

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. After coming back from Indonesia, Nicole is prescribed antibiotics to eliminate her bacterial infection. Dr. Chen tells Nicole to take the medication two times a day for two weeks and come back for a follow-up. Which of the following would increase Nicole's adherence?
 - a. If Dr. Chen and Nicole have a good relationship.
 - b. Whether her medication tastes "medicine-y".
 - c. How much Nicole believes the bacteria threatens her health.
 - d. a and c.

2. At the turn of the 20th century, most individuals in the US died from _____; in contrast, today, most people die from _____.
 - a. accidents; chronic disorders
 - b. acute disorders; chronic disorders
 - c. chronic disorders; accidents
 - d. accidents; acute disorders

3. According to Sigmund Freud, a patient with glove anesthesia had symptoms _____ a physical (somatic) basis. Franz Alexander believed that people with ulcer-prone personality had symptoms _____ a physical (somatic) basis.
 - a. with, with
 - b. with, without
 - c. without, with
 - d. without, without

4. Which statement best reflects the role of genetics in understanding health and disease from a biopsychosocial perspective?
 - a. Genetics are irrelevant to understanding disease from such a perspective.
 - b. An individual's behavior can influence the expression of genes.
 - c. There is a strong genetic basis to some diseases, and it is important to know this.
 - d. both b) and c).

5. Which of the following sequences goes from the smallest unit to the largest unit?
 - a. base, triplet, gene, chromosome
 - b. triplet, base, gene, chromosome
 - c. chromosome, gene, protein, codon
 - d. codon, anti-codon, base, chromosome

6. How many nitrogen bases are there in a codon?
 - a) 20
 - b) 3
 - c) 23
 - d) 2

7. Which of the following is NOT directly necessary for translation?
 - a) Messenger RNA
 - b) Transfer RNA
 - c) RNA polymerase
 - d) Ribosomes

8. A mutation where bases are added to or deleted from a gene are called
- a. nonsense mutations
 - b. base substitution mutations
 - c. missense mutations
 - d. frameshift mutations
9. While _____ immunity has a rapid speed of response and no memory, _____ immunity has an initially slow speed of response and memory.
- a. innate, specific
 - b. specific, innate
 - c. humoral, cell-mediated
 - d. cell-mediated, specific
10. Which of the following produces antibodies?
- a. CD4 t-cells
 - b. B cells
 - c. CD8 t-cells
 - d. macrophages
11. Vaccinations have provided important breakthroughs in fighting disease. This is because they:
- a. induce primary immunity
 - b. induce secondary immunity
 - c. prepare the innate immune response for future exposure to disease
 - d. kill existing viruses and rid organisms of disease
12. In general, a placebo has the greatest effect for a disorder:
- a. when there is no tissue damage associated with the disorder
 - b. for women, compared to men
 - c. when it's given in a very informal setting
 - d. for someone who has a 'placebo-prone' personality
13. "I have a high stress job" is an example of viewing stress as which of the following:
- a. physiological arousal
 - b. a process
 - c. internal tension
 - d. external pressure
14. Which of the following is NOT one of Lazarus's types of negative primary appraisal?
- a. harmful
 - b. challenging
 - c. uncontrollable
 - d. threatening
15. Which of the following is *not* a valid criticism of Holmes and Rahe's Social Readjustment Rating Scale?
- a. Some of the items on the list are too specific.
 - b. Individual differences in the experience of events are not taken into account.
 - c. It treats both positive and negative events in a similar fashion.
 - d. It does not assess whether events have been resolved or not.
16. Andrew Baum showed that, compared to controls, people who lived near the damaged Three Mile Island nuclear reactor had:
- a. fewer B cells.
 - b. more NK cells.
 - c. lower cortisol.
 - d. evidence of reactivation of Epstein-Barr virus.

17. Symptoms and signs of Post Traumatic Stress Disorder (PTSD) include all of the following EXCEPT:
- a. numbing of responsiveness.
 - b. sleeplessness.
 - c. heightened memory and concentration.
 - d. flashbacks.
18. Which of the following is secreted by the adrenal cortex?
- a. Norepinephrine
 - b. CRH
 - c. Cortisol
 - d. ACTH
19. 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
- a. the ELS women with depression had lower cortisol concentrations.
 - b. the ELS women without depression had lower cortisol concentrations.
 - c. the ELS women with depression had higher ACTH concentrations.
 - d. the ELS women without depression had higher ACTH concentrations.
20. If a researcher were to take blood from an individual, remove immune cells and place them in a Petri dish, then stimulate them with a mitogen and assess their proliferation, what type of PNI outcome measure would this researcher be using?
- a. In vivo functional measure
 - b. In vitro functional measure
 - c. Enumerative measure
 - d. Disease outcome measure
21. If you are a rhesus monkey that is challenged by a human staring into your face, responding to this challenge with _____ is associated with a better immune response.
- a. affiliative/friendly gestures
 - b. threatening gestures
 - c. withdrawal
 - d. either a) or b)
22. _____ coping might reasonably be employed when a situation is changeable and _____ coping might reasonably be employed when a situation is *not* changeable.
- a. Problem-focused, emotion-focused
 - b. Emotion-focused, problem-focused
 - c. Appraisal, re-appraisal
 - d. Distancing, confrontative coping
23. An individual with a pessimistic explanatory style is more likely to interpret negative events in terms of _____ factors.
- a. external, unstable, specific
 - b. external, stable, global
 - c. internal, unstable, global
 - d. internal, stable, global
24. Hardiness is a personality style that reflects all but which one of the following?
- a. commitment
 - b. control
 - c. challenge
 - d. coping
25. 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.
- a. structural
 - b. functional
 - c. artificial
 - d. enumerative

26. The main effects model of social support is best measured using:
- a. qualitative measures
 - b. structural measures
 - c. functional measures
 - d. measures of coping style
27. Which of the following is true about the increased mortality rates in Eastern Europe, following the fall of communism?
- a. Diet was thought to be responsible for the increased mortality rates.
 - b. Mortality was greatest for young women.
 - c. Coronary heart disease was the major cause of death.
 - d. All of the above are true.
28. 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.
29. Several reasons were given in class for why health habits are generally unrelated to each other. Which of the following is *not* one of those reasons?
- a. Different health habits for a person can be controlled by different factors.
 - b. Different factors can control the same health behavior in different people.
 - c. People are not aware that *all* health behaviors contribute to longer life.
 - d. Factors controlling a health behavior may change over an individual's life.
30. In general, to encourage a good health behavior in a population (e.g., condom use), advertisements should focus on:
- a. reducing perceived threat
 - b. reducing perceived barriers
 - c. reducing number of cues to action
 - d. reducing perceived vulnerability
31. 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.
32. You are an enterprising young person with an MBA and want to create a "quit smoking" campaign to make millions of bucks. You've discovered that rubbing canola oil on earlobes makes people quit. For your advertising, you want to show that a huge percentage of people who are smokers quit using your method. Since you know about the Stages of Change model, you decide that you will only enroll smokers who are in the _____ stage of change, because they will have the greatest likelihood of quitting.
- a. precontemplation stage
 - b. contemplation stage
 - c. preparation stage
 - d. action stage
33. As discussed in class, the neurotransmitter believed to be most directly involved in the pleasurable/rewarding aspects of smoking is:
- a. acetylcholine
 - b. norepinephrine
 - c. epinephrine
 - d. dopamine

34. The exchange of oxygen and carbon dioxide during respiration occurs between the:
- a. bronchi and the capillaries
 - b. alveoli and the capillaries
 - c. alveoli and the arteries
 - d. bronchioles and the alveoli
35. 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.
36. Compared to dependent smokers, tobacco chippers
- a. take fewer puffs per cigarette.
 - b. do not show an increase in blood pressure after smoking a cigarette.
 - c. show as much craving for a cigarette as dependent smokers do after abstaining.
 - d. are less likely to smoke when others around them are not smoking.
37. 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.
38. 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
39. 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
40. In our class, students who scored higher on avoidance coping also
- a. reported more hassles.
 - b. had higher blood pressure in the high stress condition.
 - c. had higher blood pressure in the low stress condition.
 - d. both b) and c).

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

41. Of the body's total lymphocyte numbers, approximately which proportion are present in the circulation?
- a. 2%
 - b. 10%
 - c. 25%
 - d. 90%

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. A _____ is a subjective indication of disease or injury.
43. Name the secondary lymphoid organ where antigen is detected from the blood _____.
44. ' _____ hormones' is the name of a class of anterior pituitary hormones that function to stimulate hormone release from other endocrine glands.
45. In an _____ culture, people see themselves as autonomous individuals and actively distinguish themselves from others.
46. When people look for reasons that support their preferred outcome (like continuing to smoke), they are said to be engaging in _____.

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: _____