

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. Poor health habits are usually:
 - a. performed automatically.
 - b. firmly established by 11 or 12 years of age.
 - c. associated with higher likelihood of disease.
 - d. all of the above.

2. Which of the following was a result of the Alameda County study?
 - a. Eating at multiple times throughout the day was associated with better health than was having three major meals.
 - b. Eating breakfast was important for women much more than for men.
 - c. Physical health at all ages was strongly related to the number of health habits practiced.
 - d. Health behaviors are not stable over time.

3. In the Health Beliefs model, the likelihood of adopting a health behavior is most directly dependent on:
 - a. perceived threat
 - b. perceived benefits minus the perceived barriers to preventive action
 - c. perceived susceptibility to the disease
 - d. both a and b

4. We can ask someone their intentions about using birth control, or we can ask the person their intentions about using a specific form of birth control, such as use of the pill. According to the Theory of Planned Behavior, the better predictor of behavior will be
 - a. the less specific intention.
 - b. the more specific intention.
 - c. either intention.
 - d. none of these things; intentions are irrelevant to this theory.

5. The Health Beliefs Model, Theory of Planned Behavior, and Stages of Change Model are generally models of rational choice. What non-rational factor was discussed in class that might account for people being inconsistent with these models?
 - a. motivated reasoning
 - b. demographic factors
 - c. subjective norms
 - d. perceived severity

6. What percentage of adult smokers in the US started before the age of 18?
 - a. 90%
 - b. 80%
 - c. 60%
 - d. 40%

7. As discussed in class, the brain region believed to be involved in the pleasurable/rewarding aspects of smoking is:
- a. hypothalamus b. nucleus accumbens c. limbic system d. frontal cortex
8. Which statement is true of p53?
- a. A damaged p53 gene is found in over half of all cancers.
b. Benzopyrene in cigarette smoke has been found to directly damage p53.
c. p53 helps to correct errors in DNA.
d. all of the above are true.
9. Klonoff and Landrine reported a study of acculturation and smoking. Which result did they report?
- a. White Americans that were low in acculturation had higher rates of smoking.
b. African Americans that were low in acculturation had higher rates of smoking.
c. The effects of acculturation on smoking are due entirely to socio-economic factors.
d. Women that were low in acculturation had higher rates of smoking.
10. Tobacco chippers are more likely than dependent smokers to smoke under _____ circumstances.
- a. positive b. negative c. neutral d. social
11. Research was discussed in class that suggests a genetic difference in the dopamine transporter between smokers and nonsmokers. What was the difference?
- a. Smokers had dopamine transporter genes and nonsmokers did not.
b. Smokers have the form of the gene that is more efficient at reuptake.
c. The gene is expressed in nonsmokers at higher levels in areas of the frontal cortex.
d. All of the above are true.
12. Which statement below is *not* true about the worldwide AIDS epidemic?
- a. AIDS occurs mostly in developing countries.
b. More women than men are infected with HIV outside of the US and Western Europe.
c. HIV is transmitted primarily through heterosexual intercourse.
d. AIDS has resulted in millions of orphaned children.
13. Which of the following is a definition of AIDS for individuals over 13 years of age, according to the CDC?
- a. a positive HIV test.
b. fewer than 200 CD4+ T-cells per microliter of blood
c. CD4+ lymphocyte percentage of total lymphocytes of < 14%
d. positive HIV test AND fewer than 200 CD4+ T-cells per microliter of blood

14. In class, I discussed some recent evidence that certain members of high-risk populations (e.g., sex workers) were not contracting HIV despite repeated exposure. Research showed that these resistant individuals _____, as compared to individuals in the same population that did contract HIV.
- took more necessary precautions (e.g., not sharing needles)
 - had greater numbers of CD4 cells to fight and kill the infection
 - had mutations in their chemokine receptors that prevented infection
 - received an HIV vaccine early in life that induced a primary immune response
15. 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
16. Which of the following is true about bereavement in HIV+ men?
- Bereavement has been shown to be associated with suppressed immunity in HIV+ men.
 - Studies in Sacramento have shown that experience of bereavement is low.
 - Bereavement is not considered an important source of stress in HIV infection.
 - Both a) and b) are true.
17. Research on Americans' attitudes toward people with AIDS suggests that views since 1991 have changed so that in 1997, more people believe:
- individuals with AIDS should be isolated from non-infected individuals
 - individuals with AIDS got what they deserved in getting infected with the virus
 - individuals with AIDS are unfairly persecuted
 - all of the above
18. Which of the following is NOT TRUE about anonymous HIV testing in the US?
- Anonymous testing was an unusual thing for public health officials to implement in the first place.
 - In the late 1990s, public health officials proposed that since AIDS stigma was a thing of the past, anonymous testing programs could be eliminated.
 - Public opinion surveys indicate that more people now favor reporting names than continuing with anonymous testing.
 - All of the above are true, select d.
19. Which of the following was true in our class regarding self-reported hassles?
- Women reported more hassles than men.
 - Students with higher systolic blood pressure reported more hassles.
 - The average for the class was higher than has been reported for college students in general.
 - Students reporting more hassles also reported more doctors visits.

20. Which of the following is true regarding coping styles reported by students in this class?
- Seniors had higher scores for problem-solving than did non-Seniors.
 - There were no relationships between coping style and indicators of health.
 - The most common type of coping reported was avoidance.
 - Students with higher avoidance scores had higher blood pressure during the low-stress condition.
21. _____ is/are the single greatest cause of preventable death in the US.
- Obesity
 - Alcoholism
 - Vehicular accidents
 - Smoking
22. In the past 90 years, prevalence of acute infectious disorders has _____, while prevalence of preventable, or "lifestyle," disorders has _____.
- decreased, increased
 - increased, decreased
 - stayed the same, increased
 - decreased, stayed the same
23. _____ involves instilling good health habits and taking measures to control or eliminate risk factors before an illness has a chance to develop.
- Secondary prevention
 - Proactive prevention
 - Primary prevention
 - Retroactive prevention
24. 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
25. The effect of the drug antabuse to elicit involuntary vomiting and gagging can be used in combination with alcohol in a(n) _____ paradigm to get a person to later associate alcohol with that negative physical reaction.
- operant conditioning
 - classical conditioning
 - modeling
 - stimulus-control
26. On average, relapse rates stabilize around _____ after quitting a particular behavior.
- 2 weeks
 - 3 months
 - 8 months
 - more than a year
27. Which of the following is NOT an example of social engineering in the context of health behaviors?
- installing air bags in cars
 - banning certain drugs or limiting the age at which you can use a certain drug
 - manufacturing children's clothes to be fire-retardant
 - offering pamphlets to parents about how to prevent accidents in the home

28. 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
29. Generally, the more 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.
30. Recent epidemiological evidence suggests that fat in the _____ is an especially potent risk factor for disease.
- a. abdomen
 - b. hips and buttocks
 - c. abdomen, hips, and buttocks
 - d. none of the above
31. 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.
32. How do lobar pneumonia (1) and bronchial pneumonia (2) differ?
- a. 1 is a secondary infection while 2 is a primary infection
 - b. 2 is more serious than 1
 - c. 2 is restricted to the bronchi while 1 affects the entire lung
 - d. 2 may spread to other organs while 1 is limited to the lung
33. Since he stopped smoking last week, John complains about fighting the urge for a cigarette, especially when he is around other smokers. This is an example of:
- a. addiction.
 - b. tolerance.
 - c. craving.
 - d. withdrawal.
34. 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.

35. Compared to persons with more long-term drinking problems, people who become problem drinkers in late middle age are:
- less likely to control their drinking on their own.
 - less likely to be successfully treated.
 - more likely to use problem drinking as a coping method.
 - all of the above.
36. At low levels, alcohol _____ levels of HDL cholesterol and _____ levels of LDL cholesterol, leading to potential health benefits
- elevates, lowers
 - lowers, elevates
 - elevates, has no effect on
 - has no effect on, lowers
37. In two studies mentioned in your book, one on heart disease and one on lung cancer, non-smoking women who were exposed to second hand smoke
- showed no increased risk for heart disease but a large increase in risk for lung cancer.
 - showed a decrease in their risk for heart disease and increase in risk for lung cancer.
 - showed a doubled risk for heart disease and an increased risk for lung cancer.
 - showed no differences in risk for heart disease or lung cancer compared to normal.
38. Low-income Blacks and Hispanics who test positive for HIV go on to develop AIDS _____ than Whites.
- slower
 - faster
 - at the same rate
 - faster, but only if they have high socioeconomic status
39. In your textbook, "magical" thinking associated with AIDS may cause people to _____ to casual contact with HIV+ individuals and _____ to their own risk for infection due to casual sex or failing to use a condom.
- over-react, under-react
 - under-react, over-react
 - over-react, over-react
 - under-react, under-react
40. While psychological inhibition and lack of disclosure is generally associated with a more rapid course of illness, studies have found that with HIV+ individuals, an avoidant coping style
- slowed the decline in CD4 cells.
 - accelerated the decline in CD4 cells.
 - had no effect on the decline in CD4 cells.
 - increased overall CD4 levels above normal.

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

41. Although developing and maintaining a healthy diet is important for overall health, only _____ of the population gets the recommended five servings of fruits and vegetables.
- 5%
 - 15%
 - 35%
 - 50%

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).

42. Individuals who are planning to stop smoking within the next 30 days can be considered being in the _____ stage of change.
43. The sac-like structures in the lung where gas (oxygen, carbon dioxide) exchange takes place are called the _____.
44. _____ is the enzyme responsible for splicing the HIV DNA into the host's DNA.
45. _____ cancer is the most common cancer among men aged 15-35.
46. _____ is an infectious disease of the respiratory system in which invading bacteria are surrounded by macrophages that together can result in cavities in the lung.

IMPORTANT NOTE: We will attempt to have grades posted on the web page by noon on Wednesday. The exam will be available to you in a box outside the instructor's door (275 Young Hall) by then as well. 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 Katherine, please indicate this by putting a check mark on this line: _____