

**Chapter 2 Promoting and Preserving Your Psychological Health**

1) The term psychological health encompasses which of the following four dimensions of health?

- A) mental, physical, social, and environmental
- B) mental, emotional, physical, and environmental
- C) mental, physical, environmental, and spiritual
- D) mental, emotional, social, and spiritual

Answer: D

Diff: 1 Page Ref: 31

Skill: Remembering

2) Psychologically healthy people generally

- A) feel good about others, not themselves.
- B) value money.
- C) control anxiety.
- D) maintain a pessimistic outlook.

Answer: C

Diff: 2 Page Ref: 31

Skill: Understanding

3) According to Maslow's *hierarchy of needs* theory

- A) the five levels of need are independent of each other.
- B) an individual's basic survival needs must be met before they can truly be healthy.
- C) an individual's basic survival needs are unimportant to psychological health.
- D) an individual's most basic needs are social needs.

Answer: B

Diff: 2 Page Ref: 32

Skill: Understanding

4) Lana is entering college in the fall. For the first time in her life, she will be living away from home and be responsible for managing her own schedule and finances. If Lana is psychosocially healthy, she will likely react to this situation by

- A) feeling overwhelmed.
- B) becoming more independent.
- C) having uncontrolled anxiety.
- D) seeking social acceptance.

Answer: B

Diff: 2 Page Ref: 32

Skill: Applying

5) Which of the following health dimensions includes your values, attitudes, and beliefs?

- A) mental health
- B) emotional health
- C) social health
- D) spiritual health

Answer: A

Diff: 2 Page Ref: 32

Skill: Understanding

6) Intensified feelings or complex patterns of reactions that we experience on a regular basis is/are called

- A) conscience.
- B) emotions.
- C) objectivities.
- D) actualizations.

Answer: B

Diff: 1 Page Ref: 32

Skill: Remembering

7) Social isolation can be a result of all of the following EXCEPT

- A) inappropriate communications or actions.
- B) emotionally charged responses.
- C) appropriate emotional responses.
- D) emotional turmoil.

Answer: C

Diff: 1 Page Ref: 33

Skill: Understanding

8) Self-actualization can best be described as

- A) realizing you are in a safe place.
- B) self-respect and accomplishment.
- C) creativity, spirituality, and fulfillment of potential.
- D) acceptance.

Answer: C

Diff: 1 Page Ref: 32

Skill: Understanding

9) Social health

- A) includes the ability to develop social bonds.
- B) means you have a lot of friends but never need to call on them for assistance.
- C) is not necessary for achieving and maintaining physical health.
- D) does not affect our interactions with people outside of our social network.

Answer: A

Diff: 2 Page Ref: 33

Skill: Understanding

10) According to the text, which one of the keys to health and wellness embodies the ability to believe in some force that gives meaning to life and a unifying sense of belonging?

- A) Western religion
- B) Eastern religion
- C) subjective well-being
- D) spirituality

Answer: D

Diff: 1 Page Ref: 34

Skill: Remembering

11) Which of the following is NOT an example of spiritual health?

- A) organized religion
- B) love of nature
- C) love of material possessions
- D) sense of connection to others

Answer: C

Diff: 2 Page Ref: 34

Skill: Understanding

12) Which of the following statements most accurately describes the role of families in the development of psychosocial health?

- A) Family life does not influence psychosocial health.
- B) Children of dysfunctional families cannot develop psychosocial health.
- C) Children raised in a nurturing environment are assured psychosocial health as adults.
- D) A nurturing family will foster the development of psychosocial health but is not required.

Answer: D

Diff: 2 Page Ref: 35

Skill: Understanding

13) A family in which there is violence; physical, emotional, or sexual abuse; parental discord; or other negative interactions

- A) may psychologically damage family members.
- B) helps children develop independence.
- C) teaches sound coping skills.
- D) accelerates development of self-worth.

Answer: A

Diff: 2 Page Ref: 35

Skill: Understanding

14) All of the following influence the development of your personality EXCEPT

- A) heredity.
- B) maturity.
- C) culture.
- D) experience.

Answer: B

Diff: 2 Page Ref: 36

Skill: Understanding

15) Jaxon wants to get in better shape and lose 10 lbs. His belief about whether he can successfully develop and maintain a fitness program is directly related to his level of

- A) self-satisfaction.
- B) self-mastery.
- C) self-development.
- D) self-efficacy.

Answer: D

Diff: 1 Page Ref: 36

Skill: Applying

16) Responding to life's challenges and frustrations with resiliency is a sign of

- A) socioeconomic stability.
- B) psychological health.
- C) emotional adaptation.
- D) environmental security.

Answer: B

Diff: 2 Page Ref: 31

Skill: Understanding

17) After a failed marriage, loss of a job, a chronic illness, and bankruptcy, Nathan's demeanor has developed into a pattern known as

- A) learned helplessness.
- B) negative expressiveness.
- C) depressive helplessness.
- D) hopeless pattern behavior.

Answer: A

Diff: 2 Page Ref: 36

Skill: Understanding

18) Maslow ranks human needs in the following ascending order:

- A) esteem, survival, social, security, self-actualization
- B) survival, security, social, esteem, self-actualization
- C) self-actualization, esteem, social, security, survival
- D) survival, social, security, esteem, self-actualization

Answer: B

Diff: 1 Page Ref: 33

Skill: Remembering

19) Martin Seligman's principle of \_\_\_\_\_ helps to counteract learned helplessness and foster more overall positive development through improved mental health practices.

- A) learned helpfulness
- B) learned pessimism
- C) learned optimism
- D) learned mindfulness

Answer: C

Diff: 2 Page Ref: 36

Skill: Understanding

20) Which of the following is NOT considered a personality trait related to psychological well-being?

- A) agreeableness
- B) introversion
- C) conscientiousness
- D) emotional stability

Answer: B

Diff: 1 Page Ref: 37

Skill: Understanding

21) The degree and nature of your interpersonal contacts defines

- A) social support.
- B) social bonds.
- C) social interaction.
- D) spiritual health.

Answer: B

Diff: 1 Page Ref: 33

Skill: Remembering

22) Wendy spent her entire first semester at East State University suffering from one little illness after another. She felt overwhelmed by the amount of schoolwork she had to accomplish and did not earn all A's as she did in high school. Her best friend from high school, Susie, attended West State University and enjoyed a wonderfully exciting and successful first semester. Which of the following statements best summarizes their situation?

- A) Wendy should have attended West State University as it clearly is a better school.
- B) Susie must have lived in a better residence hall which allowed her to stay healthy making it easier for Susie to do well in her schoolwork.
- C) Wendy is not as academically prepared for college even though she and Susie took all of the same college prep classes in high school.
- D) Susie has resiliency which enables her to cope with the challenges of university life.

Answer: D

Diff: 2 Page Ref: 38

Skill: Analyzing

23) Which of the following is NOT considered a central component of subjective well-being?

- A) satisfaction with present life
- B) relative presence of positive emotions
- C) relative absence of negative emotions
- D) feelings of inner connectedness

Answer: D

Diff: 2 Page Ref: 38

Skill: Understanding

- 24) New studies suggest that happiness may
- A) reduce the risk for cardiovascular disease.
  - B) cause an irregular heart rate.
  - C) worsen cardiovascular disease severity.
  - D) decrease the blood level of C-reactive protein.

Answer: A

Diff: 2 Page Ref: 37

Skill: Understanding

- 25) Which of the following students is LEAST likely to have subjective well-being?
- A) Joe's father works in the coal mines and his mom stays at home raising his 3 little sisters. Joe, a sophomore, lives at home and does odd jobs around town to help make ends meet. Joe is proud to be the first in his family to attend college.
  - B) Jim's father is a partner in a prestigious law firm; his mother stays at home raising his 3 little sisters. Jim, a sophomore, lives in a nice off-campus apartment because those geeky freshmen in the residence halls really get on his nerves.
  - C) John, the team's starting quarterback, is facing the toughest team in the conference but is excited because he is sure his team will play a great game.
  - D) Jacob was the team's starting quarterback last year and is really disappointed about being moved to a back-up position. He still goes to every practice and game, giving his best effort, and is really excited about how well the team is doing this year.

Answer: B

Diff: 3 Page Ref: 38

Skill: Analyzing

- 26) Which statement is true about mental health?
- A) Mental health problems can affect all age groups and in fact are prevalent among college students.
  - B) Mental illness is always serious and easily recognized.
  - C) Mental disorders very rarely cause disability for persons between the ages of 15 and 44 years.
  - D) Mental illness is actually caused only by biochemical dysfunction in the brain.

Answer: A

Diff: 3 Page Ref: 39

Skill: Understanding

- 27) Which of the following is the most common chronic mood disorder?
- A) major depression
  - B) dysthymic disorder
  - C) premenstrual syndrome
  - D) bipolar disorder

Answer: A

Diff: 1 Page Ref: 40

Skill: Remembering

28) Erin is concerned because she has been feeling discouraged by life and her circumstances, including feelings of guilt and worthlessness. She also expresses overall feelings of hopelessness, sadness, and despair. On the basis of her symptoms, what might she be suffering from?

- A) paranoia
- B) anxiety disorder
- C) schizophrenia
- D) depression

Answer: D

Diff: 2 Page Ref: 40

Skill: Analyzing

29) The symptoms of post-traumatic stress disorder (PTSD) include

- A) desire to relive and change the event outcome.
- B) retelling traumatic event details.
- C) intrusive recollections of the traumatic events, such as nightmares.
- D) a complete loss of memory about the event.

Answer: C

Diff: 2 Page Ref: 46

Skill: Understanding

30) Lisa seems to be on an emotional roller coaster. She goes from one extreme emotion to another, from euphoric to depressive. Lisa is most likely suffering from

- A) phobia.
- B) panic disorder.
- C) depression.
- D) bipolar disorder.

Answer: D

Diff: 1 Page Ref: 43

Skill: Analyzing

31) Alex has invited a group of his classmates to meet with school security services to discuss student involvement in improving campus safety. Alex's group is an example of

- A) volunteerism.
- B) collective efficacy.
- C) subjective well-being.
- D) learned optimism.

Answer: B

Diff: 3 Page Ref: 35

Skill: Applying

32) Which is NOT a characteristic of the manic phase of bipolar disorder?

- A) outgoing and talkative
- B) quiet and reserved
- C) abundant energy
- D) overactive

Answer: B

Diff: 1 Page Ref: 43

Skill: Understanding

33) Which of the following factors do NOT trigger episodes of bipolar disorder?

- A) genetic
- B) biological
- C) social
- D) environmental

Answer: C

Diff: 1 Page Ref: 43

Skill: Remembering

34) Which statement is true about depression in men?

- A) Men are more likely to admit they are depressed than women are.
- B) Depressed men personify the hopeless, helpless, downtrodden male.
- C) Risk of death from heart disease is the same in depressed men and women.
- D) Suicide rates among depressed men are four times those of depressed women.

Answer: D

Diff: 2 Page Ref: 42

Skill: Understanding

35) Which of the following is NOT an anxiety disorder?

- A) obsessive-compulsive disorder
- B) panic disorder
- C) post-traumatic stress disorder
- D) schizophrenia

Answer: D

Diff: 1 Page Ref: 44

Skill: Remembering

36) Heather is always tired, tense, and irritable with everyone. She has difficulty concentrating and sleeping. She's had these symptoms for at least the last six months. Her behavior is most characteristic of

- A) acrophobia.
- B) bipolar disorder.
- C) panic disorder.
- D) generalized anxiety disorder.

Answer: D

Diff: 2 Page Ref: 44-45

Skill: Understanding

37) Lynn has a panic disorder and experiences shortness of breath, chest pain with a rapid heartbeat, stomach pains, and a sense of doom when she enters an elevator. Recently she has been avoiding any building with an elevator because she is afraid she will have a panic attack and not be able to escape or get the care she needs. Lynn most likely has developed

- A) a social phobia.
- B) post-traumatic stress disorder (PTSD).
- C) agoraphobia.
- D) generalized anxiety disorder.

Answer: C

Diff: 3 Page Ref: 45

Skill: Analyzing

38) Denise often experiences sudden bursts of disabling terror called

- A) nervousness.
- B) panic attacks.
- C) phobias.
- D) stress.

Answer: B

Diff: 2 Page Ref: 45

Skill: Remembering

39) Researchers suspect panic attacks may be caused by

- A) a neurological imbalance.
- B) chronic depression.
- C) heredity, stress, and certain biochemical factors.
- D) a heart condition.

Answer: C

Diff: 1 Page Ref: 45

Skill: Remembering

40) Anthony served time in prison for selling drugs to finance his college education. Several years later, after settling down with his career and own family, he began to constantly worry that his children would find out about his "dirty" past and lose respect and love for him. Anthony found himself taking as many as 10 showers a day even though he realized his senseless behavior would not wash away his past.

Anthony was most likely suffering from

- A) generalized anxiety disorder.
- B) obsessive-compulsive disorder.
- C) social phobia.
- D) post-traumatic stress disorder.

Answer: B

Diff: 3 Page Ref: 45

Skill: Understanding

41) Greg suffers from a persistent and unreasonable fear of snakes. He panics even if he sees one on television. Greg is most likely suffering from

- A) anxiety.
- B) panic.
- C) a phobia.
- D) hysteria.

Answer: C

Diff: 2 Page Ref: 45

Skill: Understanding

42) Someone with a social phobia would fear

- A) high places.
- B) public gatherings.
- C) driving at night.
- D) snakes and spiders.

Answer: B

Diff: 2 Page Ref: 45

Skill: Understanding

43) Which of the following is NOT commonly considered a source of anxiety disorders?

- A) biology
- B) environment
- C) social/cultural roles
- D) OTC drugs

Answer: D

Diff: 2 Page Ref: 46

Skill: Remembering

44) Which of the following is MOST characteristic of anxiety disorders?

- A) spontaneous feelings of not belonging
- B) socially distressing behaviors
- C) persistent feelings of threat and worry
- D) inability to concentrate

Answer: C

Diff: 1 Page Ref: 44

Skill: Remembering

45) Which is NOT a true statement regarding self-mutilation?

- A) Self-mutilation is a coping mechanism used to deal with negative emotions.
- B) Poverty and low academic ability are always risks for self-mutilation.
- C) A significant number of self-mutilators were abused as children.
- D) The goal of treatment for self-mutilation is to ignore the feelings that prompt self-mutilation.

Answer: B

Diff: 2 Page Ref: 47

Skill: Understanding

46) Seasonal affective disorder is associated with

- A) malfunction of the thyroid gland.
- B) lack of social interaction.
- C) too many external stimuli.
- D) reduced exposure to sunlight.

Answer: D

Diff: 2 Page Ref: 43

Skill: Remembering

47) Which of the following is NOT often used in treating seasonal affective disorder?

- A) diet change
- B) increased exercise
- C) decreased exercise
- D) stress management

Answer: C

Diff: 2 Page Ref: 43

Skill: Understanding

48) Michael experiences hallucinations and changes in his behaviors, movements, and emotions unpredictably and radically. He has been diagnosed with schizophrenia. All of the following could help Michael lead a normal life EXCEPT

- A) social support and public understanding.
- B) psychotherapy and medication.
- C) psychoanalysis.
- D) family counseling and assistance.

Answer: C

Diff: 2 Page Ref: 48

Skill: Understanding

49) Which of the following statements about schizophrenia is true?

- A) It is caused by an environmental factor.
- B) It is a biological disease of the brain.
- C) It is caused by abnormal family interaction in childhood.
- D) It results from early childhood traumas.

Answer: B

Diff: 2 Page Ref: 47

Skill: Understanding

50) Treatment for schizophrenia includes all of the following EXCEPT

- A) light therapy.
- B) psychotherapy.
- C) medication.
- D) hospitalization.

Answer: A

Diff: 2 Page Ref: 48

Skill: Remembering

51) Which of the following statements about suicide is true?

- A) It is the leading cause of death for people 15-24.
- B) College students are more likely to attempt suicide than the general population.
- C) College students now account for nearly 98% of all suicides.
- D) Suicide usually occurs unpredictably.

Answer: B

Diff: 1 Page Ref: 48

Skill: Remembering

52) Which of the following is NOT a risk factor for suicide?

- A) suicide by a close friend or family member
- B) excessive substance use or abuse
- C) loss of a loved one
- D) multiple minor illnesses

Answer: D

Diff: 1 Page Ref: 48

Skill: Remembering

53) Dan has been experiencing mood swings and has been participating in extremely risky behavior claiming that he does not care what happens to him. Dan's characteristics are warning signals for

- A) panic disorder.
- B) affective disorder.
- C) schizophrenia.
- D) suicide.

Answer: D

Diff: 2 Page Ref: 48

Skill: Understanding

54) All of the following actions are recommended to prevent suicide EXCEPT

- A) take all threats seriously, don't just brush them off.
- B) use the "tough love" approach when empathy is not effective.
- C) ask directly, "Are you thinking about hurting or killing yourself?" Let them know you care.
- D) listen carefully, and empathize and sympathize without acting shocked by what they say.

Answer: B

Diff: 1 Page Ref: 49

Skill: Applying

55) Approximately what ratio of Americans seeks help from mental health professionals at some point in their lives?

- A) one in twenty
- B) one in ten
- C) one in five
- D) one in three

Answer: C

Diff: 2 Page Ref: 49

Skill: Remembering

56) Which of the following is NOT a major reason for increasing numbers of Americans seeking professional help for psychosocial problems?

- A) dysfunctional families
- B) increasing use of technology
- C) breakdown in support systems
- D) increasing societal expectations of individuals

Answer: B

Diff: 1 Page Ref: 49

Skill: Understanding

57) Which of the following is a way to help yourself if you are depressed?

- A) Don't lower your goals; reaching your goals will always make you feel better about yourself.
- B) Tackle the large tasks first as your sense of accomplishment will improve your mood.
- C) Do things that are enjoyable and make you feel better such as exercising or going out with a friend.
- D) Acknowledge your depression so you will immediately feel much better.

Answer: C

Diff: 2 Page Ref: 50

Skill: Applying

58) If you think you have a psychological problem and need treatment, which of the following should you do first?

- A) Discuss it with no one.
- B) Schedule a thorough examination.
- C) Interview three different psychiatrists.
- D) Try to "just get over it."

Answer: B

Diff: 1 Page Ref: 50

Skill: Remembering

59) David's therapist gave him a prescription for an antidepressant. What type of mental health professional does he go to?

- A) psychologist
- B) psychiatrist
- C) psychiatric social worker
- D) social counselor

Answer: B

Diff: 2 Page Ref: 52

Skill: Understanding

60) According to Maslow's *hierarchy of needs* theory, failure to meet one of the lower levels of needs will not interfere with a person's ability to reach self-actualization.

Answer: FALSE

Diff: 1 Page Ref: 32

Skill: Understanding

61) Psychological distress among college students is a major contributor to unhealthy behavior.

Answer: TRUE

Diff: 2 Page Ref: 31

Skill: Understanding

62) Psychological health encompasses the mental, emotional, social, and spiritual dimensions of health.

Answer: TRUE

Diff: 2 Page Ref: 32

Skill: Understanding

63) The psychologically healthy person becomes easily frustrated by stressful situations.

Answer: FALSE

Diff: 2 Page Ref: 32

Skill: Understanding

64) The term emotional health is often used to describe the "thinking" part of psychological health.

Answer: FALSE

Diff: 1 Page Ref: 32

Skill: Understanding

65) Social and intellectual health are unaffected by emotional health.

Answer: FALSE

Diff: 1 Page Ref: 33

Skill: Understanding

66) The terms "spirituality" and "religion" may be used interchangeably.

Answer: FALSE

Diff: 2 Page Ref: 34

Skill: Understanding

67) Children raised in a nurturing, happy environment are assured psychological health as adults.

Answer: FALSE

Diff: 1 Page Ref: 35

Skill: Understanding

68) Personality is inborn and can never be changed.

Answer: FALSE

Diff: 1 Page Ref: 36-37

Skill: Understanding

69) Children from dysfunctional families may attain psychological health.

Answer: TRUE

Diff: 2 Page Ref: 35

Skill: Understanding

70) The communities to which an individual belongs have no impact on psychological health.

Answer: FALSE

Diff: 2 Page Ref: 35

Skill: Understanding

71) An individual with high self-efficacy would have confidence in their ability to change their eating habits and incorporate healthier choices.

Answer: TRUE

Diff: 2 Page Ref: 36

Skill: Applying

72) Resiliency is a personality trait that is unrelated to psychological wellness.

Answer: FALSE

Diff: 1 Page Ref: 38

Skill: Remembering

73) Self-esteem includes taking pride in your accomplishments.

Answer: TRUE

Diff: 2 Page Ref: 36

Skill: Understanding

74) Attention-deficit/hyperactive disorder (ADHD) diagnosed in childhood resolves by age 21 years.

Answer: FALSE

Diff: 1 Page Ref: 41

Skill: Remembering

75) An individual who continually experiences failure may eventually develop learned helplessness.

Answer: TRUE

Diff: 2 Page Ref: 36

Skill: Applying

76) The transition from childhood to adulthood is difficult for individuals who have learned to evaluate their emotional responses.

Answer: FALSE

Diff: 1 Page Ref: 37

Skill: Remembering

77) To achieve overall subjective well-being one must learn to be happy all of the time.

Answer: FALSE

Diff: 2 Page Ref: 38

Skill: Remembering

78) Happiness can be enhanced by acknowledging and appreciating good things that happen.

Answer: TRUE

Diff: 1 Page Ref: 38

Skill: Understanding

79) People with ADHD are hyperactive and distracted most of the time, but it rarely has any effect on their home, school, or work life.

Answer: FALSE

Diff: 2 Page Ref: 41

Skill: Understanding

80) Post-traumatic stress disorder (PTSD) develops only in someone who has witnessed war.

Answer: FALSE

Diff: 1 Page Ref: 45

Skill: Understanding

81) Laughter may lower an individual's risk of cardiovascular disease.

Answer: TRUE

Diff: 1 Page Ref: 38

Skill: Applying

82) Depression is the most common anxiety disorder.

Answer: FALSE

Diff: 1 Page Ref: 40

Skill: Remembering

83) According to the American Journal of Psychiatry, children of a depressed parent have an increased risk of psychosocial illness or impairment.

Answer: TRUE

Diff: 1 Page Ref: 42

Skill: Remembering

84) Social anxiety disorders involve persistent fears and avoidance of being in social situations.

Answer: TRUE

Diff: 1 Page Ref: 45

Skill: Understanding

85) The majority of individuals with borderline personality disorder (BPD) engage in risky behavior.

Answer: TRUE

Diff: 1 Page Ref: 46

Skill: Understanding

86) Schizophrenia is treatable but not curable with current treatment methods.

Answer: TRUE

Diff: 1 Page Ref: 48

Skill: Remembering

87) Suicide most frequently occurs spontaneously and without warning.

Answer: FALSE

Diff: 1 Page Ref: 662

Skill: Understanding

88) A person who has been depressed for a long time is at an increased risk for committing suicide.

Answer: TRUE

Diff: 1 Page Ref: 48

Skill: Understanding

89) Psychoanalysts are trained as medical doctors and can prescribe medications.

Answer: FALSE

Diff: 1 Page Ref: 52

Skill: Remembering

*Match the following.*

- A) agreeableness
- B) emotional stability
- C) openness to experience
- D) conscientiousness
- E) extroversion

90) The ability to adapt to a social situation and demonstrate assertiveness as well as power or interpersonal involvement

Answer: E

Diff: 1 Page Ref: 37

Skill: Remembering

91) The ability to conform, be likeable, and demonstrate friendly compliance as well as love

Answer: A

Diff: 1 Page Ref: 37

Skill: Remembering

92) The ability to demonstrate curiosity and independence

Answer: C

Diff: 1 Page Ref: 37

Skill: Remembering

93) The ability to maintain social control

Answer: B

Diff: 1 Page Ref: 37

Skill: Remembering

94) The qualities of being dependable, demonstrating self-control and discipline, and having a need to achieve

Answer: D

Diff: 1 Page Ref: 37

Skill: Remembering

*Match the following.*

- A) esteem needs
- B) survival needs
- C) self-actualization
- D) social needs
- E) security needs

95) Creativity, spirituality, and fulfillment

Answer: C

Diff: 1 Page Ref: 34

Skill: Remembering

96) Self-respect, respect for others, and accomplishments

Answer: A

Diff: 1 Page Ref: 34

Skill: Remembering

97) Shelter, safety, and protection

Answer: E

Diff: 1 Page Ref: 34

Skill: Remembering

98) Belonging, affection, and acceptance

Answer: D

Diff: 1 Page Ref: 34

Skill: Remembering

99) Food, water, sleep, exercise, and sexual expression

Answer: B

Diff: 1 Page Ref: 34

Skill: Remembering

*Match the following.*

- A) schizophrenia
- B) obsessive-compulsive disorder (OCD)
- C) panic attack
- D) generalized anxiety disorder (GAD)

100) A constant sense of worry causing restlessness, irritability, and difficulty concentrating

Answer: D

Diff: 1 Page Ref: 44-45

Skill: Remembering

101) Severe anxiety reaction; symptoms may mimic a heart attack

Answer: C

Diff: 1 Page Ref: 45

Skill: Remembering

102) Mental illness characterized by irrational behavior, hallucinations, and difficulty functioning in society

Answer: A

Diff: 1 Page Ref: 46

Skill: Remembering

103) Recurring, unwanted thoughts often associated with repetitive, hard-to-resist behavior

Answer: B

Diff: 1 Page Ref: 45

Skill: Remembering

104) Interactions with others, the ability to use social supports, and the ability to adapt to different situations is called \_\_\_\_\_ health.

Answer: social

Diff: 1 Page Ref: 33

Skill: Understanding

105) The interplay of physiological arousal, feelings, cognitive processes, and behavioral reactions is known as \_\_\_\_\_.

Answer: emotions

Diff: 2 Page Ref: 32 - 33

Skill: Remembering

106) The level of closeness and attachment that we develop with other individuals is known as \_\_\_\_\_ bonds.

Answer: social

Diff: 2 Page Ref: 34

Skill: Remembering

107) Paranoid, narcissistic, and borderline \_\_\_\_\_ disorders are characterized by socially distressing behaviors.

Answer: personality

Diff: 1 Page Ref: 46

Skill: Understanding

108) Characteristics of \_\_\_\_\_ families include violence or sexual, physical, or emotional abuse.

Answer: dysfunctional

Diff: 1 Page Ref: 35

Skill: Remembering

109) Persistent sadness, despair, and hopelessness are indicative of a chronic \_\_\_\_\_ disorder.

Answer: mood

Diff: 1 Page Ref: 40

Skill: Understanding

110) Psychosocially healthy people who create and maintain a network of friends and family are likely to have strong \_\_\_\_\_ supports.

Answer: social

Diff: 2 Page Ref: 34

Skill: Remembering

111) Learned \_\_\_\_\_ is a pattern of responding in which a person gives up and fails to take any action to help themselves.

Answer: helplessness

Diff: 1 Page Ref: 36

Skill: Remembering

112) The \_\_\_\_\_ step in defeating depression is to recognize it.

Answer: first

Diff: 1 Page Ref: 50

Skill: Remembering

113) Seligman's other pattern of responding in which people teach themselves to be more optimistic is called learned \_\_\_\_\_.

Answer: optimism

Diff: 1 Page Ref: 36

Skill: Remembering

114) The ability to adapt to change and deal with stressful events in healthy ways is called \_\_\_\_\_.

Answer: resiliency

Diff: 1 Page Ref: 37

Skill: Remembering

115) The term \_\_\_\_\_ health is often referred to as intellectual health.

Answer: mental

Diff: 1 Page Ref: 32

Skill: Understanding

116) The ability to conform, be likeable, and demonstrate friendly compliance and love is called \_\_\_\_\_.

Answer: agreeableness

Diff: 1 Page Ref: 37

Skill: Remembering

117) Negative stereotypes about groups of people are called \_\_\_\_\_.

Answer: stigmas

Diff: 1 Page Ref: 50

Skill: Remembering

118) Psychoneuroimmunology (PNI) is the study of the interaction of psychosocial factors, the central nervous system, behavior, and the \_\_\_\_\_ system.

Answer: immune

Diff: 2 Page Ref: 37

Skill: Remembering

119) Satisfaction with present life, relative presence of positive emotions, and relative absence of negative emotions are three components of \_\_\_\_\_ well-being.

Answer: subjective

Diff: 1 Page Ref: 38

Skill: Understanding

120) Sadness and despair are the main symptoms of \_\_\_\_\_.

Answer: depression

Diff: 2 Page Ref: 40

Skill: Understanding

121) Anxiety disorders are the number one \_\_\_\_\_ health problem in the United States.

Answer: mental

Diff: 1 Page Ref: 44

Skill: Remembering

122) A \_\_\_\_\_ is a deep and persistent fear of a specific object, activity, or situation that results in a compelling desire to avoid the source of the fear.

Answer: phobia

Diff: 1 Page Ref: 45

Skill: Remembering

123) The type of medication used to treat ADHD, which is often abused to enhance performance, are called \_\_\_\_\_.

Answer: stimulants

Diff: 1 Page Ref: 53

Skill: Remembering

124) The inability to sort out incoming stimuli and make appropriate responses is characteristic of \_\_\_\_\_.

Answer: schizophrenia  
Diff: 2 Page Ref: 46  
Skill: Understanding

125) A \_\_\_\_\_ is a licensed physician who specializes in treating mental and emotional disorders.

Answer: psychiatrist  
Diff: 1 Page Ref: 52  
Skill: Remembering

126) Generalized \_\_\_\_\_ disorder interferes with the function and enjoyment of life.

Answer: anxiety  
Diff: 1 Page Ref: 44-45  
Skill: Understanding

127) A \_\_\_\_\_ is a person with a Ph.D. in counseling or clinical psychology.

Answer: psychologist  
Diff: 1 Page Ref: 52  
Skill: Remembering

128) A therapist who specializes in helping patients recall and resolve traumatic childhood memories is called a \_\_\_\_\_.

Answer: psychoanalyst  
Diff: 2 Page Ref: 52  
Skill: Remembering

129) Compare and contrast psychologically healthy people with their "unhealthy" counterparts. What differences do you notice in psychosocially healthy people?

Answer: (noted characteristics of psychosocially healthy people include)

1. They feel good about themselves; are realistic; respect self.
2. They feel comfortable with other people; can love and be loved.
3. They control tension and anxiety; internal locus of control.
4. They meet the demands of life; internal locus of control; flexible; adapt.
5. They curb hate and guilt; reach out to help others.
6. They maintain a positive outlook; optimistic.
7. They value diversity.
8. They respect nature.

Diff: 3 Page Ref: 31-32  
Skill: Analyzing

130) Compare and contrast the concepts of "mental health" and "emotional health". Give examples of each.

Answer: Mental health refers to the thinking part of psychosocial health while emotional health refers to the feeling part of psychosocial health. Examples will vary.

Diff: 3 Page Ref: 32-33  
Skill: Analyzing

131) Define social bonds and social supports as they relate to social health.

Answer: Social bonds reflect the general degree and nature of our interpersonal contacts and interactions. The six main functions are to provide intimacy, feelings of belonging, opportunities for giving/receiving nurturance, reassurance of one's worth, assistance and guidance, and provide advice. Social supports refer to the relationships that bring positive benefits to the individual. They can be intangible (emotional support, encouragement) or tangible (housing, money).

Diff: 3 Page Ref: 34

Skill: Understanding

132) Define Seligman's learned optimism as a counterpart to learned helplessness.

Answer: Just as we learn to be helpless, we can teach ourselves to be optimistic. Learned optimism research provides growing evidence for the central place of mental health in overall positive development.

Diff: 2 Page Ref: 36

Skill: Remembering

133) Describe three of the six personality traits which psychosocially healthy people possess.

Answer: (any three of the following)

1. Extroversion - ability to adapt to a social situation and demonstrate assertiveness, power, and/or interpersonal involvement.
2. Agreeableness - ability to conform, be likable, and demonstrate friendly compliance and love.
3. Openness to experience - willingness to demonstrate curiosity and independence or inquiring intellect.
4. Emotional stability - ability to maintain social control.
5. Conscientiousness - being dependable and demonstrating self-control, discipline, and a need to achieve.
6. Resiliency - the ability to adapt to change and stressful events in healthy and flexible ways.

Diff: 2 Page Ref: 37

Skill: Understanding

134) List five ways to improve your self-efficacy and self-esteem. For each one, give an example of how you can use this concept specifically to improve your own self-esteem.

Answer: Don't focus on faults, squelch the inner critic; see mistakes as opportunities to know yourself better; accept a compliment positively; focus on the positive; don't compare yourself with others; give yourself time to feel good; spend time with a supportive person; count your blessings.

Diff: 2 Page Ref: 36

Skill: Applying

135) What characteristics do you feel are most important in a support group? Describe ways in which that group can help an individual effectively build self-esteem.

Answer: An effective support group must make you feel good about yourself and must force you to take an honest look at your actions and choices. Characteristics will vary. They may include dependability, ability to nurture, nonjudgmental nature, caring, compassion, etc. Support groups offer acceptance, approval, and encouragement to the individual in order to boost self-esteem.

Diff: 3 Page Ref: 49

Skill: Evaluating

136) What are the three central components which define subjective well-being?

Answer:

1. Satisfaction with present life
2. Relative presence of positive emotions
3. Relative absence of negative emotions

Diff: 2 Page Ref: 38

Skill: Remembering

137) List and describe three reasons proposed for the disproportionate number of women suffering from depression as compared to men.

Answer:

Biological: Women appear to be at greater risk for depression when their hormone levels change significantly; men's hormones are more stable throughout life.

Psychological: It is theorized that women are under more stress and stress precedes depression.

Social: There are gender differences in coping strategies.

Diff: 2 Page Ref: 42

Skill: Analyzing

138) The prevalence of mental health problems on college campuses appear to be increasing in number. What factors may be contributing to this trend?

Answer:

1. More students are seeking help.
2. Early treatment may allow more previously diagnosed students to function well enough to attend colleges.

Diff: 2 Page Ref: 39

Skill: Evaluating

139) Describe two campus mental health initiatives and the mental health issues they were designed to address.

Answer: (any two of the following)

1. Counseling / therapist support 24/7
2. "Student Leave" for those at highest risk for suicide
3. Workshops on various stress management strategies
4. Classes on stress management and coping
5. New-student orientations to help adjust to life away from home

Diff: 2 Page Ref: 44

Skill: Understanding

140) List five risk factors for suicide. If you knew a friend had these risk factors, what could you do to help? Justify your answer.

Answer: (any five of the following)

1. Family history of suicide
2. Previous suicide attempt
3. Excessive drug and/or alcohol use
4. Prolonged depression
5. Financial difficulties
6. Serious illness
7. Loss of a loved one through death or rejection

Diff: 2 Page Ref: 48-49

Skill: Remembering/Applying

141) Give five warning signs which might indicate to you that a friend is contemplating suicide. What actions would you take?

Answer: (any five of the following)

1. Recent loss and inability to let go of grief
2. Change in personality - sadness, withdrawal, irritability, apathy, etc.
3. Change in behavior - lack of concentration, loss of interest in activities, unexplained demonstration of happiness after a period of depression
4. Diminished sexual interest
5. Change in sleep and/or eating habits
6. Direct statement about suicide
7. Indirect statement, such as "You won't have to worry about me anymore."
8. Final preparations such as writing a will, repairing relationships, etc.
9. Preoccupation with themes of death
10. Marked changes in personal appearance

Actions:

1. Monitor warning signs
2. Take threats seriously
3. Let the person know you care
4. Ask directly
5. Don't belittle feelings
6. Discuss alternatives, get help
7. Let people close to the person know

Diff: 2 Page Ref: 48-49

Skill: Remembering/Applying

***Access to Health, 12e (Donatelle)***

**Chapter 2A Focus On Cultivating Your Spiritual Health**

1) Jamie wants to improve on her spiritual health by expanding her mind. Ways through which she could do this include all of the following EXCEPT

- A) attending therapy.
- B) studying sacred text.
- C) making a list of all of the negative things in her life.
- D) exploring on-campus meditation.

Answer: C

Diff: 2 Page Ref: 65

Skill: Understanding

2) All of the following factors are indicators of a person's spiritual growth EXCEPT

- A) developing a meaningful philosophy of life.
- B) seeking beauty in life.
- C) working towards achieving financial growth.
- D) becoming a more loving person.

Answer: C

Diff: 2 Page Ref: 61

Skill: Understanding

3) The characteristics of spiritual well-being include

- A) discord relationships.
- B) strong personal values.
- C) sense of meaningless purpose of life.
- D) personal cleanliness.

Answer: B

Diff: 62 Page Ref: 63

Skill: Understanding

4) What role does religion play in spirituality?

- A) Spirituality may or may not include participation in organized religion.
- B) Religion is the same as spirituality.
- C) Religion is the only parameter to measure a person's level of spirituality.
- D) Spirituality and religion share no commonalities.

Answer: A

Diff: 2 Page Ref: 62

Skill: Understanding

5) All of the following are components in the definition of spirituality EXCEPT

- A) it is highly personal and intangible.
- B) it is symbolic and includes daily rituals and prayers.
- C) it explores the meaning of life.
- D) it explores a person's sense of purpose beyond material goods.

Answer: B

Diff: 2 Page Ref: 61

Skill: Understanding

6) Meredith is a 75-year-old woman and has recently lost her husband of 50 years to cancer. To avoid isolation and remain spiritually health, Meredith should engage in all of the following EXCEPT

- A) attend a senior citizens' picnic at the park.
- B) avoid alcohol and drugs.
- C) avoid friends.
- D) continue to attend church services.

Answer: C

Diff: 1 Page Ref: 64

Skill: Understanding

7) The three facets of human existence that constitute the core of human spirituality include all the following EXCEPT

- A) relationships.
- B) cultural norms.
- C) values.
- D) purpose of life.

Answer: B

Diff: 1 Page Ref: 62

Skill: Understanding

8) An important factor that contributes to good health is

- A) selfishness.
- B) dignity.
- C) distrust.
- D) kindness.

Answer: D

Diff: 2 Page Ref: 64

Skill: Understanding

9) Jordan values material items but has decided that this behavior detracts from his spirituality. Which of the following would BEST take Jordan's focus off materialism and encourage altruism?

- A) enjoying a quiet hour communing with nature
- B) going out with friends
- C) volunteering time to serve meals at a homeless shelter
- D) participating in a yoga class

Answer: C

Diff: 2 Page Ref: 69

Skill: Applying

10) Which of the following presents a conflict between values and behaviors?

- A) valuing friendships and having to mend a quarrel with a friend
- B) loving animals but not owning a pet
- C) valuing honesty but cheating on a test
- D) enjoying alone time but having a roommate

Answer: C

Diff: 2 Page Ref: 63

Skill: Applying

11) Ways of enhancing altruism include all of the following EXCEPT

- A) working for a community bank.
- B) volunteering at an animal shelter.
- C) serving as a chaperone at your local high school.
- D) donating your time to the Salvation Army.

Answer: A

Diff: 2 Page Ref: 69

Skill: Applying

12) A number of studies have shown a positive relationship between spiritual health and all of the following EXCEPT

- A) physical health.
- B) wealth.
- C) self-control.
- D) longevity of life.

Answer: B

Diff: 1 Page Ref: 63, 5, 64

Skill: Understanding

13) By decreasing social isolation, anxiety, and depression, spiritual health also improves

- A) social health.
- B) mental health.
- C) physical health.
- D) psychosocial health.

Answer: D

Diff: 1 Page Ref: 64

Skill: Understanding

14) Which of the following characteristics will NOT be developed through hatha yoga?

- A) flexibility
- B) cardio fitness
- C) tranquility
- D) deep breathing

Answer: B

Diff: 1 Page Ref: 65

Skill: Applying

15) Ancient practices used today to help tune in to yourself and surroundings include all of the following EXCEPT

- A) mindfulness.
- B) asana yoga.
- C) meditation.
- D) contemplation.

Answer: B

Diff: 2 Page Ref: 65

Skill: Understanding

16) All of the following are steps toward spiritual growth EXCEPT

- A) managing stress.
- B) reducing anxiety.
- C) understanding the limitations of others.
- D) letting go of past hurt.

Answer: C

Diff: 1 Page Ref: 65

Skill: Understanding

17) Qualities of mindfulness include all of the following EXCEPT

- A) being focused.
- B) having self-forgetfulness.
- C) focusing on the future.
- D) being non-judgmental.

Answer: C

Diff: 1 Page Ref: 66

Skill: Understanding

18) April finds that when she tries to relax and enjoy the beauty of nature by taking a quiet walk or listening to crickets at night, other thoughts distract her. She needs to focus on which of the following four ancient practices of spirituality?

- A) mindfulness
- B) meditation
- C) contemplation
- D) prayer

Answer: A

Diff: 2 Page Ref: 66

Skill: Applying

19) Methods of meditation include all of the following EXCEPT

- A) color meditation.
- B) object meditation.
- C) mantra meditation.
- D) sound meditation.

Answer: D

Diff: 1 Page Ref: 68

Skill: Remembering

20) Meditation involves

- A) focusing on a thought.
- B) quiet contemplation.
- C) quieting the mind's noise.
- D) stretching and relaxing.

Answer: C

Diff: 1 Page Ref: 67

Skill: Remembering

21) Meditators have a capacity for all of the following EXCEPT

- A) empathy.
- B) forgiveness.
- C) processing information.
- D) requiring less sleep.

Answer: D

Diff: 1 Page Ref: 64

Skill: Understanding

22) Chloe loves to empty her mind and cultivate stillness most evenings. She focuses on the word "love" during this period of stillness. This method of meditation is called

- A) mantra.
- B) breathing.
- C) color.
- D) object.

Answer: A

Diff: 1 Page Ref: 68

Skill: Understanding

23) Benefits of meditation include all of the following EXCEPT

- A) stress reduction.
- B) sleep improvement.
- C) weight loss.
- D) chronic pain relief.

Answer: C

Diff: 1 Page Ref: 68

Skill: Understanding

24) Prayer is most often a way to

- A) empty the mind.
- B) send love and kindness.
- C) communicate with a transcendent Presence.
- D) meditate.

Answer: C

Diff: 1 Page Ref: 68

Skill: Understanding

25) The EPA recognizes actions such as recycling, using more energy efficient appliances, and reducing reliance on energy as

- A) environmentally soundness.
- B) environmental stewardship.
- C) resourcefulness.
- D) altruism.

Answer: B

Diff: 2 Page Ref: 69

Skill: Understanding

26) Author Stephanie Kaza emphasizes a connection between mindfulness and

- A) spiritual health.
- B) emotional well being.
- C) environmental consciousness.
- D) psychosocial health.

Answer: C

Diff: 2 Page Ref: 67

Skill: Remembering

27) Beginners of meditation, people with poor flexibility, and people with joint pain may have difficulty assuming which of the following positions during meditation?

- A) sitting position
- B) kneeling position
- C) lying down position
- D) full lotus position

Answer: D

Diff: 1 Page Ref: 68

Skill: Understanding

28) Fast-paced, demanding yoga is known as

- A) ashtanga yoga.
- B) hatha yoga.
- C) atman yoga.
- D) asanas yoga.

Answer: A

Diff: 1 Page Ref: 65

Skill: Remembering

29) All of the following are characteristics of religion EXCEPT

- A) community focused.
- B) individualistic.
- C) observable, measurable, and objective.
- D) doctrine separating good from evil.

Answer: B

Diff: 2 Page Ref: 62

Skill: Understanding

30) College freshman are more likely than college juniors and seniors to be thankful and express tolerance for other religions and philosophies.

Answer: FALSE

Diff: 1 Page Ref: 61

Skill: Understanding

31) Having respect for nature and gratitude are components of spirituality.

Answer: TRUE

Diff: 1 Page Ref: 62, 63

Skill: Understanding

32) Helping to serve soup at a local kitchen a few hours a week is an altruistic action.

Answer: TRUE

Diff: 1 Page Ref: 69

Skill: Understanding

33) Finding one's purpose in life is part of exploring spiritual health.

Answer: TRUE

Diff: 1 Page Ref: 63

Skill: Applying

34) The three facets of spirituality include relationships, purpose in life, and beliefs.

Answer: FALSE

Diff: 2 Page Ref: 63

Skill: Understanding

35) Claiming to value nature but throwing litter on the side of the road is indicative of a conflict in values.

Answer: TRUE

Diff: 1 Page Ref: 63

Skill: Applying

36) Even the most mundane activities, such as peeling an orange, can have spiritual value if done mindfully.

Answer: TRUE

Diff: 1 Page Ref: 66

Skill: Understanding

37) Studies have shown a connection between spirituality and both physical and psychosocial health.

Answer: TRUE

Diff: 1 Page Ref: 63

Skill: Understanding

38) Atman is a form of yoga.

Answer: FALSE

Diff: 1 Page Ref: 65

Skill: Remembering

39) Regular exercise can enhance spirituality by sharpening mental focus and energizing the body.

Answer: TRUE

Diff: 1 Page Ref: 65

Skill: Understanding

40) Engaging all the senses detracts from spirituality.

Answer: FALSE

Diff: 1 Page Ref: 65

Skill: Understanding

*Match the following:*

A) spiritual intelligence

B) mindfulness

C) contemplation

D) yoga

41) Nancy does the hatha style of this Indian form of mind/body training.

Answer: D

Diff: 1 Page Ref: 65

Skill: Applying

42) By having this, a person is aligned with his or her inner wisdom, values, and vision.

Answer: A

Diff: 1 Page Ref: 63

Skill: Applying

43) Jason practices this when he stops to watch the sunrise every morning.

Answer: B

Diff: 1 Page Ref: 66

Skill: Applying

44) Maria practices this when she takes a moment of silence to think about human trafficking.

Answer: C

Diff: 1 Page Ref: 66

Skill: Applying

*Match the following:*

- A) prayer
- B) meditation
- C) environmental stewardship
- D) altruism

45) Emptying the mind of thought

Answer: B

Diff: 1 Page Ref: 67

Skill: Remembering

46) Giving to others out of concern

Answer: D

Diff: 1 Page Ref: 69

Skill: Remembering

47) Communication with a transcendent Presence

Answer: A

Diff: 1 Page Ref: 68

Skill: Remembering

48) A responsibility for the environment shared by all

Answer: C

Diff: 1 Page Ref: 69

Skill: Remembering

49) Spiritual health is one of the six key dimensions of \_\_\_\_\_.

Answer: health

Diff: 1 Page Ref: 61

Skill: Remembering

50) The system of beliefs, practices, rituals, and symbols designed to facilitate closeness to the sacred or transcendent is called \_\_\_\_\_.

Answer: religion

Diff: 1 Page Ref: 62

Skill: Remembering

51) The three facets of spirituality are relationships, values, and \_\_\_\_\_ in life.

Answer: purpose

Diff: 1 Page Ref: 62

Skill: Remembering

52) Spiritual \_\_\_\_\_ is the intelligence of the "deep self."

Answer: intelligence

Diff: 1 Page Ref: 63

Skill: Remembering

53) The principles that influence our thoughts and emotions are called our \_\_\_\_\_.

Answer: values

Diff: 1 Page Ref: 63

Skill: Remembering

54) Physical postures in yoga are called \_\_\_\_\_.

Answer: asanas

Diff: 1 Page Ref: 65

Skill: Remembering

55) The ability to be fully present in the moment is called \_\_\_\_\_.

Answer: mindfulness

Diff: 1 Page Ref: 66

Skill: Remembering

56) Compare and contrast religion and spirituality.

Answer: Religion can be a component of spirituality, and the two share some commonalities, but they are not the same. Religion is community focused; spirituality is individualistic. Religion is measurable and objective; spirituality is subjective. Religion is systematic, orthodox, and organized; spirituality is less orthodox and formal. Religion is behavior oriented with outward practices; spirituality is emotionally oriented with inward practices. Religion is authoritarian; spirituality is non authoritarian. Religion is doctrine oriented; spirituality is non-doctrine oriented.

Diff: 2 Page Ref: 62

Skill: Analyzing

57) Carlita is graduating soon and considering her career options. What are some considerations she should make if she wants her career choice to help fulfill her purpose in life?

Answer: She should introspect to determine her purpose. She should then seek a career that mirrors her purpose. Answers may vary.

Diff: 2 Page Ref: 63

Skill: Applying

58) How does spiritual health contribute to physical health?

Answer: There is an association between spiritual health and improved physiological changes. Studies have shown that spiritual health improved immunity, decreased risk of cardiovascular disease, decreased stress and anxiety, decreased alcohol and drug abuse, improved ability to cope with illness and medical treatments, improved optimism and hope. Regularly attending religious services has been associated with improved longevity.

Diff: 2 Page Ref: 63- 64

Skill: Understanding/Evaluating

59) What are some ways to improve spirituality by training the body?

Answer: Certain forms of yoga that emphasize chanting and meditation are believed to create unity with the Absolute. Exercise can energize the body and sharpen mental focus, thus contributing to spiritual health.

Diff: 2 Page Ref: 65

Skill: Understanding