

**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. All of the following were among the 7 habits associated with the best health, that were identified by the Alameda County study, except which one?
  - a. sleeping 7-8 hrs. per night
  - b. getting regular exercise
  - c. eating at multiple times throughout the day, instead of having three major meals.
  - d. being no more than 10% overweight, if you are a woman.
  
2. In the Health Beliefs model, there are so-called “moderating variables” that affect perceived threat. Which of the following is a moderating variable?
  - a. perceived severity
  - b. perceived vulnerability
  - c. cues to action
  - d. race
  
3. If you wanted to use the results of the Bakker study (this was the study in Amsterdam that looked at predictors of likelihood of using condoms for old and young men) to design an intervention to encourage YOUNG men to use condoms, which components of the Health Beliefs model would you try to enhance in your advertising?
  - a. perceived severity
  - b. perceived vulnerability
  - c. perceived benefits
  - d. perceived barriers
  
4. A weakness of the theory of planned behavior is that
  - a. it does not take into account self-efficacy
  - b. it is not very good at predicting behavior for people high in education
  - c. it does not include social norms in the model
  - d. there is not always a clear link between intentions and behavior
  
5. Smokers in which “stage of change” would be more likely to endorse the following statement: “Smoking really calms me down”.
  - 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. unrealistic optimism
  - c. subjective norms
  - d. perceived severity

7. According to the most recent prevalence figures, there is a gender difference in smoking where \_\_\_\_\_ smoke more than \_\_\_\_\_. There is also an ethnicity difference in smoking where \_\_\_\_\_ smoke more than \_\_\_\_\_.
- a. men, women, blacks, whites  
c. women, men, blacks, whites
- b. men, women, whites, blacks  
d. women, men, whites, blacks
8. Nicotine
- a. increases attention.  
b. increases activity level of neurons that use acetylcholine as a neurotransmitter.  
c. dilates (widens) the terminal bronchioles in lungs.  
d. all of the above.
9. In your respiratory system, what do cilia do?
- a. move mucus up to your mouth cavity.  
b. trap smoke particles so they can be destroyed by macrophages.  
c. release the cytokine IL-1 (interleukin-1).  
d. both a) and b).
10. 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.
11. 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  
c. after 10 years of abstinence
- b. after 3 years of abstinence  
d. never
12. Klonoff and Landrine's study of smoking and acculturation in African-Americans (high acculturation vs. low acculturation) found that when SES (socioeconomic status) was controlled for:
- a. African-Americans high in acculturation had lower rates of smoking, which was similar to the smoking rates of White Americans.  
b. African-Americans high in acculturation had lower rates of smoking, which was still higher than the smoking rates of White Americans.  
c. African-Americans high in acculturation had higher rates of smoking, which was similar to the smoking rates of White Americans.  
d. African-Americans high in acculturation had higher rates of smoking, which was higher than the smoking rates of White Americans.
13. Compared to dependent smokers, tobacco chippers
- a. are less likely to inhale.  
b. have a longer 'interpuff interval'.  
c. show less mood disturbance after an overnight abstinence.  
d. both b) and c).

14. Which statement below is \*not\* true about the worldwide AIDS epidemic?
- AIDS occurs mostly in developing countries.
  - More women than men are infected with HIV outside of the US and Western Europe.
  - HIV is transmitted primarily through heterosexual intercourse.
  - AIDS has resulted in millions of orphaned children.
15. Why is it difficult to determine, using the usual HIV antibody test, if a baby born to an HIV infected mother is itself infected with HIV?
- Newborns have no antibody because their immune systems are too immature at birth.
  - Their HIV antibody could be maternal in origin.
  - It is in fact very easy to determine whether a newborn baby is HIV infected using this test.
  - The Food and Drug administration has not validated these tests for use with newborns.
16. Which of the following stages of viral replication does NOT have an HIV drug associated with it?
- Entry
  - Integration
  - Translation
  - Assembly
17. 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.
- 10,000,000
  - 5,000,000
  - 1,000,000
  - 0
18. 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.
19. 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, that 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.
20. Which of the following is true about students' coping responses to the scenario on the questionnaire about having a fight with a boy/girlfriend?
- Women had higher support seeking scores than did men in the class.
  - Students' most common coping style was avoidance.
  - Students with higher avoidance scores had higher blood pressure in response to stress.
  - Students with higher support seeking scores reported fewer hassles.

21. Results from the questionnaires filled out in class show that high stress is related to increased blood pressure and heart rate. This means that:
- if we choose any one individual from the class, they will show higher BP and HR in the high stress condition.
  - in general, students show higher BP and HR in high stress conditions
  - students do not have effective coping styles for dealing with stress
  - all of the above
22. Brushing your teeth to prevent the development of gum disease is an example of which of the following?
- primary prevention
  - secondary prevention
  - tertiary prevention
  - health locus of control
23. According to your text, which of the following is the 'window of vulnerability' for drug use?
- grade school
  - junior high
  - high school
  - college
24. Which of the following types of advertisements is most likely to lead to people changing their health habits?
- long, detailed description of the benefits and risks of changing health behaviors
  - messages that cause a lot of fear and arousal about potential negative outcomes
  - messages delivered by well known and respected individuals
  - all of the above are equally good ways to increase the likelihood of behavior change
25. \_\_\_\_\_ describes a situation where an individual forms a formal agreement with another person (ex. a therapist) detailing the rewards and punishments that would occur with performance or non-performance of the desired behavior.
- contingency contracting
  - covert self-control
  - self-reinforcement
  - behavioral assignments
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 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. Your text indicates that aerobic exercise involves \_\_\_\_\_ activities.
- low-intensity, long-duration
  - low-intensity, short-duration
  - high-intensity, long-duration
  - high-intensity, short-duration
29. How many minutes per day of moderate intensity exercise are required to decrease the risk of chronic disease (ex. heart disease)?
- 20
  - 30
  - 45
  - 60



Please be sure your name is on this page!!

Name: \_\_\_\_\_

39. 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.
40. Which of the following types of social support is the most important in buffering the stress associated with AIDS related symptoms?
- a. emotional
  - b. instrumental
  - c. practical
  - d. informational

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

41. What percentage of infants born to HIV+ mothers will be born HIV+?
- a. 100%
  - b. 75-90%
  - c. 0-5%
  - d. 15-30%

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

42. \_\_\_\_\_ is an obsessive disorder that leads to a body weight grossly below optimal level, accomplished by excessive dieting and exercise.
43. \_\_\_\_\_ is the alternation of an alcoholic with a nonalcoholic beverage to reduce the total volume of alcohol consumed.
44. As discussed in class, the brain region believe to be involved in the pleasurable/rewarding aspects of smoking is \_\_\_\_\_.
45. Carbon monoxide in cigarette smoke has negative health consequences mostly because it binds to \_\_\_\_\_ in red blood cells about 250 times more tightly than does oxygen.
46. The enzyme that is responsible for converting the RNA genome of HIV into DNA is \_\_\_\_\_.

**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: \_\_\_\_\_