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HIGHLIGHTED HANDOUT

PSY408

Health Psychology

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Psy408-Health Psychology.

Objective Questions »TOP Health Psychology MCQs and Answers By

Pin 🍷.

Health Psychology Multiple Choice Questions

1. Health compromising behavior

A. good to health

B. harmful to health

C. mediate health

D. none of these

Answer: B. harmful to health

2. Health compromising behaviors are commonly seen in people from

A. high class

B. middle class

C. low class

D. none of these

Answer: C. low class

3. Alcohol consumption has been linked to

A. liver cirrhosis

B. high blood pressure

C. stroke

D. all of the above

Answer: D. all of the above

4. A strong need or urge to drink is

A. craving

B. loss of control

C. dependence

D. tolerance

Answer: A. craving

5. The need to drink greater amounts of alcohol to feel the same effect is;

A. dependence

B. craving

C. loss of control

D. tolerance

Answer: D. tolerance

6. Not being able to stop drinking once drinking has begun is;

A. craving

B. loss of control

C. dependence

D. tolerance

Answer: B. loss of control

7. Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking is;

A. dependence

B. craving

C. loss of control

D. tolerance

Answer: A. dependence

8. Wheezing is caused by;

A. alcohol

B. smoking

C. drug use

D. all of the above

Answer: B. smoking

9. Enjoyment of sexual relation without exploitation, oppression or abuse

A. healthy sex

B. forced sex

C. unhealthy sex

D. none of these

Answer: A. healthy sex

10. sexually arousing fantasies, sexual urges or behaviors involving the exposure of your genitals to an unsuspecting stranger

A. frotteurism

B. pedophilia

C. exhibitionism

D. fetishism

Answer: C. exhibitionism

11. sexually arousing fantasies, sexual urges or behaviors involving the use of objects of some kind, such as women's underwear

A. voyeurism

B. pedophilia

C. exhibitionism

D. fetishism

Answer: D. fetishism

12. sexual urges or behaviors involving touching and rubbing against a nonconsenting person

A. frotteurism

B. pedophilia

C. exhibitionism

D. fetishism

Answer: A. frotteurism

13. wishing we had something that another person has known as

A. healthy

B. jealousy

C. envy

D. trust

Answer: C. envy

14. Endless stream of unspoken thoughts that run through your head

A. asanas

B. self-talk

C. positive thinking

D. meditation

Answer: B. self-talk

15. Approach unpleasantness in a more positive and productive way is

A. self-talk

B. narcissism

C. positive thinking

D. none of these

Answer: C. positive thinking

16. What was designed as a path to spiritual enlightenment?

A. exercise

B. yoga

C. meditation

D. asanas

Answer: B. yoga

17. A network of family, friends, neighbors, and community members that is available in times of need to give psychological, physical, and financial help

A. social support

B. family support

C. friend support

D. emotional support

Answer: A. social support

18. Benefit of social support network

A. sense of belonging

B. increased sense of worth

C. feeling of security

D. all of these

Answer: D. all of these

19. An example for a community for people with specific illness where they could share their issues and get clarified with treatment

A. migraine.com

B. cancercure.com

C. heaalthyheart.com

D. strongmind.com

Answer: C. heaalthyheart.com

20. Best way to find a good listener

A. be a good observer

B. be a good listener yourself

C. be a good speaker

D. be a good friend

Answer: B. be a good listener yourself

21. Example of skillful communication

A. attentive listening skills

B. empathy

C. both (a) and (b)

D. none of these

Answer: C. both (a) and (b)

22. Goals of current doctor-patient communication?

A. creating a good interpersonal relationship

B. facilitating exchange of information,

C. including patients in decision making

D. all of these

Answer: D. all of these

23. Which one given below is the central clinical function?

A. effective doctor-patient communication

B. effective doctor-bystander communication

C. effective nurse-patient communication

D. effective patient-bystander communication

Answer: A. effective doctor-patient communication

24. Which one is the most powerful ways of providing support to patient?

A. sympathy

B. empathy

C. helping

D. listening

Answer: B. empathy

25. A reciprocal and dynamic relationship, involving the two way exchange of information

A. collaborative communication

B. doctor centered communication

C. patient centered communication

D. grapevine communication

Answer: A. collaborative communication

26. Any event or circumstance that strains or exceeds an individual ability to deal with a problem

A. stress

B. stressor

C. coping

D. tension

Answer: A. stress

27. Situations and pressure that cause stress are known as?

A. stressor

B. trauma

C. tension

D. anxiety

Answer: A. stressor

28. Coping mechanism involved when a person use alternative activities to takeone's mind off a problem by day dreaming and escaping through sleep?

A. behavioral disengagement

B. mental disengagement

C. restraint coping

D. none of these

Answer: B. mental disengagement

29. An example of dysfunctional coping?

A. denial

B. behavioral disengagement

C. resistant coping

D. alcohol disengagement

Answer: B. behavioral disengagement

30. Which type of coping mechanism is involved when person use the method of holding on doing things till the right time approach?

A. active coping

B. resistant coping

C. restraint coping

D. planning

Answer: C. restraint coping

31. Doing something constructive to solve the problem

A. emotion focused coping

B. problem focused coping

C. avoidant coping

D. all of these

Answer: B. problem focused coping

32.is a problem focused coping method?

A. denial

B. venting emotions

C. acceptance

D. turning to religion

Answer: C. acceptance

33.is an emotion focused coping method?

A. planning

B. active coping

C. social support for emotional reason

D. social support for instrumental reason.

Answer: C. social support for emotional reason

34. Which one is an example of internal cause of stress?

A. major life changes

B. worry

C. relationship difficulties

D. financial problems

Answer: B. worry

35. An example of physical signs of stress?

A. difficulty in sleeping

B. poor memory

C. anger

D. impulsive actions

Answer: A. difficulty in sleeping

36. An example of behavioral signs of stress?

A. frequent mood swings,

B. compulsive eating

C. crying

D. nervousness and sadness

Answer: B. compulsive eating

37. Which one is external causes of stress

A. pessimism,

B. unrealistic expectations,

C. perfectionism,

D. financial problems

Answer: D. financial problems

38. coping response, in that a person who accepts the reality of a stressful situation is known as

A. active coping,

B. restraint coping,

C. acceptance,

D. planning,

Answer: C. acceptance,

39. Which of these is not a definition of health?

A. Health as not ill

B. Health despite disease

C. Health means not seeing a doctor

D. Health as vitality

Answer: C. Health means not seeing a doctor

40. Which of these things is health psychology concerned with?

A. What causes illness?

B. Who is responsible for illness?

C. How should illness be treated?

D. All of the above

Answer: D. All of the above

41. Which of these is not an example of a health behaviour?

A. Smoking

B. Taking regular exercise

C. Eating healthy food

D. Going to the gym

Answer: A. Smoking

42. a health care professional.46. Which of the following guidelines must be adhered to in treating a child suffering from chronic illness?

A. The child must not be exposed to isolating and terrifying procedures to treat their condition.

B. Encouraging the child to believe that the chronic illness is a punishment for bad behavior.

C. Making the child's family participation in the illness and treatment process mandatory.

D. The child must not be informed about the illness as it may lead to distress.

Answer: B. Encouraging the child to believe that the chronic illness is a punishment for bad behavior.

43. Which of these is not an element of the Health Belief Model?

A. Threat

B. Expectations

C. Cure

D. Socio-demographic factors

Answer: C. Cure

44. Which of these is a stage in the Stages of Change Model?

A. Study

B. Contemplation

C. Deliberation

D. Meditation

Answer: B. Contemplation

45. What does the term 'mortality' refer to?

A. Death

B. Illness

C. Health

D. Morbidity

Answer: A. Death

46. Which law relates to a person's right to choose whether they want treatment or not?

A. The Misuse of Drugs Act 1971

B. The Health and Safety at Work e.t.c. Act 1974

C. The Mental Capacity Act 2005

D. The Medicines Act 1968

Answer: C. The Mental Capacity Act 2005

47. Why is it important to pharmacists that research is carried out in a rigorous way?

A. So that they know that the research was done properly

B. To increase the income for the pharmacy

C. To get more people to take medicines

D. To get doctors to prescribe more medicines

Answer: A. So that they know that the research was done properly

48. Which of these is not a reason why a knowledge of behavioural and social sciences is important to pharmacists?

A. It can help us to understand patients better

B. It can improve adherence to medication

C. It can help to build a concordant relationship with patients

D. Knowing what people are thinking is more important than knowledge of medicines

Answer: D. Knowing what people are thinking is more important than knowledge of medicines

49. _____ is a physical response

A. Habit

B. Emotions

C. Feelings

D. Thinking

Answer: A. Habit

50. _____ is a stimulus which arise from within the body

A. Emotions

B. Sight

C. Smell

D. Touch

Answer: A. Emotions

51. _____ is the seat of primary emotions

A. Thalamus

B. Adrenal gland

C. Thyroid gland

D. None of these

Answer: A. Thalamus

52. _____ is a term used synonymously with the term 'need'

A. Urge

B. Desire

C. Want

D. All

Answer: D. All

53. _____ is a basic emotion of man

A. Anger

B. Fear

C. Love

D. All

Answer: D. All

54. The first one year of life is called _____

A. Pre-school age

B. Infancy

C. School age

Answer: B. Infancy

55. I.Q is related with

A. Intelligence

B. Emotion

C. Folkways

D. Mathematics

Answer: A. Intelligence

56. Important source of Social support for an individual is from...

A. Family

B. Community

C. School

D. None of these

Answer: A. Family

57. The correct order of Hans Seyle's General Adaptation Syndrome are

A. Alarm, resistance, exhaustion

B. Resistance, alarm, exhaustion

C. Exhaustion, alarm, resistance

D. Alarm, exhaustion, resistance

Answer: A. Alarm, resistance, exhaustion

58. _____ personalities are at a greater risk for coronary heart disease. Discuss

A. Type D

B. Type B

C. Type C

D. Type A

Answer: D. Type A

59. Which professionals did Jones et al. (2003) find to have a particularly high prevalence of stress?

- A. Nurses and teachers
- B. Nurses and police officers
- C. Police officers and teachers
- D. Doctors and nurses

Answer: A. Nurses and teachers

60. Stress management training is based on a _____ theory of stress.

- A. cognitive
- B. behavioural
- C. psychodynamic
- D. cognitive behavioural

Answer: D. cognitive behavioural

61. The goals of stress management training are to:

- A. identify and change cognitive distortions.
- B. reduce high levels of muscular tension.
- C. identify and reduce triggers using problem-solving strategies.
- D. All of the the above

Answer: D. All of the the above

62. Cognitive restructuring involves identifying and challenging the accuracy of stressenduring thoughts. Therapists often use the Socratic Method (Beck, 1976) which is also known as:

A. guided tour.

B. escorted tour.

C. guided discovery.

D. escorted discovery.

Answer: C. guided discovery.

63. Meichenbaum (1985) suggested that some cognitive therapy could be combined with behavioural interventions. What did he call his approach?

A. Stress inoculation therapy

B. Cognitive behavioural therapy

C. Stress immunisation therapy

D. None of the above

Answer: C. Stress immunisation therapy

64. Well's (2000) approach to managing emotional distress is known as the:

A. self-Regulatory Executive Function model.

B. self-regulation model.

C. stress inhibition model.

D. stress-regulation model.

Answer: A. self-Regulatory Executive Function model.

65. What are the goals of meta-cognitive therapy (Wells 2000)?

A. Increasing flexibility in response to stressful situations

B. Encouraging engagement in feared situations

C. Using mindfulness to help cope with difficult thoughts or emotions

D. All of the above

Answer: D. All of the above

66. Cognitive restructuring involves:

A. identifying self-talk that is contributing to stress, and challenging it.

B. preparing positive self-talk to say to oneself at times of stress.

C. interrupting the flow of stressogenic self-talk with more positive talk.

D. distraction away from stressogenic thoughts.

Answer: A. identifying self-talk that is contributing to stress, and challenging it.

67. Frequent challenges to stressful assumptions that can be used in guided discovery are:

A. Are there any other ways I can think about this situation?

B. What evidence is there that supports or denies my assumption?

C. Could I be making a mistake in the way I am thinking?

D. All of the above

Answer: D. All of the above

68. When is relaxation best used?

A. Immediately following times of significant stress

B. At times of great stress

C. At times of both low and high stress

D. As part of a meditation routine

Answer: C. At times of both low and high stress

69. What are the key goals of ACT?

A. Cognitive defusion

B. Acceptance

C. Contact with the present moment

D. All of the above

Answer: D. All of the above

70. Interventions designed to reduce stress in children having surgery include:

A. verbal information about any relevant issues.

B. playing with the equipment they will see during their operation prior to the operation.

C. a trip to the operating department.

D. All of the above

Answer: D. All of the above

71. The psychological goal of most information based interventions designed to reduce the stress associated with operations is:

A. to minimise physiological arousal.

B. to increase perceptions of control.

C. to allow people to forget about things they cannot control.

D. to help people distract from worrying thoughts.

Answer: B. to increase perceptions of control.

72. What is the ideal environment for starting to learn relaxation?

A. Listening to instructions on headphones to avoid distraction

B. In a group context using biofeedback

C. At home listening to deep music and taped instructions

D. Led by a trained practitioner in a quiet room and comfortable chair

Answer: D. Led by a trained practitioner in a quiet room and comfortable chair

73. Which of the following is the “silent killer” because it usually has no symptoms?

A. hemophilia

B. stroke

C. high cholesterol

D. high blood pressure

Answer: D. high blood pressure

74. Why is atherosclerosis especially dangerous when found in the coronary arteries?

A. It can cause a heart attack.

B. It can restrict blood flow to the heart muscle.

C. It can lead to coronary artery disease.

D. All of the above options are correct.

Answer: D. All of the above options are correct.

75. Which of the following is associated with atherosclerosis?

A. high cholesterol diet

B. increased exercise

C. low-salt diets

D. including fruit and vegetables in every meal

Answer: A. high cholesterol diet

76. Which of the following is NOT a risk factor for cardiovascular disease?

A. stress

B. consumption of aspirin

C. obesity

D. cigarette smoking

Answer: B. consumption of aspirin

77. Which of the following changes in lifestyle are recommended to treat or prevent hypertension?

A. control weight

B. limit dietary salt intake

C. exercise regularly

D. All of the above lifestyle changes are recommended to treat or prevent hypertension.

Answer: D. All of the above lifestyle changes are recommended to treat or prevent hypertension.

78. The symptoms of heart failure include _____.

A. shortness of breath

B. fatigue

C. fluid accumulation

D. All of the above are symptoms of heart failure.

Answer: D. All of the above are symptoms of heart failure.

79. As a health psychologist, it is important to understand immediate responses to achronic disease diagnosis because:

A. the way a patient responds will dictate future treatment outcomes.

B. it is best to wait for treatment interventions until after the patient has adjusted to the chronic aspect of the diagnosis.

C. a patient's coping efforts may fail and lead to an increasingly negative attitude and worsening health.

D. patients need to be left alone until they indicate a willingness to accept their diagnosis.

Answer: C. a patient's coping efforts may fail and lead to an increasingly negative attitude and worsening health.

80. Which of the following is crucial when informational, helpful, and emotional supports are needed for chronically ill patients?

A. Achieving self

B. Social self

C. Physical self

D. Private self

Answer: B. Social self

81. A chronically ill patient talks to others to find out more about the illness situation and discuss issues associated with it. Which of the following coping strategies has the patient used here?

A. Distancing

B. Cognitive escape

C. Behavioral escape

D. Social support

Answer: D. Social support

82. The _____ plan and direct educational, vocational, and recreational activities to help patients become more self-sufficient.

A. occupational therapists

B. physical therapists

C. dietitians

D. social workers

Answer: A. occupational therapists

83. Which of the following is a positive example of family support to a chronically ill patient?

A. Sending a chronically ill family member to a nursing home

B. Driving a chronically ill patient to and from medical appointments

C. Encouraging a stroke patient to engage in self-care

D. Encouraging a chronically ill patient to be relentlessly cheerful

Answer: B. Driving a chronically ill patient to and from medical appointments

84. One of the most significant drawbacks to support groups is that:

A. they have not been researched extensively.

B. most of the people who attend are unwilling to make a long-term commitment to participate in these groups.

C. emotional support feels good but does not translate into adherence.

D. they have not been available to all the chronically ill patients

Answer: D. they have not been available to all the chronically ill patients

85. Which theoretical perspective studies illness as 'lived experience'?

A. feminism

B. postmodernism

C. epidemiology

D. symbolic interactionism

Answer: B. postmodernism

86. Which one of these is NOT a type of work involved in chronic illness?

A. cultural work

B. illness work

C. everyday work

D. biographical work

Answer: A. cultural work

87. Which one of the following is stressed by materialist explanations of health inequalities?

A. smoking

B. diet

C. drinking

D. housing

Answer: D. housing

88. According to the World Health Organization, which of these is NOT a main cause of chronic disease and long-term impairments in developing countries?

A. poor education

B. poor diet

C. poor sanitation

D. poor housing

Answer: A. poor education

89. Which of the following is NOT a public health measure?

A. improving water supplies

B. monitoring food processing

C. taking exercise

D. regulating burial

Answer: C. taking exercise

90. Health psychology is linked to

A. The behavioral sciences

B. Clinical psychology

C. Behavioral medicine

D. All of the above

Answer: D. All of the above

91. Currently the major cause of illness is

A. Behavior or lifestyle

B. Genetic or family background

C. Care taken during childhood

D. Work environments

Answer: A. Behavior or lifestyle

92. : The biopsychosocial model of health

A. allows a systems interpretation of factors affecting illness and injury

B. separates the mind from the body

C. is more complex than the biomedical model

D. A and C are correct

Answer: D. A and C are correct

93. Feelings such as sadness, despair and anxiety are indicators of

A. Mental illness

B. Physical health

C. Sociocultural health

D. Psychological health

Answer: D. Psychological health

94. The definition of illness includes

A. Mental illness

B. Pregnancy

C. Physical disability

D. All of the above

Answer: A. Mental illness

95. Health is best defined as

A. The absence of illness or pain

B. A body condition with no current physical disease or injury

C. A positive state of mental, social, and physical well being

D. A body condition with no risk of physical illness

Answer: C. A positive state of mental, social, and physical well being

Regard:-Pin 🙌

EASY STUDY EASY SOLUTION



Pin 🙌 And Muhammad