

Name: _____

PSC 126, Health Psychology
Instructor: Capitano

Winter 2006
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. Jake isn't feeling well, and goes to the doctor complaining of a headache. The doctor takes his temperature and determines that he has a fever. Which of the following is true?
 - a. His fever and headache are both signs
 - b. His fever and headache are both symptoms
 - c. His fever is a sign, and his headache is a symptom
 - d. His fever is a symptom, and his headache is a sign

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. 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. Adherence _____ with increasing complexity of the treatment.
 - a. doesn't change
 - b. decreases
 - c. increases

5. Studies in the 1960s on ulcer formation in animals showed that stress can result in ulcers. The recent finding that *Helicobacter pylori* is a pathogen associated with ulcers
 - a. proves that the biomedical model is correct.
 - b. invalidates the earlier animal research.
 - c. suggests antibiotics could be used to treat ulcers.
 - d. both a) and b).

6. 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. Shelley Taylor

7. Division 38 (Health Psychology) of the American Psychological Association was established in the year _____.
 - a. 1939
 - b. 1943
 - c. 1978
 - d. 1994

8. Systems theory assumes a principle of hierarchical organization. This implies that
- changes in any one level will affect all other levels in the system.
 - only changes in the highest level will affect all levels of the system.
 - changes in one level will affect only lower levels of the system.
 - changes in intermediate levels have the most profound effects on a system.
9. 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.
10. Which of the following is NOT characteristic of DNA?
- It uses deoxyribose as its sugar.
 - It uses uracil as one of its bases.
 - It is composed of a double strand.
 - It is a relatively long molecule.
11. The process by which the code in DNA is transferred to mRNA is called:
- translation
 - transduction
 - transcription
 - transference
12. A(n) _____ can affect the regulation of genes at the DNA level.
- repressor protein
 - activator protein
 - ribosome
 - a) and b)
13. Bob lays out at the beach all summer and because of his over exposure to UV light, the DNA in one of his skin cells has mutated. The DNA sequence he inherited was TATGGC and the mutated DNA has a sequence of TAAGGC which results in a different amino acid being put into the protein. What type of mutation has occurred?
- nonsense mutation
 - missense mutation
 - frameshift mutation
 - chromosomal mutation
14. 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
15. Herd immunity refers to:
- the fact that cowpox can protect people from smallpox.
 - the fact that the Japanese discontinued their pertussis vaccination campaign in 1954.
 - 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.

16. A pathogen found in the lymph will be battled
- a. in the lymph. b. in the lymph nodes. c. in the spleen. d. in the bone marrow.
17. Which of the following is a secondary lymphoid organ?
- a. spleen b. thymus c. bone marrow d. lymph
18. An animal has never been exposed to either antigen A or B. At time 1, you immunize it with antigen A. Three months later, you immunize the same animal with antigens A and B. Two weeks later, you measure the amounts of antibody to antigen A and to antigen B, and you find:
- a. exactly the same amounts of antibody to each antigen
b. more antibody to antigen A than to antigen B
c. more antibody to antigen B than to antigen A
d. can't tell from this example, without knowing what the antigens are
19. Which of the following lymphocytes are NOT antigen specific?
- a. helper T-cells b. cytotoxic T lymphocytes (CTLs)
c. natural killer cells (NKs) d. B-cells
20. Which of the following are used for communication between leukocytes?
- a. complement b. cytokines c. antibodies d. antigens
21. Placebos have been found to be effective in treating _____ of diseases.
- a. 10-25% b. 30-50% c. 60-90% d. 99%
22. 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
23. Thuy is a part of a study of treatments for cancer in which she is administered a pill for treatment by a doctor who is unaware of her group membership (experimental vs. control). In fact, only the laboratory technician who does not deal with the patients or doctors directly knows which type of treatment each participant receives. This is called a(n):
- a. blind trial b. double blind trial c. naturalistic trial d. enumerative trial
24. 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

25. 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.
26. The _____ approach to research can remedy some of the problems with correlational research.
- a. prospective
 - b. cross-sectional
 - c. single subject
 - d. case study
27. 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.
28. 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
29. Early drug prevention programs, such as DARE, are an example of
- a. cost containment.
 - b. behavioral immunization.
 - c. cost effectiveness.
 - d. patient consumerism.
30. According to your textbook, health care in the US is becoming
- a. increasingly egalitarian.
 - b. more accessible to the poor, but the number of middle-class households without health insurance is increasing.
 - c. increasingly oriented toward health promotion and primary prevention.
 - d. a two-tiered system.
31. Heart disease research has substantially overrepresented
- a. men.
 - b. women.
 - c. the elderly.
 - d. minorities.
32. Most health psychologists work in
- a. private practice.
 - b. hospitals and clinics.
 - c. universities and other academic settings.
 - d. governmental agencies.
33. According to your text, all cancers result most directly from:
- a. immunocompromise.
 - b. a dysfunction in messenger RNA.
 - c. a dysfunction in transfer RNA.
 - d. a dysfunction in DNA.

34. The fact that many cancers run in families may be explained by:
- a genetically inherited predisposition to cancer.
 - lifestyle factors that may influence the development of cancer.
 - ethnic differences in the development of certain types of cancer.
 - all of the above.
35. For cancer patients, social support
- improves immunologic responses.
 - improves psychological adjustment.
 - can be problematic.
 - all of the above.
36. The course of infection follows a specific sequence; that is
- incubation period, period of nonspecific symptoms, acute phase, period of decline.
 - period of nonspecific symptoms, incubation period, acute phase, period of decline.
 - acute phase, incubation period, period of nonspecific symptoms, period of decline.
 - incubation period, acute phase, period of decline.
37. A localized infection:
- is confined to a particular area and does not spread.
 - is confined to a particular area and sends toxins to other parts of the body.
 - is an infection that affects a number of different areas or body systems.
 - is caused only by viruses, never bacteria.
38. 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.
39. Which of the following is a provider behavior that interferes with provider-patient communication?
- sexism
 - not listening
 - ageism
 - all of the above
40. According to your text, the best predictor of physician sensitivity is
- low neuroticism.
 - technical competence.
 - an interest in people.
 - idealism.

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

41. An analysis called a(n) _____ distinguishes chromosomes based on the size and pattern of light and dark bands. This can be used to identify major chromosomal abnormalities.
- ID stain
 - genome trace
 - chromosome dye
 - karyotype

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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).

42. _____ refers to the form of learning that can explain why people injured in combat situations, who are told they are going to go home, ask for less pain medication than do similarly injured soldiers who are told they are going back into battle after they heal.
43. Humoral immunity uses _____ to bind to pathogens and neutralize them.
44. _____ 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.
45. _____ is a condition in which a specific humoral or cell-mediated immune response attacks the body's own tissue.
46. _____ are sequences of bases in DNA that appear to have no coding function.

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: _____