

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. 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 a greater number of good health habits have lower mortality rates.
 - d. health behaviors are not stable over time.

2. The explanation for why health habits are autonomous and unstable is:
 - a. Different health habits can be controlled by different factors.
 - b. Different factors can control the same health behavior in different people.
 - c. Factors that influence health habits can change over an individual's lifetime.
 - d. All of the above.

3. According to the Amsterdam study that looked at the likelihood of condom use among gay men:
 - a. older men were influenced more by perceived severity and vulnerability
 - b. younger and older men were influenced by the same factors
 - c. younger men were influenced more by perceived severity and vulnerability
 - d. the ad campaign message that "Everyone is at risk" was most influential to younger men

4. Which of the following is *not* a component of the Theory of Planned Behavior?
 - a. attitudes toward the action
 - b. subjective norms regarding the action
 - c. feelings of perceived control
 - d. perceived vulnerability/susceptibility

5. Smokers who are in which stage of change are MORE likely to have high scores on a questionnaire assessing the benefits of smoking?
 - a. precontemplation stage
 - b. contemplation stage
 - c. preparation stage
 - d. action stage

6. 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

7. As described in class, nicotine _____ performance on learning and memory tasks.
 - a. decreases
 - b. increases
 - c. does not affect
 - d. increases for learning, but decreases for memory

8. Which of the following is true concerning smoking?
- it kills more people annually than AIDS, but not more people than alcohol.
 - it kills more people annually than AIDS and alcohol combined.
 - about 150,000 people per year die from smoking.
 - the current prevalence for smoking among Blacks is higher than among Whites.
9. Nicotine stimulates *receptors* of the neurotransmitter _____. This leads to the secretion of the neurotransmitter _____ in the nucleus accumbens, which is associated with reward and pleasure.
- acetylcholine, dopamine
 - dopamine, acetylcholine
 - serotonin, dopamine
 - dopamine, serotonin
10. All of the following are examples of what cigarette smoke does in the lung, except which one?
- results in expansion of the bronchioles
 - slows down beating of the cilia of the respiratory epithelium
 - inhibits the activity of alveolar macrophages
 - stimulates mucus secretion
11. Klonoff and Landrine reported a study of acculturation and smoking. Which result did they report?
- White Americans that were low in acculturation had higher rates of smoking.
 - African Americans that were low in acculturation had higher rates of smoking.
 - The effects of acculturation on smoking are due entirely to socio-economic factors.
 - Women that were low in acculturation had higher rates of smoking.
12. 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. Of the former smokers, which group had the highest rate?
- people who had started smoking after age 20.
 - people who had started smoking at 15-17 years of age.
 - people who had started smoking at 7-15 years of age.
 - *all* former smokers had the same rate of DNA damage.
13. Dependent smokers are more likely than tobacco chippers to smoke
- under positive circumstances.
 - under negative circumstances.
 - under neutral circumstances.
 - when alone.
14. Which statement below about the dopamine transporter gene is true?
- This gene is responsible for the manufacture of dopamine.
 - Smokers tend to have the more efficient form of this gene, compared to nonsmokers.
 - Chippers tend to have the less efficient form of this gene, compared to dependent smokers.
 - There's no evidence that the different forms of this gene are related to smoking.
15. According to lecture, HIV infection can be diagnosed in infants by all of the following EXCEPT:
- presence of HIV antibodies in the blood
 - low CD4+ status
 - clinical signs and symptoms
 - lag in attaining developmental milestones

16. Which statement below is **not** true about the US AIDS epidemic?
- AIDS occurs at disproportionate rates among minorities.
 - More men than women are infected with HIV in the US.
 - HIV is now transmitted primarily through heterosexual intercourse for both men and women.
 - choose d; all of these are true.
17. The enzyme that is responsible for converting the RNA genome of HIV into DNA is
- reverse transcriptase.
 - integrase.
 - protease.
 - nuclease.
18. Which statement is true of needle exchange programs?
- They started in the US in 1983.
 - The federal government spends more than \$1 million per year supporting them.
 - The evidence is overwhelming that they effectively reduce HIV transmission.
 - Very few public health agencies or administrators endorse them.
19. Kemeny's study of bereavement in HIV+ gay men showed:
- no differences in stress hormone levels between bereaved and non-bereaved men.
 - a decrease in immune response in bereaved men, but no change for non-bereaved men.
 - higher viral loads in bereaved men compared to non-bereaved men.
 - that anti-retroviral drugs were less effective in bereaved men compared to controls.
20. Research on Americans' attitudes toward people with AIDS suggests that views since 1991 have changed so that in 1999, 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
 - that people with AIDS don't care if they infect others
 - all of the above
21. Which of the following was true in our class regarding self-reported hassles?
- Men reported more hassles than women.
 - 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 insomnia.
22. Which of the following is true regarding coping styles reported by students in this class?
- There were no relationships between coping style and indicators of health.
 - The most common type of coping reported was avoidance.
 - Seniors were less likely to show avoidance than were non-Seniors.
 - Students with higher avoidance scores had higher blood pressure during the low-stress condition.
23. According to the text, changing health behaviors may be beneficial because it
- may reduce the number of deaths due to diseases related to lifestyle.
 - may increase individual longevity and life expectancy.
 - may delay the onset of chronic disease and enhance quality of life.
 - all of the above.

24. Which of the following is considered a "teachable moment"?
- a child's first dental visit
 - a woman learning from her doctor that she is pregnant
 - an adult with newly diagnosed coronary artery disease
 - all of the above
25. 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 alone 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
26. 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:
- cognitive restructuring.
 - positive reinforcement.
 - self-monitoring.
 - self-punishment.
27. Which of the following is an example of social engineering?
- The city of Davis passes a ban prohibiting smoking in public places.
 - County supervisors decide to add fluorine to the water supply.
 - The local school board decides to eliminate junk food from the vending machines in schools.
 - All of these are examples of social engineering.
28. Evaluations of the efficacy of mass media health appeals suggest that:
- messages are often too concrete and specific and thus it is difficult to glean useful information from mass media appeals
 - including specific recommendations about health-related behaviors diminishes individual perceptions of self-efficacy
 - mass media messages are unrelated to shifts in cultural climate
 - media appeals are often important sources of information for alerting the public to unknown health risks
29. Aerobic exercise involves _____ activities.
- low-intensity, long-duration
 - low-intensity, short-duration
 - high-intensity, long-duration
 - high-intensity, short-duration
30. Breast cancer and testicular cancer are similar in that:
- the average age of onset is increasing.
 - both are a common cause of death in young adults.
 - the likelihood of survival is high.
 - the likelihood of survival improves with early detection.

31. Generally, the more powerful determinant of what a family eats is:
- the husband's food preferences.
 - the wife's food preferences.
 - the childrens' food preferences.
 - the food preferences of whomever does the food shopping.
32. _____ involves a condition in which the alveoli become dilated, atrophied, and thin so that elasticity is lost and exhalation becomes difficult.
- Bronchial pneumonia
 - Pulmonary emphysema
 - Tuberculosis
 - Pleurisy
33. Individuals who experience _____ are more likely to become problem drinkers than those without these risk factors.
- negative life events
 - chronic stressors
 - deficits in social support
 - all of the above
34. 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.
35. Moderate alcohol intake has been associated with
- increased risk from coronary artery disease.
 - increased risk for cardiovascular disease.
 - elevated levels of high-density lipoprotein cholesterol.
 - elevated levels of low-density lipoprotein cholesterol.
36. In contrast to nicotine gum, the use of transdermal nicotine patches:
- produces a sharper rise in nicotine levels than does cigarette smoking
 - does not produce significant gains in smoking cessation
 - is associated with higher rates of patient adherence
 - is more strongly associated with cardiovascular risk than smoking is
37. According to your text, who is best able to induce people to stop smoking?
- psychotherapists
 - physicians
 - employers
 - commercial programs
38. Weight gains that follow smoking cessation may be related to changes in eating habits. Specifically, individuals who stop smoking :
- show a shift in preference for sweet, highly caloric foods.
 - show a shift in preference for high-fat, highly caloric foods.
 - show a shift in preference for a higher weight set point.
 - become more sensitive to external food-related cues.

Please be sure your name is on this page!!

Name: _____

39. An important time (or teachable moment) to provide AIDS education is
- a. in elementary school before sexual activity begins.
 - b. following the death of a partner, particularly for men.
 - c. when a man has a new primary partner.
 - d. both b and c
40. Regarding interventions to reduce risk behaviors for AIDS, perceptions of self-efficacy among gay men have been related to
- a. likelihood of condom use.
 - b. number of sexual partners.
 - c. number of anonymous sexual partners.
 - d. all of the above.

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

41. A person with a BMI (body mass index) above _____ is obese.
- a. 10
 - b. 20
 - c. 30
 - d. 40

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

42. _____ is an eating syndrome characterized by alternating cycles of binge eating and purging.
43. The small blood vessels that are involved in gas (oxygen, carbon dioxide) exchange in the lung are called _____.
44. What is the name of the gene (and the protein – they have the same name) that is damaged by benzopyrene, a component of cigarette smoke? _____.
45. Name a specific molecule that needs to be on the surface of a T-cell for HIV to be able to infect it: _____
46. _____ refers to the situation where someone who has stopped smoking begins again.

IMPORTANT NOTE: We will attempt to have grades posted on the web page by noon on Friday. 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 Jessica, please indicate this by putting a check mark on this line: _____