

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. What does the World Health Organization's definition of health include that other (older, biomedical) definitions *do not*?
 - a. The idea that health is the opposite of sickness/illness.
 - b. A focus on the genetic origin of disease.
 - c. The idea that health includes mental and social well being.
 - d. The idea that sickness may not always involve "suffering".

2. Mortality in 2001 was mostly due to which of the following?
 - a. pathogens
 - b. chronic diseases
 - c. infectious diseases
 - d. acute diseases

3. Which discipline is most closely linked with the behaviorist perspective in psychology?
 - a. health psychology
 - b. psychosomatic medicine
 - c. medical sociology
 - d. behavioral medicine

4. Which of the following is NOT true of thalassemia?
 - a. it can be caused by a frameshift mutation.
 - b. its more severe forms can involve frequent transfusions.
 - c. it can be caused by a nonsense mutation.
 - d. it is caused by a buildup of iron in the blood.

5. In comparison to DNA, messenger RNA:
 - a. is longer
 - b. uses the sugar deoxyribose
 - c. uses uracil instead of thymine
 - d. is double-stranded

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

7. Which of the following is true of specific immunity?
 - a. A specific immune response does not distinguish one antigen from another.
 - b. It produces a rapid response the first time cells come in contact with a specific antigen.
 - c. Complement is involved in this type of immunity.
 - d. This type of immunity is the reason why we receive vaccinations.

8. T cells mature in the _____ and B cells mature in the _____.
 - a. thyroid; lymph nodes
 - b. thymus; bone marrow
 - c. thyroid; lymph nodes
 - d. lymph nodes; bone marrow

9. According to the World Health Organization, what was the approximate number of deaths from measles in the developing world in 1999?
- a. 9000 b. 90,000 c. 900,000 d. 9,000,000
10. A study was described in class on surgical procedures for relieving angina. People in one group had their internal mammary arteries tied off (ligated), while people in the other group had a sham surgery. This study revealed that
- a. immediately after surgery, only half of the people in the sham surgery group showed improvement.
b. the surgery acted as a placebo.
c. more people in the sham surgery group actually did better one year later compared to those in the ligation group.
d. the majority of people in *both* groups had their pain relieved successfully with a placebo.
11. You are invited by a friend to go bungee-jumping, but you refuse the invitation because you have never done this before and are afraid that you might get killed if you clunk your head on the rocks below the bridge. Based upon the discussion in class, what type of appraisal have you probably made?
- a. threat b. harm c. neutral d. challenge
12. “What can I do about this event”? Asking this question involves
- a. primary appraisal b. secondary appraisal c. reappraisal d. feedback appraisal
13. Which of the following was a result from Andrew Baum’s research comparing residents living near Three Mile Island nuclear reactor and other individuals living elsewhere?
- a. TMI residents had higher blood pressure.
b. TMI residents had levels of stress hormones that were not different from controls’ levels.
c. TMI residents had higher numbers of NK cells in blood.
d. TMI residents had higher levels of perceived social support.
14. Which of the following is true of tropic hormones?
- a. They stimulate release of other hormones by the pituitary.
b. They are secreted by the pituitary.
c. Cortisol is one of them.
d. They are secreted by the amygdala.
15. Cortisol is
- a. a steroid that affects gene transcription b. an activator protein
c. a repressor protein d. all of the above
16. As discussed in class, all of the following, EXCEPT which one, are ways that the nervous system can communicate with the immune system:
- a. cytokines produced in the brain leak into the circulation and affect lymphocyte function.
b. sympathetic nerves innervate lymph nodes.
c. activation of the nervous system can cause release of hormones that affect immune cells.
d. choose d; all of these were discussed in class.

17. Which of the following was a result of the studies performed by Heim, looking at HPA functioning in women with early life stress and/or depression?
- Women with ELS (regardless of whether they had depression) had lower ACTH concentrations in response to a stressor, compared to controls.
 - Women with ELS (regardless of whether they had depression) had lower cortisol concentrations in response to a stressor, compared to controls.
 - Women with ELS and no current depression had high ACTH but normal cortisol concentrations in response to a stressor.
 - Women with ELS and current depression had normal ACTH but high cortisol concentrations in response to a stressor.
18. What is the major disadvantage of enumerative measures of immunity?
- they are difficult to obtain.
 - it is unclear just what these measures mean.
 - results can vary depending on which mitogen you use.
 - results can vary depending on which antigen you use.
19. What did Capitanio find in studying immunity and rhesus monkeys' responses to challenge?
- Monkeys exhibiting more lipsmacks had less proliferation.
 - Monkeys exhibiting more threatening response had less proliferation.
 - Monkeys exhibiting more lipsmacks had higher levels of antibody.
 - Monkeys exhibiting more threatening response had higher levels of antibody.
20. A high antibody response to a latent herpesvirus is ___ because ___.
- good; the antibody keeps a cold sore from forming
 - good; it shows your cellular immune response if functioning properly
 - bad; it indicates the virus is reexpressing itself
 - bad; Epstein Barr syndrome will develop
21. Emotion-focused coping would be most effective in helping you cope with the worry and stress due to
- having two final exams scheduled for the same day.
 - waiting to hear if your application to graduate school has been accepted.
 - receiving a notice that the IRS is going to audit your taxes next week.
 - the inconvenience of having your car in the repair shop for a week.
22. Hardy individuals are
- more likely to use active coping strategies.
 - more likely to use avoidant coping strategies.
 - less likely to enlist social support.
 - are probably no different from non-hardy individuals in their appraisals of stressful events.
23. 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

24. The stress-buffering model
- a. says that social support helps all the time, not just during stressful events.
 - b. is supported mainly by structural measures of social support.
 - c. is supported mainly by functional measures of social support.
 - d. is supported by evidence that married men live longer than single men.
25. Which of the following is true about the increased mortality rates in Eastern Europe, following the fall of communism?
- a. Alcoholism was thought to be responsible for the increased mortality rates.
 - b. Mortality was greatest for young women.
 - c. Cancer was the major cause of death.
 - d. None of the above is true.
26. In general, health habits are established:
- a. by the age of 6 years.
 - b. by the age of 11 years.
 - c. by the age of 18 years.
 - d. in early adulthood.
27. Which of the following was a result of the Alameda County study?
- a. Alcohol consumption was unrelated to health outcomes.
 - b. Eating breakfast was important for women much more than for men.
 - c. Health behaviors are not stable over time.
 - d. Better health was associated with being no more than 10% overweight for women.
28. A smoker may want to quit, but she is fearful of the likely withdrawal symptoms and weight gain. In the Health Beliefs model, her fears are referred to as
- a. perceived benefits.
 - b. perceived barriers.
 - c. a lack of self-esteem.
 - d. cues to action.
29. 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
30. In the DiClemente study of smoking cessation, individuals in which 'Stage of Change' were most successful in quitting at the 6-month follow-up?
- a. precontemplation
 - b. contemplation
 - c. preparation
 - d. relapse
31. What is meant by 'unrealistic optimism' that many people have about health?
- a. Because of the availability of emergency room services, if they get sick, there will be able to get treated, even if they don't have health insurance.
 - b. Illness or sickness is not likely to happen to them, but rather happens to "other people".
 - c. The medical community will find a cure for most diseases before they get sick.
 - d. Sickness can be prevented by having an optimistic outlook on life.

32. 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
33. A recent study described in class compared the amount of DNA damage in healthy lung tissue in a variety of groups. Current smokers had the highest rates of DNA alterations, and non smokers had the lowest. Among the FORMER smokers in this study, which group had the highest rate of DNA alterations?
- 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.
34. Shiffman (1989) conducted a study comparing dependent smokers to chippers. Results showed that the two were similar on all of the following EXCEPT:
- number of years smoked
 - interpuff interval
 - sensation-seeking
 - mood disturbance after abstinence
35. Which statement below is true of the US AIDS epidemic?
- AIDS occurs among minorities at rates consistent with their numbers in the general population.
 - More men than women are infected with HIV in the US.
 - HIV is now transmitted primarily through heterosexual intercourse for both men and women.
 - Among women, AIDS is transmitted primarily through their injecting drug use.
36. The enzyme responsible for splicing HIV's DNA into the host cell's DNA is
- reverse transcriptase.
 - integrase.
 - protease.
 - nuclease.
37. 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
 - received an HIV vaccine early in life that induced a primary immune response
 - had mutations in their chemokine receptors that prevented infection
38. 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.

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Name: _____

39. Research on Americans' attitudes toward people with AIDS suggests that views since 1991 have changed so that in 1999, more people believed:
- a. individuals with AIDS should be isolated from non-infected individuals
 - b. individuals with AIDS got what they deserved in getting infected with the virus
 - c. that people with AIDS don't care if they infect others
 - d. all of the above
40. Among students in our class, which of the following was true about the "Alameda" index?
- a. there were no students who had the highest score, 7.
 - b. there were no students who had the lowest score, 1.
 - c. the percentage of students in the various categories was very similar to those reported in the original Alameda County study.
 - d. both a) and b) were true.

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

41. Cigarette smoke is made up of approximately how many different substances?
- a. 60
 - b. 400
 - c. 4,000
 - d. 8,000

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

42. A _____ is an objective indication that the body is not operating properly.
43. What is the type of immune cell that provides the first immune response when your body encounters a virus for the first time? _____
44. The _____ nervous system is composed of the sympathetic and parasympathetic nervous systems.
45. The _____ component of pessimistic explanatory style is most associated with "catastrophizing", and has been shown to be related to earlier mortality in men.
46. As discussed in class, the neurotransmitter that is most directly involved in the pleasurable/rewarding aspects of smoking is _____.

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: _____