal setting.
 - for someone who has a 'placebo-prone' personality.
16. "What is the meaning of this event"? Asking this question involves
- primary appraisal
 - secondary appraisal
 - reappraisal
 - feedback appraisal
17. In one study by Speisman and Lazarus, four groups of individuals saw a gruesome film about genital surgery. Each group got a different soundtrack, however. The group that got _____ soundtrack showed the greatest amount of physiological arousal.
- the intellectualization
 - the denial
 - no
 - the trauma
18. Minor life events that are irritating are termed
- hassles
 - ambiguities
 - frustrations
 - trials
19. Which of the following was a result from Andrew Baum's research comparing residents living near Three Mile Island nuclear reactor and other individuals living elsewhere?
- TMI residents had higher blood pressure.
 - TMI residents had levels of stress hormones that were not different from controls' levels.
 - TMI residents had higher numbers of NK cells in blood.
 - TMI residents had higher levels of perceived social support.
20. In the study of early life stress (ELS) and depression in women, Heim found that when ELS women with depression were compared with ELS women without depression
- the ELS women with depression had lower cortisol concentrations.
 - the ELS women without depression had higher ACTH concentrations.
 - the ELS women with depression had higher ACTH concentrations.
 - the ELS women without depression had lower cortisol concentrations.
21. Certain cells of the immune system, like lymphocytes:
- produce ACTH.
 - have receptors for cortisol.
 - have receptors for norepinephrine.
 - all of the above.
22. Which of the following is an enumerative measure of immunity?
- the amount of tetanus-specific antibody
 - the number of CD4+ cells in peripheral blood
 - the number of cells resulting from *in vitro* stimulation by a mitogen
 - all of the above, since they all involve counts of something

23. In the Laudenslager study of rats who received footshock, animals in the group that had control over the shock had a better immune response than did animals that had no control over the shock. What was the measure in this study that demonstrated better immunity in the animals with control?
- elevated number of CD4+ cells
 - a better proliferation response to mitogens
 - a stronger antibody response to tetanus toxoid
 - a lower antibody response to Epstein-Barr virus antigens
24. What did Capitanio find in studying immunity and rhesus monkeys' responses to challenge?
- Monkeys exhibiting more lipsmacks had less proliferation.
 - Monkeys exhibiting more threatening response had less proliferation.
 - Monkeys exhibiting more lipsmacks had higher levels of antibody.
 - Monkeys exhibiting more threatening response had higher levels of antibody.
25. In Capitanio's retrospective study looking at monkeys with AIDS, what was associated with longer survival?
- having a positive mental attitude
 - living with a compatible companion of the same sex.
 - experiencing fewer cage relocations soon after infection with the virus.
 - living with a member of the opposite sex; this effect was only seen for males, however.
26. Which of the following is true about coping?
- A coping effort must be healthy.
 - Coping is always a conscious effort.
 - A person often uses the same coping strategy with the same stressor on different occasions.
 - None of the above is true.
27. Which of the following is true of problem-focused coping?
- It is more likely to be seen when people feel they have little control over the situation.
 - Self-control is an example of such a strategy.
 - It is helpful for regulating one's emotional responses to a stressor.
 - None of the above is true.
28. Sheldon Cohen and colleagues, in their 1997 study of social influences on colds measured the degree of social network diversity. This is a(n) ___ measure of social support.
- structural
 - functional
 - artificial
 - enumerative
29. 'Social support is always good for one's health'. This statement characterizes the _____ model of social support.
- stress-buffering
 - main effects
 - the social reintegration
 - the perceived availability

30. Which of the following is true about the increased mortality rates in Eastern Europe, following the fall of communism?
- a. Stress was thought to be responsible for the increased mortality rates.
 - b. Mortality was greatest for young and middle aged men.
 - c. Coronary heart disease was the major cause of death.
 - d. All of the above are true.
31. According to the Alameda County study:
- a. living in Alameda County results in lower mortality rates than living in Contra Costa county.
 - b. the age at which health habits are established has been slowly going down, to where it is now, about 11 years of age.
 - c. individuals who practice more positive health habits have lower mortality rates.
 - d. health behaviors are not stable over time.
32. A smoker may want to quit, but she is fearful of the likely withdrawal symptoms and weight gain. In the Health Beliefs model, her fears are referred to as
- a. perceived benefits.
 - b. perceived barriers.
 - c. a lack of self-esteem.
 - d. cues to action.
33. A smoker is determined to be in the 'contemplation' stage of change, and is asked to fill out a questionnaire that contains items about the 'pros' of smoking. Her responses are scored. In general, her score on such a questionnaire is likely to:
- a. be higher than the score of someone in the precontemplation stage.
 - b. be higher than the score of someone in the preparation for action stage.
 - c. be lower than the score of someone in the action stage.
 - d. be the same as someone who is in the maintenance stage.
34. Which of the following is true concerning smoking?
- a. it kills more people annually than AIDS, but not more people than alcohol.
 - b. it kills more people annually than AIDS and alcohol combined.
 - c. about 150,000 people per year die from smoking.
 - d. the current prevalence for smoking among Blacks is higher than among Whites.
35. Tobacco chippers are more likely than dependent smokers to smoke under _____ circumstances.
- a. positive
 - b. negative
 - c. neutral
 - d. social
36. 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

37. The enzyme that is responsible for converting the RNA genome of HIV into DNA is
- a. reverse transcriptase. b. integrase. c. protease. d. nuclease.
38. Which statement is true of needle exchange programs?
- a. They started in the US in 1983.
b. The federal government spends more than \$1 million per year supporting them.
c. The evidence is overwhelming that they effectively reduce HIV transmission.
d. Very few public health agencies or administrators endorse them.

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

39. According to the World Health Organization, what was the approximate number of deaths from measles in the developing world in 1999?
- a. 9000 b. 90,000 c. 900,000 d. 9,000,000

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).

40. _____ is the process in which the code in DNA is copied to RNA.
41. Name a secondary lymphoid organ: _____
42. ‘ _____ hormones’ is the name of a class of anterior pituitary hormones that function to stimulate hormone release from other endocrine glands.
43. Name the one coping strategy (of Folkman’s eight) that is often used for both emotion-focused and problem-focused coping. _____
44. _____ is the process by which ethnic and racial minorities participate in the cultural traditions, values, beliefs, assumptions, and practices of the dominant society.
45. Name a chemokine receptor that is needed by HIV to infect a cell: _____.

IMPORTANT NOTE: This exam will be handed back by having it available in a box outside my door (275 Young). 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 me, please indicate this by putting a check mark on this line: _____