Question 1
Trichomoniasis is caused by a
A) protozoan.
B) virus.
C) bacterium.
D) fungus.

Question 2
At what point after quitting tobacco does the lung cancer death rate for an average former smoker (1 pack a day) decrease by almost half?
A) 8 hours
B) 48 hours
C) 1-9 months
D) 5 years

Question 3
Which of the following is not a fertility awareness method of birth control?
A) The cervical mucus method
B) The scientific method
C) The body temperature method
D) The calendar method

Question 4
Which of the following is a tactic used by the tobacco industry to target college students?
A) They print warning labels on the sides of the cigarette pack.
B) They give away cigarettes at bars and social events on campus.
C) They advertise in magazines aimed at African Americans.
D) They advertise “Slim” and “light” cigarettes for men.

Question 5
Exercise time refers to
A) the number of times per week you need to do a particular exercise.
B) how hard the work must be to attain desired level of fitness.
C) the duration or number of repetitions that are needed for each exercise component.
D) the specific component of fitness to which the exercise is intended.

Question 6
List and explain each of the four parts of the FITT principle.

Question 7
List three questions you should consider before you are invited to use illicit drugs.

Question 8
Jessica is sexually active. Her roommate, who works at the student health center, reminds Jessica of the potential health risks of having unprotected sex. According to the health belief model (HBM), which factor to support a belief has Jessica’s roommate used?
A) Shaping
B) Cues to action
C) Consequences
D) Scare tactics

Question 9
After many years in the rat race of modern life, Ginger and Mary Ann have decided to downshift to a tropical island. Which of the following is something they should consider before downshifting?

A) They can figure out their goals as they go along, so there’s no need to plan ahead.
B) They should budget for health insurance and basic preventive health services.
C) They should plan to use their credit cards to provide the money they’ll need for fun and expenses.
D) They should look for work that will pay their bills, whether or not it is interesting or enjoyable.


Question 10

Ever since your grandmother has her heart valve replaced, she has taken Coumadin daily to thin her blood to reduce her chance of blood clots and stroke. Recently, when she complained about a headache, she asked you to bring her some aspirin and water. If you know, however, that aspirin has blood-thinning properties, how would you assess the risks and benefits of giving your grandmother aspirin for her headache?

A) Likely safe and effective
B) May be safe; efficacy unclear
C) May work, but safety uncertain
D) Dangerous or ineffective


Question 11

The heart’s ________ chambers work together to circulate blood throughout the body.

A) one
B) two
C) three
D) four


Question 12

The fundamental principle of insurance underwriting is that the cost of health care can be predicted for

A) large populations.
B) people who are ill.
C) individuals.
D) people who are healthy.


Question 13

Assuming perfect use, which of the following hormonal contraceptive methods is most effective at preventing pregnancy?

A) NuvaRing (a vaginal contraceptive ring)
B) Implanon (a contraceptive implant)
C) Depo-Provera (a contraceptive injection)
D) Ortho Evra (a contraceptive patch)


Question 14

Muscular endurance is best developed by increasing

A) the amount of weight you can lift a few times.
B) the amount of repetitions you lift an amount of weight.
C) the speed at which you can lift a weight.
D) the range of motion that you use to lift weights.


Question 15

Which of the following is a disadvantage of an intrauterine device (IUD)?

A) It cannot be used by breastfeeding women.
B) Side effects may include acne, breast tenderness, and uterine cramps.
C) After removal, it usually takes up to six months to return to fertility.
D) Upon initial insertion, it usually takes up to one week to work, so an alternative method of contraception is needed during that time.


Question 16

The use of force to control and maintain power over another person in the home environment is
Question 17
The CDC's Injury Response initiative recommends multidimensional strategies designed to
A) remove the individual from the community until prepared for violence response.
B) prevent violence before it begins.
C) train the trainer for individual self-defense.
D) increase perpetrator penalties.

Question 18
Family and friends are constantly telling Hillary that she needs to seek treatment for her drinking problem. To Hillary, though, there's no problem, just
the smoky burn of good Scotch. Which of the following factors best describes why Hillary does not deal with this issue?
A) She's afraid of the social stigma of being labeled an alcoholic.
B) The rehabilitation facility gives inadequate care.
C) Her medical providers have failed to diagnose her symptoms.
D) She is unable or unwilling to admit she has a drinking problem.

Question 19
About _______ people are treated in emergency rooms daily across the United States for unintentional poisoning.
A) 500
B) 1,00
C) 1,500
D) 2,000

Question 20
Jed and Ellie have decided that their relationship should become sexual, but they want to avoid pregnancy right now. Their survey of different birth
control methods included fertility awareness methods (FAMs). Jed was surprised to learn that sperm can live for how long in the vagina?
A) 5 minutes
B) 5 hours
C) 5 days
D) 5 weeks

Question 21
In Prochaska and DiClemente's stages of change model, what is the difference between the contemplation stage and the preparation stage?

Question 22
Which of the following best defines psychological health?
A) The sum of how we think, feel, relate, and exist in our day-to-day lives
B) The way we think about our day-to-day lives only
C) The way we feel and relate in our day-to-day lives only
D) The way we relate and exist in our day-to-day lives only

Question 23
Sometimes chromosomes are added, lost, or rearranged at conception, and the sex of the offspring is unclear, a condition known as
A) androgyny.
B) intersex.
C) sexual identity.
D) gender identity.
Question 24

Mood disorders are caused by the interaction of many factors, including
A) inherited traits and life events, but not trauma.
B) biological differences and hormones, but not life events.
C) trauma and life events, but not hormones.
D) hormones, life events, and trauma.

Question 25

Name three symptoms of lung cancer.

Question 26

What percentage of people who make New Year's resolutions break them before the end of January?
A) 3.5 percent
B) 6.5 percent
C) 35 percent
D) 65 percent

Question 27

The main source of acid deposition (formerly acid rain) is
A) burning fossil fuels.
B) bedrock geological lakebed formations.
C) mercury and lead leaching into the lakes/streams.
D) deforestation.

Question 28

Time is the only cure for a hangover. Recovery usually takes
A) 2 hours.
B) 12 hours.
C) 24 hours.
D) 2 days.

Question 29

Which of the following is an over-the-counter drug that is subject to misuse and abuse?
A) Paint
B) White wine
C) Diet pills
D) Marijuana

Question 30

Maddie is trying to lose a few pounds. The weight she should be trying to lose is called
A) essential fat.
B) intrinsic fat.
C) storage fat.
D) subcutaneous fat.

Question 31

While she was being cross-examined by the district attorney, Lisé (the defendant) alternately folded her arms and crossed and uncrossed her legs. Which of the following forms of nonverbal communication does this demonstrate?
A) Interpersonal space
B) Facial expressions
C) Body language
Question 32
Donna was diagnosed with cancer. Cancer is a group of diseases characterized by
A) uncontrolled growth and spread of abnormal cells.
B) solid tumor development.
C) replication of genetic material.
D) predictable spreading of abnormal cells.

Question 33
Systolic blood pressure refers to pressure applied to the walls of the arteries when
A) the heart relaxes.
B) the heart is between contractions.
C) the heart contracts.
D) blood is reentering the heart.

Question 34
Which of the following best describes an ectopic pregnancy?
A) The death of a fetus after the 20th week of pregnancy but before delivery.
B) The removal of the baby via an incision across the mother's abdomen and through her uterus.
C) A condition characterized by high blood pressure and protein in the urine.
D) The implantation of a fertilized egg in the fallopian tube or pelvic cavity.

Question 35
Which of the following are characteristics that define intimate relationships?
A) Behavioral interdependence and need fulfillment
B) Behavioral interdependence and emotional detachment
C) Need fulfillment and emotional vulnerability
D) Emotional detachment and emotional vulnerability

Question 36
Which of the following changes could an individual expect by participating in regular aerobic exercise?
A) Increase in HDLs
B) Increase in LDLs
C) Increase in triglycerides
D) Increase in total cholesterol

Question 37
Which of the following is not a symptom of a pubic lice infestation?
A) Itchiness in the area covered by pubic hair
B) Bluish-gray skin color in the pubic region
C) A white, cheesy discharge from the penis or vagina
D) Sores in the genital area

Question 38
List five behaviors that will help you reduce your risk of contracting a sexually transmitted infection.

Question 39
Seventy-five to eighty percent of people who commit suicide indicate their intentions. List five warning signs that someone may be contemplating suicide.
Question 40

If your parents smoke, you're ________ more likely to start smoking than a child of nonsmokers.
A) 60 percent
B) 75 percent
C) 80 percent
D) 90 percent

Question 41

Which statement is true about reactive aggression?
A) It is more often part of an emotional reaction brought about by frustrating life experiences.
B) It is goal-directed, hostile self-assertion that is destructive in nature.
C) It less likely to flare up in times of acute stress.
D) It comes out of nowhere.

Question 42

When he was 11, David was sexually abused by someone in authority at his church. Ten years later, he still has nightmares about it. Which of the following anxiety disorders does he suffer from?
A) Post-traumatic stress disorder (PTSD)
B) Social phobia
C) Obsessive-compulsive disorder (OCD)
D) Panic attacks

Question 43

A white crystalline powder derived from the leaves of the South American coca shrub is a powerful naturally occurring stimulant. What is it called?
A) Ecstasy
B) PCP
C) Heroin
D) Cocaine

Question 44

At one time, Drew was in an abusive relationship with Stacy. Looking back now, the signs are obvious to him. List five red flags that may have characterized Stacy’s behavior.

Question 45

What steps can be taken to minimize the risk of overuse and traumatic injuries?

Question 46

Celeste uses barbells for muscular strength. Celeste is using ________ for strength and endurance training.
A) calisthenics
B) fixed resistance
C) variable resistance
D) accommodating resistance

Question 47

Which of the following statements is true regarding long-term stress and its physiological effects?
A) Long-term stress causes 80 percent of all deaths in the United States.
B) Long-term stress may cause low back pain, diabetes, and cancer.
C) Long-term stress increases the size of the hippocampus.
D) Long-term stress only has psychological effects.
Question 48
Which of the following behaviors is considered neglect of a child?
A) Physical harm
B) Failure to provide for a child's basic needs
C) Living in a small, rented dwelling
D) Sexual abuse

Question 49
Identify and briefly describe the five features of a healthful diet.

Question 50
Which of the following is a difference between the two IUDs discussed in your text (i.e., ParaGard and Mirena)?
A) Mirena releases small amounts of progestin, whereas ParaGard does not.
B) ParaGard releases small amounts of progestin, whereas Mirena does not.
C) Mirena is considerably more effective at preventing pregnancy and STIs than ParaGard.
D) ParaGard needs to be replaced every five years, whereas Mirena needs to be replaced every 10 years.

Question 51
All of the following are obstacles to change that you can expect to face when you are preparing to change a behavior except
A) self-defeating beliefs and attitudes.
B) setting realistic goals.
C) lack of support and guidance.
D) failing to accurately assess your current state of wellness.

Question 52
Damage to an area of the heart muscle caused by the lack of blood supply is called
A) a heart attack.
B) heart failure.
C) bradycardia.
D) angina pectoris.

Question 53
Summarize the actions you should take if someone shows signs of alcohol poisoning.

Question 54
Ginny swallowed 10-12 buttons from the peyote cactus at the most recent party at her sorority. Which of the following hallucinogens was she trying to experience?
A) PCP
B) Mescaline
C) LSD
D) Ketamine

Question 55
Denise has involuntary contraction of her vaginal muscles, making penile insertion painful or impossible. Which of the following best describes Denise's sexual dysfunction disorder?
A) Vaginismus
B) Dyspareunia
C) Female orgasmic disorder
D) Sexual performance anxiety
Question 56
Aaron and Jen have been going out together for two months now. Suggest three questions they should ask themselves to determine whether they are in a healthy relationship.

Question 57
All of the following are strategies for cultivating spiritual health. Which would you categorize as "reaching out to others"?
A) Expanding your mind through psychological counseling
B) Practicing meditation
C) Volunteering to coach a youth soccer team
D) Practicing yoga

Question 58
Each day, the Earth and its resources are shared with ________ more people than the day before.
A) 1,000
B) 50,000
C) 250,000
D) 350,000

Question 59
Name and briefly describe the four classifications of cancer. Provide an example of each.

Question 60
Based on the most recent National College Health Assessment survey, which of the following is the greatest mental health issue of American college students?
A) Felt overwhelmed by all they needed to do
B) Intentionally injured themselves
C) Had difficulty functioning because of depression
D) Seriously considered suicide

Question 61
Which of the following is generally a characteristic of Type C personalities?
A) They are generally optimistic and hopeful.
B) They tend to acknowledge their feelings.
C) They are stoic.
D) They tend to be assertive.

Question 62
The average amount of time that Americans spend sitting each day is
A) 8 hours
B) 10 hours
C) 12 hours
D) 15 or more hours

Question 63
Which of the following is a risk factor for infection that you can control?
A) Organism virulence
B) Aging
C) Heredity
D) Personal hygiene
### Question 64

The dimensions of health include which of the following?

- A) Physical health and intellectual health but not environmental health
- B) Physical health and environmental health but not emotional health
- C) Physical health and emotional health but not intellectual health
- D) Physical health, intellectual health, and social health


### Question 65

From the mid-1960s to 2007, the rate of cesarean section deliveries in the United States

- A) increased from 5 percent to 32 percent.
- B) decreased from 32 percent to 25 percent.
- C) decreased from 32 percent to 5 percent.
- D) increased from 5 percent to 15 percent.


### Question 66

Spirituality may or may not lead to participation in organized religion. Which of the following best defines religion?

- A) The combination of relationships, values, and purpose in life
- B) An individual's principles—the set of fundamental rules by which he or she conducts his or her life
- C) An individual's sense of purpose and meaning in life, beyond material values
- D) A system of beliefs, practices, rituals, and symbols designed to facilitate closeness to the sacred or transcendent


### Question 67

Which of the following is a potential risk of taking Echinacea?

- A) Dry mouth
- B) Heart attack
- C) Insomnia
- D) Increased asthma


### Question 68

Identify five factors contributing to injuries from dormitory fires.


### Question 69

Population experts believe the most critical environmental challenge today is to

- A) evenly redistribute the world's population.
- B) expand the Earth's resources.
- C) slow the population growth of the world.
- D) work to replenish/restore the Earth's ozone layer.


### Question 70

Which of the following is a long-term health effect of smoking on the body and health?

- A) Suppressed appetite
- B) Constricted blood vessels
- C) Irritated throat and airways
- D) Increased risk of impotence and infertility


### Question 71

Although 70 percent of adult smokers in the United States want to quit smoking, and up to 44 percent make a serious attempt to quit each year, how many actually succeed?

- A) 1-3 percent
- B) 4-7 percent
- C) 8-11 percent
Question 72
Tanya experienced the most extreme form of sexual assault. What did she experience?
A) Sexual invasion
B) Rape
C) Molestation
D) Abduction

Question 73
Brian's father was an alcoholic. Susan just broke up with her boyfriend of five years and has started drinking a glass or two of wine every night to help her relax before bed. Allan grew up in a family where moderate alcohol consumption was a regular part of the evening meal. Christie, who has a very low-paying job and a sizable college debt, has begun hanging out with people at work who are similarly discouraged and who drink to dull the emotional pain of their station in life. Which of these four is least likely to abuse alcohol or become an alcoholic?
A) Brian
B) Susan
C) Allan
D) Christie

Question 74
Janice's insurance provider sent her a list of providers that are considered "in network." Janice has which of the following types of health care programs?
A) Medicare
B) Budget care
C) HMO
D) Managed care

Question 75
Kathleen has a 50-kilometer (31-mile) cross-country ski race this morning. Which of the following is probably her best choice of fuel for such a long race?
A) Fats
B) Proteins
C) Carbohydrates
D) Water

Question 76
The use of medical practice designed to avert the possibility of malpractice suits in the future is called
A) detective medicine.
B) preventative medicine.
C) defensive medicine.
D) safe-suit medicine.

Question 77
Discuss compulsive exercise and describe two complex exercise disorders to which it contributes.

Question 78
What is the purpose of Cowper's glands?
A) It manufactures sperm and testosterone.
B) It provides the sperm with nutrients and other fluids that compose semen.
C) It secretes a fluid that lubricates the urethra and neutralizes any acid that may remain in the urethra after urination.
D) It protects the testes and helps control their internal temperature.
Question 79
What percentage of alcoholics in the United States receive any treatment care?
A) 15 percent
B) 25 percent
C) 35 percent
D) 45 percent

Question 80
Stress-related weight gain is believed to be related to which of the following hormones?
A) Testosterone
B) Epinephrine
C) Estrogen
D) Cortisol

Question 81
Most oral contraceptives work through the combined effects of
A) synthetic estrogen and testosterone.
B) progesterone and androsterone.
C) synthetic estrogen and progesterone.
D) androsterone and testosterone.

Question 82
Lee's doctor believes in traditional, scientifically based medicine. This type of medicine is called
A) naturopathic.
B) allopathic.
C) medipathic.
D) propathic.

Question 83
The average person in the United States throws away ______ times his or her adult body weight in garbage during his or her lifetime.
A) 200
B) 400
C) 600
D) 800

Question 84
Describe the key ways by which benign and malignant tumors differ.

Question 85
The FDA has warned that certain herbal products containing kava may be associated with severe ______ damage.
A) kidney
B) heart
C) liver
D) respiratory

Question 86
Illegal drug use in the United States costs about how much per year?
A) $115 billion
B) $215 billion
C) $315 billion
D) $415 billion
Question 87
At what point after quitting tobacco does the carbon monoxide level in the blood drop to normal?
A) 8 hours  
B) 48 hours  
C) 1-9 months  
D) 5 years  

Question 88
List five things you can do to reduce your risk for foodborne illness.  

Question 89
At what time during the day are you more likely to be involved in an alcohol-related fatal car crash?
A) 6 PM to 9 PM  
B) 9 PM to midnight  
C) Midnight to 3 AM  
D) 3 AM to 6 AM  

Question 90
List and briefly describe the three steps you can take to prevent antibiotic resistance.  

Question 91
If your hands are the most common way in which viruses are transmitted, which of the following is your best bet for avoiding the common cold?
A) Take mega-doses of vitamin C.  
B) Eat lots of chicken soup.  
C) Wash your hands (with soap) often.  
D) Take frequent showers.  

Question 92
Global warming is also known as
A) climate change.  
B) climate catastrophe.  
C) climate conditioning.  
D) climate effect.  

Question 93
Even though the pills that Milton takes for his arthritis have no active ingredients, they make him feel better anyway. His improvement is due to
A) spontaneous remission.  
B) the cure effect.  
C) the placebo effect.  
D) self-hypnosis.  

Question 94
List five safety tips for cyclists.  

Question 95
Based on the alcohol use patterns of college students in the past 30 days, which of the following represents the largest percentage of males?
A) Those who have never used alcohol  
B) Those who have used alcohol, but not in the past 30 days  
C) Those who have used alcohol all 30 days
Question 96

Judy just had her wisdom teeth removed. Which of the following inhalants was she most likely to have been given as an adjunct to dental anesthesia?

A) Amyl nitrite  
B) Model glue  
C) Paint thinner  
D) Nitrous oxide


Question 97

Explain the difference between an eating disorder and disordered eating.


Question 98

Robert has been smoking a pack of cigarettes a day for 45 years. Of his friends who also smoke, several have developed heart disease and lung problems. Robert's grandson, Bobby, has just taken up smoking. According to the health belief model (HBM) of behavior change, who is more likely to perceive tobacco as a threat to their health?

A) Robert  
B) Bobby  
C) Both Robert and Bobby  
D) Neither Robert nor Bobby


Question 99

What is the first step in trying to gain weight?

A) Determine the cause of the inability to gain weight.  
B) Stop exercising in order to preserve caloric expenditure.  
C) Add nutritional supplements that are touted for weight gain.  
D) Get an X-ray of the pituitary gland.


Question 100

List the four categories of complementary and alternative medicine.


Question 101

In your first job after graduating, you don't work enough hours to qualify for group health insurance and you don't earn enough to buy an individual policy. Which determinant of health is this?

A) Biology and genetics  
B) Policymaking  
C) Social and physical environment  
D) Health services and health disparities


Question 102

Explain how eating healthy and increasing physical activity can also result in environmental improvements.


Question 103

The percentage of men and women in college who have never used alcohol is about the same. Which of the following best estimates those values?

A) Less than 10 percent  
B) Less than 25 percent  
C) More than 25 percent  
D) More than 30 percent


Question 104
The final exam in Teri's anthropology class involved an oral presentation to her professor followed by an extensive question-and-answer period. It was very stressful. The prolonged effort to adapt to the stress lead to an exhaustive wear and tear on her body. This is called
A) allostatic load.
B) allosteric load.
C) allopathic load
D) allotrophic load.

Question 105

Eloise has been working vigilantly to increase the amount of physical exercise she gets. She's now reached the point where it has become an essential part of her daily living. Which stage of the transtheoretical model of behavior change is this?
A) Preparation
B) Action
C) Maintenance
D) Termination

Question 106

A ________ is a self-replicating, protein-based agent that is believed to cause variant Creutzfeldt-Jakob disease in humans.
A) protozoan
B) parasitic worm
C) prion
D) pandemic

Question 107

Colleen either swims, bikes, or runs five days a week in preparation for a triathlon she has entered. Which kind of physical activity is this?
A) Physical activity for profit
B) Physical activity for fitness
C) Physical activity for health
D) Physical activity for performance

Question 108

List three of the features of the agreement between the tobacco industry and the states that sued them.

Question 109

Sharing personal information with others is called
A) self-discussion. 
B) self-indulgence.
C) self-sacrifice.
D) self-disclosure.

Question 110

The Consolidated Omnibus Reconciliation Act (COBRA) allows
A) former employees to continue health insurance temporarily, at a group rate.
B) former employees to remain on group health insurance plans indefinitely.
C) current employees to choose from several insurance plans.
D) current employees and distant relatives to choose the plan most appropriate to their needs.

Question 111

Michael never seems to be off his phone. He's either taking calls, making calls, sending or receiving text messages and e-mails, or looking up something on the web. Which of the following is a way for Michael to reduce technostress?
A) He needs to increase his use of technology.
B) He needs to devote less time to face-to-face interactions with his family and friends.
C) He needs to respond to every call, text, or e-mail immediately.
D) He needs to turn off his electronic devices when he is out with other people.
Question 112

Anna had her first child after age 30. She is physically inactive and uses oral contraceptives. What cancer is Anna at risk for?
A) Colon  
B) Lung  
C) Cervical  
D) Breast

Question 113

If dehydration is the abnormal depletion of body fluids, then what is the name of the condition that results from an excess of water in your body fluids?
A) Hydration  
B) Hypoglycemia  
C) Hyponatremia  
D) Hypoplasia

Question 114

An average adult has ________ grams of glucose in the blood at any given time.
A) 5 to 6  
B) 8 to 9  
C) 10 to 11  
D) 7 to 8

Question 115

What percentage of couples living together in a given year are doing so as a precursor to marriage?
A) 36 percent  
B) 46 percent  
C) 56 percent  
D) 66 percent

Question 116

In which age group is CVD significantly more prevalent among men than among women?
A) 40 to 59 year olds  
B) 80+ year olds  
C) 20 to 39 year olds  
D) 60 to 79 year olds

Question 117

List two arguments for and two against the development of genetically modified (GM) food crops.

Question 118

Pat has metabolic syndrome. What are three factors that could have led to her diagnosis?

Question 119

Which of the following vegetable oils is highest in saturated fats?
A) Coconut oil  
B) Safflower oil  
C) Corn oil  
D) Olive oil

Question 120
Which of the following is one way you can realistically reduce your exposure to formaldehyde in your home?
A) Leave the windows open at all times for ventilation
B) Purchase certain houseplants that help clean formaldehyde from the air
C) Never use carpeting in your home
D) Wear a face mask when in your home

Question 121

Which of the following is the term for when lovers care enough to do what it takes to help when the other is in need?
A) Fascination
B) Being an advocate
C) Sexual desire
D) Giving the utmost

Question 122

Over 160 countries have currently signed the Kyoto Protocol to reduce manmade emissions responsible for climate change. The United States hasn't signed the treaty because
A) the representatives to the treaty don't believe CFCs are the problem.
B) it doesn't require major developing countries to reduce emissions.
C) the United States produces very few CFC emissions, so they're not affected.
D) the Kyoto Protocol is not a valid representation of reducing emissions by accord.

Question 123

Key factors in population increase include changes in
A) morbidity and mortality.
B) fertility and mortality.
C) infrastructure and mortality.
D) income and mortality.

Question 124

Jeff works two jobs, attends school part-time, and helps care for an ailing parent. Discuss three physical symptoms he may experience and suggest three techniques he could utilize to reduce his stress levels.

Question 125

Which of the following is probably not a risk factor for mental illness?
A) Childhood abuse or neglect
B) Financial security
C) Having biological relatives with mental illness
D) Experiencing combat

Question 126

Bill, Kelly, and Lynn are sexually active (though not with each other). Bill has had 15 sexual partners, Kelly has had 11, and Lynn has had 6. Based solely on the number of sexual partners each has had, who is at a greater risk for contracting an STI?
A) Bill
B) Kelly
C) Lynn
D) Bill and Lynn, but not Kelly

Question 127

When a cell prepares to divide, its DNA organizes into 46 distinct bundles called
A) genomes.
B) chromosomes.
C) genes.
D) alleles.
Question 128
The term describing what happens to our bodies when we perceive danger is called
A) homeostasis.
B) fight-or-flight response.
C) adaptation response.
D) the resistance phase.

Question 129
What chemicals originally contained in products such as refrigerants and hair sprays contributed to the depletion of the ozone layer?
A) Oxides of carbon
B) Chlorofluorocarbons
C) Fluorohydrochlorides
D) Nitrous oxide

Question 130
Which of the following contains the highest percentage of water?
A) Meats
B) Bread
C) Cheese
D) Fruits

Question 131
Rory is planning to go to a club (and drink alcohol) with a group of friends. Which of the following is most likely going to help them minimize any potential hangover tomorrow morning?
A) Rory and his friends should pre-game as much as possible.
B) Rory and his friends should drink to excess at the club.
C) Rory and his friends should drink nonalcoholic beverages between alcoholic drinks.
D) Rory and his friends should drink as quickly as possible.

Question 132
A man who believes that when a woman says "no," she really means "yes," has
A) male socialization.
B) male misperceptions.
C) male hostility.
D) male sexual history.

Question 133
Which of the following is a hormonal method of contraception that is a soft plastic capsule that is inserted just beneath the skin on the inner side of the upper arm and it releases a low, steady dose of progestin for up to three years (in which case it is not subject to user error)?
A) Ortho Evra
B) NuvaRing
C) Depo-Provera
D) Implanon

Question 134
List two factors that may have contributed to the decrease over the past 20 years in the percentage of drivers involved in fatal crashes who were intoxicated.

Question 135
Sam is looking for a physical approach to stress management. Which of the following is probably the best advice to give Sam?
A) Decrease your daily consumption of caffeine.
B) Get more sleep by taking regular naps.
C) Try to get 30-45 minutes of exercise every day.
D) Eat more foods that contain protein and carbohydrates.

Question 136

Which of the following is a condition for which you should consult a physician?
A) Minor scrapes
B) A headache at the end of a tension-filled day
C) Seasonal allergies
D) Yellowing of the whites of the eyes

Question 137

Poor muscle coordination; short-term memory loss occurs at which of the following blood alcohol concentrations (BACs)?
A) 0.05-0.07 percent
B) 0.08-0.14 percent
C) 0.15-0.24 percent
D) 0.25-0.34 percent

Question 138

Research indicates that _______ percent of boating fatalities are from drowning.
A) 50
B) 60
C) 70
D) 80

Question 139

The purpose of the placenta is
A) to help the mother's pelvic bones widen and become more flexible for childbirth.
B) to ready the mother's body for breastfeeding once her baby is born.
C) to increase the mother's total blood volume.
D) to carry nutrients and oxygen to the fetus.

Question 140

Brandy coped with the family alcohol problem by misbehaving at home and by committing crimes, such as petty theft and vandalism (tagging, mostly).
Which of the following roles did Brandy assume?
A) Family hero
B) Scapegoat
C) Lost child
D) Mascot

Question 141

Political differences have historically
A) empowered men to be tough and aggressive.
B) justified violence against others.
C) created an environment of hopelessness.
D) been triggers for violent acts.

Question 142

Which of the following is not a compensatory behavior you would expect someone suffering from bulimia nervosa to engage in?
A) Vomiting
B) Taking laxatives
C) Exercising in moderation
Question 143

The symptoms of post-traumatic stress disorder (PTSD) include
A) the 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.

Question 144

Which of the following is one of the benefits of a treadmill?
A) It provides opportunities for entertainment and social activity.
B) It is lightweight, durable, and easily portable.
C) It provides a lower impact on your joints than running on most pavements.
D) It can be used in plyometric training, too.

Question 145

How you feel about yourself is known as
A) self-efficacy.
B) self-consciousness.
C) self-hatred.
D) self-esteem.

Question 146

Someone with whom we can share our feelings freely provides us with which of the following need fulfillment characteristics of intimate relationships?
A) Nurturance
B) Social integration
C) Affirmation
D) Intimacy

Question 147

Aggravated rape involves
A) consensual penetration in the presence of a weapon.
B) one or multiple attackers and weapons, strangers, or physical beatings.
C) rape by a spouse or family member.
D) special circumstances like fear, force, or disfigurement by a family member.

Question 148

Christian has been irritable, feeling on edge, and easily fatigued for more days than not during a six-month period. This is an example of which of the following anxiety disorders?
A) Generalized anxiety disorder (GAD)
B) Social anxiety disorder
C) Obsessive-compulsive disorder (OCD)
D) Post-traumatic stress disorder (PTSD)

Question 149

What percentage of men experience erectile dysfunction (ED) at some time in their lives?
A) 25 percent
B) 50 percent
C) 75 percent
D) 100 percent
Question 150
Jorge wants to see how close to 10,000 steps he comes during the course of a typical day. Which of the following fitness gadgets will most likely give him the data he seeks?
A) A heart rate monitor
B) A pedometer
C) Resistance bands
D) An elliptical trainer

Question 151
The ability of a fat cell to swell is known as
A) hyperthermia.
B) hypertrophy.
C) hyperplasia.
D) hypoplasia.

Question 152
Selective estrogen-receptor modulators (SERMs), such as tamoxifen, and aromatase inhibitors are effective for estrogen-sensitive breast cancer because they work by
A) blocking estrogen from the estrogen-sensitive cells.
B) enhancing the effects of estrogen in the estrogen-sensitive cells.
C) decreasing estrogen production.
D) increasing estrogen production.

Question 153
When the heart relaxes, the pressure on the arterial walls decreases. This is called the
A) diastolic pressure.
B) systolic pressure.
C) pumping phase.
D) baseline pressure.

Question 154
Which of the following strategies will probably help you use positive psychology to enhance your happiness?
A) Develop gratitude, know when to say when, but never use capitalization
B) Develop gratitude, use capitalization, and know when to say when
C) Know when to say when, grow a signature strength, but never develop gratitude
D) Grow a signature strength, use capitalization, but never know when to say when

Question 155
Emergency contraceptive pills (ECPs) prevent pregnancy by which of the following means?
A) By delaying or inhibiting ovulation or inhibiting fertilization, but not by blocking implantation of a fertilized egg
B) By delaying or inhibiting ovulation or blocking implantation of a fertilized egg, but not by inhibiting fertilization
C) By delaying or inhibiting ovulation, inhibiting fertilization, or blocking implantation of a fertilized egg
D) By inhibiting fertilization or blocking implantation of a fertilized egg, but not by delaying or inhibiting ovulation

Question 156
A 5- to 10-degree increase in the Earth’s surface temperature could result in all of the following except
A) extreme weather events.
B) a lowering of sea levels.
C) an increase in tropical diseases.
D) glacier retreat.
Question 157
Peter feels out of control when he eats too much and strong when he can restrict how much he eats. He has fasted for long periods of time in order to lose weight. Where on the eating issues continuum does Peter most likely fall?
A) Disruptive eating patterns  
B) Food preoccupied/obsessed  
C) Concerned well  
D) Food is not an issue

Question 158
The water supply that is available for human use is ________ percent of the entire supply.
A) 1  
B) 5  
C) 10  
D) 20

Question 159
If you think you are being harassed, the most important thing you can do is
A) tell the harasser to stop.  
B) approach the harasser in private.  
C) do not tell anyone in authority.  
D) blame yourself.

Question 160
List the three defenses that your skin provides against disease-causing pathogens.

Question 161
A rape that involves one attacker, no weapons, and no physical beating is called
A) an aggravated rape.  
B) a simple rape.  
C) a sexual assault and battery.  
D) an abusive rape.

Question 162
Type 1 diabetes is also known as
A) insulin-dependent diabetes.  
B) insulin-independent diabetes.  
C) non-insulin-dependent diabetes.  
D) non-insulin-independent diabetes.

Question 163
According to the social cognitive model for behavior change, three factors interact in a reciprocal fashion to promote and motivate change. Which of the following is not one of those three factors?
A) Our social environment  
B) Our thoughts  
C) Our behaviors  
D) Termination

Question 164
Which of the following is true about the factors that make college students vulnerable to alcohol-related problems?
A) College students are particularly immune to peer influence.  
B) Many student customs and norms encourage drinking.
C) Campus communities with fewer bars have a higher rate of binge drinking.
D) Alcohol advertising and promotions steer clear of students.

Question 165

If Adrienne has genital herpes and is pregnant, which of the following is probably her best course of action for preventing her child from getting infected from her?
A) A course of strong antibiotics for Adrienne while she is still pregnant
B) Delivery by cesarean section
C) Treatment with famciclovir (FAMVIR)
D) A course of strong antibiotics for the child after it is born

Question 166

Identify the groups of people likely to use complementary and alternative medicine.

Question 167

The second leading cause of lung cancer cases is
A) cigarette smoking.
B) carbon monoxide.
C) radon.
D) asbestos.

Question 168

Which of the following statements about genetics is true?
A) All eggs (ova) carry a Y chromosome.
B) The male gonads (reproductive organs) are the ovaries.
C) The primary male sex hormone is testosterone.
D) The XY combination of chromosomes produces a female.

Question 169

Which of the following is a test or procedure used to detect prostate cancer?
A) Pap test
B) Colonoscopy
C) Mammography
D) Prostate-specific antigen (PSA) test

Question 170

Which of the following statements is probably true about tension-type headaches?
A) Exercise makes most tension headaches worse.
B) Over-the-counter medications may relieve these headaches.
C) Stress is never a trigger for these kinds of headaches.
D) They are usually preceded by a warning sign called an aura.

Question 171

List and explain at least five factors to consider when you contemplate downshifting.

Question 172

List three advantages of progestin-only pills.

Question 173

You are assessing the risks and benefits of chiropractic care for acute low back pain. In which of the following categories do you think it belongs?
Question 174

The country expected to have the largest population increase by 2050 is
A) China.
B) India.
C) Pakistan.
D) the United States.

Question 175

The problem that exists when 80 percent of a building's occupants report maladies that tend to lessen or vanish when they leave the building is known as
A) detrimental building syndrome.
B) sick building syndrome.
C) healthy building syndrome.
D) toxic building syndrome.

Question 176

If person X needs about 2,000 calories per day, person X is probably
A) a sedentary woman, ages 19 to 30.
B) an active woman, ages 31 to 50.
C) a sedentary man, ages 19 to 30.
D) an active man, ages 31 to 50.

Question 177

Georgette packed some clothes she no longer wears into a trunk and hauled the trunk up to the attic. Which of the following best describes what Georgette did?
A) Physical activity only.
B) Exercise only.
C) Both physical activity and exercise.
D) Neither physical activity nor exercise.

Question 178

Sandra takes nitroglycerin tablets prescribed to treat her angina. What does this drug do to relieve the pain?
A) It constricts the blood vessels.
B) It dilates the veins.
C) It controls spasms.
D) It stops the heart temporarily.

Question 179

Denise has an unnatural concern about order and exactness. This is an example of which of the following anxiety disorders?
A) Phobic disorder
B) Social anxiety disorder
C) Obsessive-compulsive disorder (OCD)
D) Post-traumatic stress disorder (PTSD)

Question 180

Which of the following barrier methods of contraception must be left in place for 6-8 hours after intercourse?
A) The male condom
B) The female condom
C) Spermicides
D) The cervical cap

Question 181

List two arguments in favor and two arguments opposed to national health insurance coverage in the United States.

Question 182

The primary action of insulin is to
A) increase blood glucose concentration.
B) stimulate glucose transporters in the cell.
C) convert glucose to glycogen for storage.
D) carry glucose into the liver.

Question 183

Which of the following parts of the digestive system is where nutrients are absorbed?
A) Stomach
B) Small intestine
C) Large intestine
D) Rectum and anus

Question 184

Environmental tobacco smoke (ETS) can be divided into two categories. Smoke exhaled by a smoker is called
A) slipstream smoke.
B) mainstream smoke.
C) sidestream smoke.
D) mainstay smoke.

Question 185

If Mark has syphilis, which of the following is the most likely way he contracted it?
A) A mosquito bite
B) A piercing with an infected needle
C) Engaging in a contact sport such as wrestling
D) Direct sexual contact

Question 186

Which of the following plant sources of protein would be categorized as a grain?
A) Corn
B) Peanuts
C) Tofu (a soy product)
D) Sunflower seeds

Question 187

Which of the following is not considered a personality trait related to psychological well-being?
A) Agreeableness
B) Introversion
C) Conscientiousness
D) Emotional stability

Question 188

When a baby is born with a cardiovascular defect it is referred to as
A) a congestive heart defect.
B) a congenital heart defect.
C) a postnatal heart defect.
D) an immature heart defect.

Question 189
List three short-term health effects of drinking alcohol.

Question 190
The age group at highest risk of testicular cancer is between
A) 15 and 35.
B) 25 and 50.
C) 35 and 45.
D) 45 and 55.

Question 191
Congestive heart failure is a condition in which the heart
A) has decreased in size and strength.
B) is unable to maintain its pumping strength and adequate blood flow.
C) causes an excessive amount of fluid to be eliminated from the body.
D) rarely responds to treatment.

Question 192
Describe the three general categories of physical activity.

Question 193
What percentage of Americans over the age of 12 has tried marijuana at least once?
A) 21 percent
B) 31 percent
C) 41 percent
D) 51 percent

Question 194
Like many sophomores, Miguel initially struggled with organic chemistry when he tried to learn everything on his own. On the advice of a friend, he joined a study group that met three days a week to work homework problems and study for exams together. It took a lot of effort, but Miguel never missed a study group and all the hard work paid off when he got an A- in the class. To reward himself, Miguel went to a concert after the semester was over. This is an example of
A) internal locus of control.
B) external locus of control.
C) positive reinforcement.
D) self-efficacy.

Question 195
Dominick, if he had any close friends, would describe him as irritable, gloomy, and socially inhibited. He tends to worry excessively about negative things. Without knowing anything more about him, how would you categorize his personality?
A) Type A
B) Type B
C) Type C
D) Type D

Question 196
Hallie needs to improve her study habits if she wants to get her degree in physics. She has thought long and hard about what she might do and has
even come up with a specific plan of action. Which stage of the transtheoretical model of behavior change is this?
A) Contemplation
B) Preparation
C) Action
D) Maintenance

Question 197
Coma or probable death occurs at which of the following blood alcohol concentrations (BACs)?
A) 0.08-0.14 percent
B) 0.15-0.24 percent
C) 0.25-0.34 percent
D) 0.35 percent and up

Question 198
Which of the following statements is true about inhalants?
A) Inhalants generally appeal to older people because inhalants tend to be expensive.
B) Nitrous oxide is often prescribed to alleviate chest pain in heart patients.
C) The volatile chemicals in inhalants reach the bloodstream and then the brain within seconds.
D) Users of inhalants can die from sudden sniffing death (SSD) syndrome, but not if they are a first-time user.

Question 199
What steps are being taken to ensure that hazardous wastes generated today do not become future cleanup problems?

Question 200
Arturo avoids playing intramural sports because he is afraid of embarrassing himself. This is an example of which of the following anxiety disorders?
A) Generalized anxiety disorder (GAD)
B) Social anxiety disorder
C) Obsessive-compulsive disorder (OCD)
D) Post-traumatic stress disorder (PTSD)

Question 201
What percentage of all cancer deaths have smoking as a primary causal factor?
A) 20 percent
B) 30 percent
C) 40 percent
D) 50 percent

Question 202
Lorraine eats what she is hungry without feeling any guilt or shame and doesn't care what others think about her eating habits. While food is an important part of Lorraine's life, it takes up only a small part of her time. Where on the eating issues continuum does Lorraine most likely fall?
A) Disruptive eating patterns
B) Food preoccupied/obsessed
C) Concerned well
D) Food is not an issue

Question 203
Why are some bacteria and microorganisms referred to as “superbugs”?
A) They have become resistant to the drugs used at one time to treat them.
B) They are faster than a speeding bullet.
C) They are larger than normal.
D) They are smaller than normal.
Question 204
Which of the following statements about marijuana is actually true?
A) Marijuana increases a driver's ability to react and make quick decisions.
B) Teens and young adults who use marijuana are more likely to develop serious mental health problems.
C) The psychoactive substance in marijuana is trihydrocannabinol.
D) Inhaling marijuana smoke increases the oxygen-carrying capacity of the blood.

Question 205
Briefly distinguish between codependents and enablers.

Question 206
Steve and Sarah just learned that waist circumference can be a useful tool in assessing abdominal fat, which is considered more threatening to health than fat in other regions. If both Steve and Sarah have 36-inch waists, then which of the following statements is most likely true?
A) Steve is at greater health risk, but Sarah is not.
B) Sarah is at greater health risk, but Steve is not.
C) Both Steve and Sarah are at greater health risk.
D) Neither Steve nor Sarah is at greater health risk.

Question 207
Several early studies linked excessive exposure to violent media and violent behavior. What information is being cited by the critics of these early studies that questions the association between media and violence?

Question 208
The birth-defect-causing effects of drugs, environmental chemicals, and diseases are known as
A) teratogenic effects.
B) toxoplasmosis.
C) fetal alcohol syndrome (FAS).
D) negative environment effects.

Question 209
Darlene runs cross-country in the fall and track in the spring. She carries a full load of classes in electrical engineering, and she volunteers two days a week at the local Humane Society. Darlene, a senior, has been enduring this unrelenting overload for almost four years now and it has led to a state of physical and mental exhaustion known as
A) flameout.
B) burnout.
C) stress inoculation.
D) acute stress.

Question 210
One of the health benefits of regular exercise that is particularly important to Kirby is strengthening his respiratory muscles and improving his immune system functioning. Which of the following health conditions is it likely that Kirby has?
A) Asthma
B) Obesity
C) Hypertension
D) Diabetes

Question 211
Which of the following would be considered a form of biofield therapy?
A) Reiki
B) Ayurveda
C) Homeopathy
<table>
<thead>
<tr>
<th>Question 212</th>
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<tr>
<td>What is the main difference between surgical abortions and medical abortions?</td>
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<tr>
<th>Question 213</th>
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<tr>
<td>What is the test that measures the electrical activity of the heart called?</td>
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</table>
| A) Angiography  
| B) Electrocardiogram  
| C) MRI  
| D) Catheterization |

<table>
<thead>
<tr>
<th>Question 214</th>
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</table>
| Gastric bypass surgery can be effective in treating and preventing  
| A) disordered eating.  
| B) osteoporosis.  
| C) type 2 diabetes.  
| D) eating disorders. |

<table>
<thead>
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<th>Question 215</th>
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<td>Describe both Medicare and Medicaid.</td>
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<tr>
<th>Question 216</th>
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</table>
| The amount of trash that can potentially be recycled is estimated to be  
| A) 26 percent.  
| B) 15 percent.  
| C) 60 percent.  
| D) 90 percent. |

<table>
<thead>
<tr>
<th>Question 217</th>
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</table>
| The students in Katherine's dorm are all pretty serious about their studies, but they're also very social, so they have parties several times every semester. Katherine has always avoided these parties for fear of being humiliated. Which of the following anxiety disorders does she suffer from?  
| A) Post-traumatic stress disorder (PTSD)  
| B) Social phobia  
| C) Generalized anxiety disorder (GAD)  
| D) Panic attacks |

<table>
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<tr>
<th>Question 218</th>
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</table>
| Jamie is shopping at the mall and comes across an unconscious person. People surrounding the person indicated they have called and are waiting on mall emergency personnel. As an individual trained in CPR, which of the following should Jamie do?  
| A) Call 9-1-1 and wait for emergency personnel.  
| B) Call 9-1-1 and perform CPR until emergency personnel arrive.  
| C) Call 9-1-1 and the poison control number.  
| D) Call 9-1-1 and leave the scene. |

<table>
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<tr>
<th>Question 219</th>
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</table>
| Which of the following is a reliable food source for biotin?  
| A) Citrus fruits  
| B) Shellfish  
| C) Nuts and egg yolks  
| D) Chickpeas |
Question 220

The World Health Organization's (WHO) definition of violence implies:
A) that any infliction of harm is unintentional.
B) that force is used with the intent to inflict physical or psychological harm.
C) that a hate crime has been committed.
D) the behavior is a reaction to dissatisfaction with the way things are.

Question 221

Emotions such as anxiety and joy can be described as the interplay of all of the following components except:
A) heredity.
B) physiological arousal.
C) feelings.
D) cognitive (thought) processes.

Question 222

Which of the following is a performance-enhancing dietary supplement that is a synthetic version of the hormone testosterone?
A) Steroid precursors
B) Creatine
C) Anabolic steroids
D) Ephedrine

Question 223

Which of the following are strategies that you should try to support and improve your psychological health?
A) Find a support group, complete required tasks, and form unrealistic expectations
B) Complete required tasks, get adequate sleep, and let your physical health deteriorate
C) Maintain physical health, form realistic expectations, and get adequate sleep
D) Form realistic expectations, get inadequate sleep, and make time for you

Question 224

The intellectual ability to sort through information, messages, and life events; to attach meaning to those events; and to respond appropriately is often referred to as intellectual health, a subset of
A) social health.
B) emotional health.
C) spiritual health.
D) mental health.

Question 225

Suppose your grandfather is suffering from end-stage lung cancer. If the doctor treating your grandfather suggests a certain surgical procedure, which may or may not work, which of the following is something you can do to advocate for your grandfather?
A) Agree to the procedure—doctors always know best.
B) Pressure your grandfather to undergo the procedure—his life depends on it.
C) Ask about the risks and the cost of the surgical procedure. Do the benefits outweigh the risks?
D) Leave your grandfather alone to make his own decision—he's the only one who really knows what he wants to do.

Question 226

The September 11, 2001, attacks on the World Trade Center and Pentagon are an example of which of the following types of violence?
A) Collective violence
B) Domestic violence
C) Interpersonal violence
D) Ethno-violence
Question 227
List three long-term health effects of drinking alcohol.

Question 228
Death from hypothermia occurs when the core body temperature drops to
A) 93.2-99.6°F.
B) 89.2-93.0°F.
C) 87.0-90.0°F.
D) 75.0-80.0°F.

Question 229
According to the American Cancer Society, the greatest percentage of new cases of cancer in women will be located in
A) the breast.
B) the lungs.
C) the thyroid.
D) the pancreas.

Question 230
Interpersonal violence is
A) inflicted against one individual by another, or a small group of others.
B) inflicted against one individual by a large political or religious group.
C) inflicted against a group by another group.
D) terrorism.

Question 231
Oat fiber is a functional food used in CAM therapies for
A) improving skin elasticity.
B) soothing the nerves and stabilizing blood sugar.
C) reducing clotting tendency of the blood.
D) increasing LDLs.

Question 232
One of the key points of the MyPlate plan is to understand serving sizes. A man’s fist is the size of about
A) 1 cup of vegetables.
B) 2 cups of pasta.
C) 3 cups of rice.
D) 3 ounces of cooked chicken.

Question 233
Used consistently and correctly, female condoms can be up to
A) 98 percent effective in preventing pregnancy.
B) 95 percent effective in preventing pregnancy.
C) 85 percent effective in preventing pregnancy.
D) 75 percent effective in preventing pregnancy.

Question 234
We tend to listen best when
A) we believe the message is important and relevant to us.
B) we constantly interrupt the speaker.
C) we text and watch television at the same time.
D) we lack empathy and sympathy for the speaker.
Question 235

Sarah contracted syphilis in her early 20s, but it went untreated until she developed lesions called gummas. What stage of syphilis is this?
A) Primary syphilis
B) Secondary syphilis
C) Latent syphilis
D) Tertiary/late syphilis

Question 236

Because Wade is _______, he is 61 percent more likely to develop prostate cancer than a white man.
A) Asian
B) Native American
C) African American
D) Hispanic

Question 237

In addition to a support group, Olivia has been prescribed a drug to treat her alcoholism. If she uses alcohol, the drug she takes causes acetaldehyde to build up in her liver, causing nausea, vomiting, headache, bad breath, and drowsiness. Which of the following drugs is Olivia most likely taking?
A) Acamprosate (Campral)
B) Naltrexone
C) Disulfiram (Antabuse)
D) Lysergic acid diethylamide

Question 238

A deficiency in folic acid leads to
A) neural tube defects in a developing fetus.
B) depression.
C) beriberi.
D) night blindness.

Question 239

Rex, who leads fitness classes at a gym on campus, burns a lot of calories at work each day. Which of the following provides the calories Rex needs to succeed at work?
A) Vitamins
B) Carbohydrates
C) Water
D) Minerals

Question 240

Which of the following is something that anorexia nervosa can do to your body?
A) Your stomach can enlarge and even rupture.
B) You can lose muscle tissue.
C) Your tooth enamel erodes, leading to pain and sensitivity.
D) Your esophagus can become inflamed or rupture.

Question 241

An alternative term for licensed vocational nurse (LVN) is
A) licensed nurse aide.
B) licensed practical nurse.
C) licensed nurse practitioner.
D) licensed paramedical nurse.
Question 242

According to the AQI (Air Quality Index), which of the following values would be considered to be in the safe range with respect to air quality standards?

A) 50
B) 150
C) 2000
D) 250

Question 243

Ronald has been abusing a central nervous system depressant that has euphoric, sedative, and anabolic (bodybuilding) effects. Which of the following depressants has he most likely been abusing?

A) Heroin
B) Barbiturates, such as Seconal
C) Gamma-hydroxybutyrate (GHB)
D) Benzodiazepines, such as Valium

Question 244

Name the four chambers of the heart and the major blood vessels leading in and out of the heart and lungs. Describe how blood is pumped and circulated to and from the heart.

Question 245

What percentage of college students report having used contraception the last time they had sexual intercourse?

A) 40 percent
B) 50 percent
C) 60 percent
D) 70 percent

Question 246

Which of the following is a function of garlic?

A) It may serve as an antibiotic.
B) It may prevent motion sickness.
C) It may relieve rheumatism.
D) It may prevent angina.

Question 247

Lovers desire physical intimacy and want to touch, hold, and engage in sexual activities with the other. The term that this describes is

A) fascination.
B) exclusiveness.
C) sexual desire.
D) giving the utmost.

Question 248

Death that results from the intent to kill, such as from non-negligent manslaughter and murder, defines

A) a hate crime.
B) sexual victimization.
C) interpersonal violence.
D) homicide.

Question 249

Which of the following is not a long-term health effect of alcohol consumption?

A) High blood pressure
Question 250
Distinguish between drug misuse and drug abuse.

Question 251
Which group has the highest rate of hypertension in the world?
A) African Americans
B) Alaskan Natives
C) Hispanic Americans
D) Non-Hispanic Whites

Question 252
Starch, which can be obtained from bread, rice, and potatoes, is
A) a complex carbohydrate.
B) a protein.
C) a simple carbohydrate.
D) a disaccharide.

Question 253
After eating a brownie with nuts at a dorm party, Gino’s tongue began to swell and he began to have difficulty breathing. Based on this information alone, which of the following statements is probably true about Gino’s condition?
A) Gianni has celiac disease.
B) Gianni has a food allergy.
C) Gianni is a locavore.
D) Gianni has a food intolerance.

Question 254
The food label on a bag of potato chips says that each serving contains 600 mg of sodium. If the Reference Daily Intake (RDI) of sodium is less than 2,400 mg, then how many servings of potato chips must Rhonda consume in order to exceed her RDI of sodium?
A) One
B) Two
C) Three
D) Four

Question 255
What is the main reason for tobacco use among college student smokers? List three other reasons college students smoke.

Question 256
“Poppers” belong to which of the following types of drugs?
A) Stimulant
B) Depressant
C) Hallucinogen
D) Inhalant

Question 257
What is the average amount of debt that a compulsive shopper owes?
A) $230.00
B) $2,300.00
Question 258

The goal of managing cholesterol levels to reduce cardiovascular risks is:
A) raising HDL and raising LDL.
B) raising HDL, but lowering LDL.
C) lowering HDL and lowering LDL.
D) lowering HDL, but raising LDL.

Question 259

Genital warts are caused by a group of viruses known as HPV. What does HPV stand for?
A) Human protein virus
B) Human papyrus virus
C) Human papillomavirus
D) Human papillon virus

Question 260

Which form of violence has the ability to affect the U.S. economy, travel, security measures, and military operations?
A) Gang violence
B) Terrorism
C) Interpersonal violence
D) Ethno-violence

Question 261

Which of the following is not a psychosocial cause of stress?
A) Sleep debt
B) Academic and financial pressure
C) Adjustments to change, such as moving away from home or starting a new job
D) Bias and discrimination

Question 262

List the five things you can do to reduce your risk of infectious disease.

Question 263

Donny has begun to drink a lot more than he ever used to, and it’s beginning to adversely affect his work and his social and family relationships. Is this alcohol abuse, alcoholism, or something else entirely?
A) Alcohol abuse
B) Alcoholism
C) Something else entirely
D) Not yet a problem

Question 264

List three situations that can cause health disparities. Explain the effect of these disparities on national health care issues.

Question 265

Todd, who lives in the United States, has been infected with HIV. According to statistics from the Centers for Disease Control (CDC), which of the following is the most likely source of his infection?
A) Male-to-male sexual contact
B) Injection drug use
C) High-risk heterosexual contact
Question 266
Which of the following is true about leukemia?
A) It is a childhood disease.
B) Survival rates have not improved over the years.
C) Rates are highest in young white females.
D) Symptoms include repeated infections and hemorrhaging.

Question 267
For the time being, Todd is avoiding (abstaining from) sexual activities with others. Which of the following best describes what Todd is doing?
A) Variant sexual behavior
B) Masturbation
C) Fellatio
D) Celibacy

Question 268
The body’s ability to perform physical activities on a regular basis without getting too tired and with energy left over to handle physical and mental emergencies demonstrates
A) weight-loss capacity.
B) aerobic exercise.
C) physical activity.
D) physical fitness.

Question 269
Many strokes are preceded days, weeks, or months earlier by
A) cerebral aneurysms.
B) thrombi.
C) transient ischemic attacks.
D) emboli.

Question 270
List five of the ten most common CAM therapies among adults in the United States.

Question 271
List three advantages of breast-feeding.

Question 272
Kathy has just broken up with Justin after almost two years together. Which of the following tips is most likely to help Kathy cope with her failed relationship?
A) Do not acknowledge your feelings. It will only make you feel worse.
B) The sooner you’re in a new relationship, the sooner you’ll forget Justin.
C) Avoid your friends at all costs. They weren’t there for you when your relationship with Justin was deteriorating, so why reconnect now?
D) Find healthy ways to express your emotions, rather than turning them inward.

Question 273
Lindsay is a nurse who has an advanced degree, conducts diagnostic tests, and can prescribe medication in some states. What type of nurse is she?
A) Nurse practitioner
B) Vocational nurse
C) Licensed practical nurse
D) Registered nurse
Question 274
Incorporating exercise is one of the keys to successful weight management. List two ways to successfully maintain an exercise program.


Question 275
Any form of unwelcomed sexual attention related to any condition of employment or performance evaluation is
A) sexual assault.
B) sexual coercion.
C) sexual harassment.
D) sexual invasion.


Question 276
Bill has been diagnosed with colon cancer. The prognosis for this type of cancer is good if caught early because
A) treatments are so advanced.
B) the disease tends to progress slowly.
C) it can be cured with diet.
D) treatment can be delayed.


Question 277
Common symptoms of a heart attack include all of the following except
A) shortness of breath.
B) breaking out in a cold sweat.
C) pain or discomfort in one or both arms.
D) extreme hunger.


Question 278
Rasheed has an exaggerated sense of self-importance and self-absorption. Those who know him find him overly needy and demanding. Which of the following personality disorders does Rasheed most likely suffer from?
A) Paranoid personality disorder
B) Borderline personality disorder (BPD)
C) Narcissistic personality disorder
D) Attention-deficit/hyperactivity disorder (ADHD)


Question 279
Which of the following best describes where in the body alcohol is absorbed?
A) 100 percent diffuses through the stomach lining into the bloodstream.
B) 20 percent diffuses through the stomach lining into the bloodstream; 80 percent is absorbed through the lining of the upper third of the small intestine.
C) 80 percent diffuses through the stomach lining into the bloodstream; 20 percent is absorbed through the lining of the upper third of the small intestine.
D) 100 percent is absorbed through the lining of the upper third of the small intestine.


Question 280
List three advantages and three disadvantages of the female condom.


Question 281
Which of the following vegetable oils is highest in monounsaturated fats?
A) Coconut oil
B) Safflower oil
C) Corn oil
D) Olive oil
Question 282
What role does the dimension of spirituality play in stress?

Question 283
Which of the following statements about ozone is true?
A) Scientists have concluded that there is no serious breakdown in the ozone layer.
B) Ozone in the stratosphere protects our planet from UVB radiation.
C) Ozone is a chemical that is produced when oxygen interacts with water.
D) The ozone layer is located 50 to 100 miles from the Earth's surface.

Question 284
Heroin belongs to which of the following types of drugs?
A) Stimulant
B) Depressant
C) Hallucinogen
D) Inhalant

Question 285
Common descriptions of strong social support include all of the following except
A) being cared for and loved.
B) being esteemed and valued.
C) having a sense of isolation.
D) having access to guidance from others.

Question 286
In one-third of homicides in the United States
A) the perpetrator and victim are acquainted or are friends.
B) the perpetrator and the victim belong to the same family.
C) the perpetrator and the victim are strangers.
D) the perpetrator takes advantage of a random act of opportunity.

Question 287
Which of the following skills for behavior change will probably not build your self-efficacy and self-esteem?
A) Spend time with people who treat you poorly.
B) Do things you are good at, and enjoy the satisfaction in a job well done.
C) Acknowledge that you're a good person by rewarding yourself regularly.
D) List things that make you happy; do something from your list every day.

Question 288
When considering how others influence your psychological well-being, your sense of self-respect or self-worth refers to your
A) resiliency.
B) self-esteem.
C) self-centeredness.
D) self-efficacy.

Question 289
Different forms of the same gene are known as
A) autosomal.
B) pairs.
C) alleles.
Question 290

Diabetes mellitus is a disease characterized by
A) high blood fats.
B) high blood glucose.
C) low blood pressure.
D) no blood glucose.

Question 291

The increasing amount of violence being viewed by youth on television, the Internet, and other media has been shown
A) to increase the rate of violent crime among teens 10 to 17 years old.
B) to have no measurable impact on crime rates.
C) to support a positive association between media violence and criminal aggression.
D) to have no effect on crime rates.

Question 292

Gasses that accumulate in the atmosphere where they contribute to global warming are called
A) environmental gases.
B) ozone gases.
C) greenhouse gases.
D) chemical gases.

Question 293

Maria needs new lenses for her glasses. What type of specialist should she see?
A) Optometrist
B) Otolaryngologist
C) Ophthalmologist
D) Oncologist

Question 294

Siegfried has many close friends and relatives. It seems like he's always going to somebody's wedding, christening, bar mitzvah, or quinceañera. Siegfried enjoys seeing his friends and relatives at these parties, but he tends to overindulge in the desserts that are available. There's a birthday party coming up for his cousin, so Siegfried has been trying to visualize some of the things he can do instead of gorging on sweets. What kind of strategy is he employing to change his behavior?
A) Countering
B) Imagined rehearsal
C) Shaping
D) Situational inducement

Question 295

Oscar and Emily have been staying up late and getting up early to finish a project for their architecture class. By working these kinds of long hours, they are contributing to which of the following?
A) Their oxygen debts
B) Their personal debts
C) Their sleep debts
D) The national debt

Question 296

Jennie and Forrest have decided they want to use the Today sponge to prevent pregnancy when they have sexual intercourse together. Which of the following is one advantage of this barrier method?
A) It is convenient to use; it requires no doctor's fitting.
B) Additional spermicide must be applied for each subsequent act of intercourse.
C) If offers comprehensive protection from all STIs and HIV.
D) Allergic reactions, such as vaginal irritation, are less common with the sponge than with other barrier methods.

Question 297
Within what range of radiation exposure do symptoms of sickness begin to appear?
A) 50 to 100 rads
B) 100 to 200 rads
C) 200 to 300 rads
D) 300 to 400 rads

Question 298
Leon has started flexibility training 3 or 4 times per week. Without knowing anything more about Leon or the exact stretches he is doing, which of the following is probably a pretty good guess why he’s doing it in the first place?
A) Flexible muscles are more susceptible to injury.
B) Flexibility training increases deterioration of the joints.
C) Flexibility training can reduce the severity of lower back problems.
D) Increasing flexibility increases stress levels in most people.

Question 299
List five tips for gaining weight.

Question 300
List the five risk factors for infection that you typically cannot control.

Question 301
Julia was training for a cross-country race when she slipped running up an incline and twisted her ankle. What is the suggested first aid treatment for this training-related injury?

Question 302
On a percentage basis, which of the following items is recycled the most in the United States?
A) Auto batteries
B) Aluminum beer and soda cans
C) Steel cans
D) Tires

Question 303
List four of the signs of acute alcohol intoxication.

Question 304
List five things you should keep in mind when buying exercise equipment.

Question 305
Lovers are often preoccupied by the other and want to think about, talk to, or be with the other. This is known as
A) fascination.
B) being an advocate.
C) sexual desire.
D) giving the utmost.
Question 306

When Terry and Kim have vaginal and/or oral sex, they use latex condoms and dental dams. On the continuum of risk for STIs, where do they fall?

A) No-risk behavior  
B) Low-risk behavior  
C) Moderate-risk behavior  
D) High-risk behavior


Question 307

Mikesha is trying to take a sensible approach to weight loss. She's trying to make permanent changes to her lifestyle by adding exercise and cutting back on calories. If Mikesha wants to lose weight at a rate of about one pound per week, about how many more calories per day must she expend than she consumes?

A) 50  
B) 500  
C) 1500  
D) 2000


Question 308

Which of the following is an example of ionizing radiation?

A) TV signals  
B) Microwaves  
C) UVA rays  
D) Visible light


Question 309

A deficiency in vitamin D leads to

A) night blindness.  
B) impaired blood clotting.  
C) hypercalcemia.  
D) rickets in children.


Question 310

The Environmental Protection Agency (EPA) has recently issued new standards to reduce lead in

A) paint.  
B) drinking water.  
C) schools.  
D) cookware.


Question 311

Identify four stimulants that are commonly misused or abused.


Question 312

Robbie gets headaches less than once a month. They seem to be triggered by stress, anxiety, fatigue, or anger. Based on how often they occur, choose the appropriate category for Robbie's headaches.

A) Migraines  
B) Chronic  
C) Frequent  
D) Episodic


Question 313

The recommended daily allowance (RDA) of vitamin C is 90 mg for men and 75 mg for women, but is different for smokers. If David smokes one pack of cigarettes a day, what is his RDA for vitamin C?
A) 55 mg  
B) 75 mg  
C) 100 mg  
D) 125 mg  

Question 314

Which of the following statements is true about PCP?  
A) PCP is obtained from the peyote cactus.  
B) PCP was originally developed as a dissociative anesthetic.  
C) PCP can be obtained in tiny tablets called microdots.  
D) Long-term use of PCP damages brain cells that produce serotonin.  

Question 315

Most people who attempt suicide want to live, but they see death as the only way out of an intolerable situation. List five things you can do if someone you know threatens suicide.  

Question 316

Despite all evidence to the contrary, Michele believes that the most effective antidrug strategy for her school should be total prohibition. Suggest two other strategies that would probably be more effective than prohibition.  

Question 317

After a failed marriage, loss of a job, a chronic illness, and bankruptcy, Adrian has given up and no longer takes action to help himself, a pattern known as  
A) negative expressiveness.  
B) depressive helplessness.  
C) learned helplessness.  
D) hopeless pattern behavior.  

Question 318

Traditional Chinese medicine uses all of the following techniques except  
A) massage.  
B) Ayurveda.  
C) qigong.  
D) acupuncture.  

Question 319

Name two tips each for overcoming test anxiety before the test and during the test.  

Question 320

Ryan's insurance will not begin to pay for covered services until he has paid the first $500 of his annual health care bill. The $500 is called  
A) an exclusion.  
B) a copayment.  
C) coinsurance.  
D) a deductible.  

Question 321

Jon's insurance only covers 90 percent of his total medical bills. The 10 percent he must pay is an example of  
A) coinsurance.  
B) a copayment.  
C) a deductible.  
D) an exclusion.
### Question 322
Seconal (a barbiturate) belongs to which of the following types of drugs?
- A) Stimulant
- B) Depressant
- C) Hallucinogen
- D) Inhalant


### Question 323
Gregor has been diagnosed with West Nile virus. Which of the following is most likely the way he contracted the disease?
- A) He ate undercooked beef.
- B) He was bitten by an infected mosquito.
- C) He had sexual contact with someone who had the disease.
- D) He picked it up from the mats at the yoga studio he attends two days a week.


### Question 324
List and briefly describe three routes of drug administration.


### Question 325
The trait of a recessive allele will only be expressed
- A) in the presence of a dominant allele.
- B) in the absence of a dominant allele.
- C) if it is on the Y chromosome.
- D) if neither parent has that trait.


### Question 326
Daniel's primary care doctor is a doctor of osteopathy. What does this mean?
- A) He or she is a medical specialist trained with an emphasis on skeletal and muscular systems.
- B) He or she holds the M.D. degree.
- C) The training is identical to a chiropractor.
- D) This doctor has been trained with an emphasis on naturopathic remedies.


### Question 327
The most critical factor to consider when you are sampling a running shoe is
- A) a strong heel counter.
- B) the ability of the shoe to absorb shock.
- C) a rigid midsole.
- D) a flexible midsole.


### Question 328
List five changes that occur in a woman's body during pregnancy.


### Question 329
When a love relationship often takes priority over all others, the partners are experiencing
- A) fascination.
- B) exclusiveness.
- C) sexual desire.
- D) giving the utmost.


### Question 330
As a general rule, does your body absorb beer, wine, or distilled beverages more quickly?
A) Beer
B) Wine
C) Distilled beverages
D) All three are absorbed at the same rate.

Question 331
If your peers smoke, you're 80 percent more likely to smoke. This kind of determinant of a health behavior is called a(n) ________ factor.
A) predisposing
B) enabling
C) reinforcing
D) emotional

Question 332
Which of the following is an example of a nonpoint source water pollutant?
A) Waste from a sewage treatment plant
B) Pesticide runoff
C) Waste from a wood-chip factory
D) Industrial waste

Question 333
Simple rape is
A) rape that involves multiple attackers.
B) the second most violent crime, following only murder, according to the FBI.
C) sexual assault and battery without lasting physical injury.
D) non-abusive.

Question 334
Which of the following is caused by a fungus?
A) Avian flu
B) Jock itch
C) Listeriosis
D) Bovine spongiform encephalopathy

Question 335
Richard, John, George, and Paul all want to lose weight. Richard figures he can lose weight by exercising more. John has decided to eat less during meals and snacks. George has decided to join a walking group that meets every Wednesday and Sunday. Paul thinks he might just sleep in every morning and skip breakfast. Which of these four has set the most realistic goal for losing weight?
A) Richard
B) John
C) George
D) Paul

Question 336
How much of the Earth is covered with water?
A) 55 percent
B) 65 percent
C) 75 percent
D) 85 percent

Question 337
Jill's husband slapped her because his laundry was not folded. Jill feels guilty for not folding the laundry and will try extra hard to make sure this never happens again. What phase in the cycle of violence is this?
A) Tension building  
B) Acute battering  
C) Remorse/reconciliation  
D) Chronic battering  

**Question 338**

The process of heat acclimatization requires ______ of gradually increased activity in the hot environment.  
A) 2 to 6 days  
B) 3 to 7 days  
C) 8 to 12 days  
D) 10 to 14 days  

**Question 339**

List four examples of process addictions.  

**Question 340**

We initially learn about feelings, problem solving, love, intimacy, and gender roles from our family of origin. Which of the following best describes family of origin?  
A) Your biological parents and only your biological parents  
B) Your grandparents  
C) Those in your household during your first years  
D) Those in your household after you marry  

**Question 341**

The most commonly used method of first-trimester abortion involves dilating the cervix, inserting a tube into the uterus through the cervix, and then using gentle suction to remove fetal tissue from the uterine walls. What is the name of this procedure?  
A) Hysterotomy  
B) Dilation and evacuation (D&E)  
C) Suction curettage  
D) Intact dilation and extraction (D&X)  

**Question 342**

Yo-yo dieting with extreme fluctuations in weight is not recommended because the pattern tends to  
A) increase appetite, making it harder to maintain weight loss.  
B) lower metabolism, making it harder to maintain weight loss.  
C) decrease interest in sexual activity.  
D) be emotionally frustrating and expensive to replace clothes.  

**Question 343**

Increasing your level of strength by regularly creating a degree of tension in your muscles greater than they are accustomed to is called  
A) isometric training.  
B) specificity.  
C) overload.  
D) endurance.  

**Question 344**

Which contains more alcohol, 80 proof whiskey or the same volume of vodka that is 35 percent alcohol by volume?  
A) The vodka  
B) The whiskey  
C) They both contain the same amount of alcohol.  
D) Not enough information is provided to answer this question.  
Question 345

Terrence and Molly are considering whether or not they want to have a baby. Categorize and briefly describe the key issues Terrence and Molly should consider.

Question 346

What is scurvy?
A) An excess of vitamin A
B) A deficiency of riboflavin
C) An excess of vitamin C
D) A deficiency of vitamin C

Question 347

List two advantages and two disadvantages of fertility awareness methods (FAMs) of birth control.

Question 348

Which of the following amino acids, when present in blood at high levels, is associated with CVD?
A) Lysine
B) Chromium picolate
C) Homocysteine
D) Tryptophan

Question 349

List four of the community interventions recommended by the CDC to prevent violence before it begins.

Question 350

Amniocentesis is a common prenatal test recommended for women over age
A) 28.
B) 30.
C) 33.
D) 35.

Question 351

Susan, Saundra, and Samuel like to weight train together. While doing the bench press recently, Susan did 10 repetitions of 150 pounds in 2 minutes, Saundra did 10 repetitions of 175 pounds in 2 minutes, and Samuel did 10 repetitions of 160 pounds in 2 minutes. Who burned the most calories during this exercise?
A) Susan
B) Saundra
C) Samuel
D) Samuel and Susan equally burned the most.

Question 352

Which of the following parts of the digestive system is where enzymes in saliva begin to break down some carbohydrates?
A) Mouth
B) Esophagus
C) Stomach
D) Small intestine

Question 353

Stephanie and Charles have decided to try to manage their stress using relaxation techniques. Which of the following are most likely to help them?
A) Yoga, visualization, and mediation
B) Yoga, tai chi, and biofeedback
C) Massage therapy, diagrammatic breathing, and hypnosis
D) Qigong, mediation, and hyperventilating

Question 354
The most predominant greenhouse gas is
A) CFCs.
B) nitrous oxide.
C) methane.
D) carbon dioxide.

Question 355
According to the Stress in America 2010 survey, the issue or event that caused stress for the most Americans was
A) money.
B) health problems.
C) housing costs.
D) relationships.

Question 356
If Jerry and Millie communicate in ways that are typical of their genders, then which of the following is most likely true?
A) Jerry tends to take up less space, whereas Millie tends to occupy more space.
B) Millie maintains better eye contact, whereas Jerry often avoids eye contact.
C) Jerry makes more tentative statements, whereas Millie makes more direct statements.
D) Millie gossips less, whereas Jerry gossips more.

Question 357
Chris is pregnant and has chlamydia. She has not been treated for the chlamydia because she doesn't know she has it and is asymptomatic. Chris could pass the disease to her child during delivery, leading to which of the following conditions?
A) Avian flu
B) Bovine spongiform encephalopathy
C) Conjunctivitis
D) Dengue fever

Question 358
Barbara wants to quit using smokeless tobacco and has been working hard to make this change a permanent part of her life. At the same time, she is aware of the potential for relapses, so she has developed strategies for dealing with them. Which stage of the transtheoretical model of behavior change is this?
A) Preparation
B) Action
C) Maintenance
D) Termination

Question 359
Peter, Steve, and Bob share an off-campus apartment. It's a terrific living arrangement except that Steve plays his drums so late into the night that he makes it hard for Peter and Bob to sleep. Which of the following is probably the best way to deal with Steve and his drums?
A) Peter should complain about Steve's drums with his friends.
B) Bob should talk to Steve to see if they can reach a mutually satisfying agreement.
C) Bob should buy earplugs.
D) Peter should plan to sleep in his car on the nights that Steve plays his drums.

Question 360
Julie experiences pain in her lower abdomen just before menstruation. Sometimes she experiences nausea, sweating, and dizziness, too. What is the medical term for her condition?
Question 361
Which of the following is most likely to have contributed to the rapid rise in greenhouse gases worldwide?
A) The switch to hybrid cars with improved gas mileage
B) The deforestation of the tropical rain forests of southeast Asia
C) The planting of 2 million trees in Kenya
D) The widespread switch from incandescent light bulbs to compact fluorescent bulbs

Question 362
Bob, Carol, Ted, and Alice were all aged 15-24 when they died. Bob was killed by a drunk driver, Carol died of cancer, Ted had heart disease, and Alice committed suicide. Of the four, which died from one of the top four leading causes of death in the United States in 2008 for their age group?
A) Bob, Carol, and Ted
B) Carol, Ted, and Alice
C) Bob, Carol, and Alice
D) Bob, Ted, and Alice

Question 363
Discuss three common reasons given to explain bias-related or hate crimes.

Question 364
A bottle of a popular lemon-lime soda is full of calories with little or no nutritional value. Which of the following statements best describes the soda?
A) The soda is a nutrient-dense food.
B) The soda contains fiber, which is important nutritionally.
C) The soda contains "empty calories."
D) The soda falls into the fruits category in the MyPlate plan.

Question 365
The most dangerous form of skin cancer is
A) basal cell carcinoma.
B) squamous cell carcinoma.
C) malignant melanoma.
D) Merkel cell carcinoma.

Question 366
Sam does not have health insurance. As a result, he is
A) more likely to have his children immunized.
B) less likely to get regular checkups.
C) less likely to delay seeking attention for serious symptoms.
D) more likely to seek prenatal care.

Question 367
Based upon the relationship between education and fertility rates, which of the following women would probably have the fewest number of children?
A) One who quits school at 17
B) One who is a stay-at-home mom
C) One with a four-year degree in biology
D) One who is a physician
Question 368
What are some things that you can do personally to help conserve water?

Question 369
Why do you think people stay in abusive relationships? Justify your answer.

Question 370
Which of the following trace minerals is needed for the proper functioning of more than 100 enzymes in the body?
A) Selenium
B) Chromium
C) Iron
D) Zinc

Question 371
Someone to help us in times of need provides us with which of the following need fulfillment characteristics of intimate relationships?
A) Social integration
B) Nurturance
C) Intimacy
D) Assistance

Question 372
Harold has decided to try to reduce the amount of alcohol he consumes. Which of the following is a step he can take to improve his chances of success?
A) Harold should spend time with his friends, especially on Sundays when they drink beer and watch football on TV.
B) Harold should keep secret his ambition to drink less. Asking family and friends for support is a sign of weakness.
C) Harold should keep alcohol in his apartment to remind himself that he is trying to cut down.
D) Harold should drink slowly when he does drink. He should drink a nonalcoholic beverage between every alcoholic beverage he consumes.

Question 373
Which of the following are symptoms of fetal alcohol syndrome (FAS)?
A) Unusually low birth weight
B) Mental retardation and small head size
C) Unusually high birth weight
D) Spina bifida

Question 374
Ways to prevent poisoning include all of the following except
A) follow all usage labels before taking medication.
B) mix household products when necessary.
C) never share prescription medication.
D) wear a protective mask when working with chemicals.

Question 375
A weather condition occurring when a layer of cool air is trapped under a layer of warmer air is called a
A) temperature reversion.
B) temperature inversion.
C) temperature preversion.
D) temperature diversion.

Question 376
The autonomic nervous system (ANS) has two branches, the
A) sympathetic and the metasympathetic.
B) sympathetic and the orthosympathetic.
C) sympathetic and the parasympathetic.
D) metasympathetic and the parasympathetic.

Question 377

Which of the following would be considered a substance addiction?
A) Eating
B) Sex
C) Shopping
D) Alcoholism

Question 378

Betsy and Trey are having intercourse. Betsy’s nipples have just become erect, whereas contractions within Trey’s prostate gland have begun propelling semen through his urethra. Which stage or stages of the human sexual response are Betsy and Trey probably in?
A) Excitement/arousal for both Betsy and Trey
B) Plateau for Betsy; orgasm for Trey
C) Orgasm for Betsy; plateau for Trey
D) Resolution for both Betsy and Trey

Question 379

At a recent party, there was a student who kept trying to spend time with Nancy, offering her drinks and asking her to dance. Eventually she accepted one of the drinks, which unbeknownst to her contained Rohypnol. Nancy experienced the sedative effect, amnesia, muscle relaxation, and slowed psychomotor responses typical of this "date rape" drug. Rohypnol is categorized as
A) an opioid.
B) a benzodiazepine.
C) a barbiturate.
D) an endorphin.

Question 380

Which of the following is a prenatal test often recommended for couples at high risk of having a baby with Down syndrome or a debilitating hereditary disease?
A) Triple marker screen (TMS)
B) Ultrasonography
C) Chorionic villus sampling (CVS)
D) Toxoplasmosis

Question 381

A device worn to provide buoyancy and keep the wearer afloat is called a
A) personal safety device.
B) personal flotation device.
C) personal training device.
D) personal life vest device.

Question 382

List five behavioral differences in the way men and women tend to communicate.

Question 383

Which of the following statements about marital rape is true?
A) The legal definition varies within the United States.
B) It has been illegal in all 50 states for over 50 years.
C) Women over the age of 25 are at a higher risk of marital rape.
Question 384

Luke, a third-string first baseman on the junior varsity baseball team, drinks a heavily advertised electrolyte beverage while he watches games from the bench. Because he has so much free time during games, he has read the list of ingredients in the electrolyte beverage. Which of the following is an added sugar that may be in Luke's favored beverage?

A) Dextrose  
B) Hexose  
C) Concentrated vegetable juices  
D) Pentose


Question 385

Deanna, who enjoys running as a means of relieving stress and staying fit, has decided that she wants to run a five-kilometer race at the end of the semester. She doesn't know the first thing about training for a race, though, so she asks her roommate, a member of the track team, for advice. Her roommate invites Deanna to join the team on the track to see what a serious practice is like. Learning specific behaviors by watching others perform them is called

A) shaping.  
B) motivation.  
C) situational inducement.  
D) modeling.


Question 386

Making sure a wood stove is properly vented will reduce the potential buildup of

A) nitrogen dioxide.  
B) lead.  
C) carbon monoxide.  
D) radon.


Question 387

John and Susan have been experiencing a lot of conflict lately due to cramped laboratory space and a shortage of necessary equipment. Suggest four guidelines that can help them express their feelings more effectively when their emotions run high.


Question 388

After breaking his arm, Jon saw a physician who specializes in the skeletal and muscular systems. What type of physician did he see?

A) An ophthalmologist  
B) A nurse practitioner  
C) A physician assistant  
D) An osteopath


Question 389

If a fire breaks out in your dorm, you should

A) phone your friends to warn them and proceed to leave the building as soon as possible.  
B) feel the door handle and decide whether to go out the door if it is cold or window if it is hot.  
C) gather only a few of your most prized possessions and attempt to get out.  
D) stay in your room and remain calm until help arrives.


Question 390

Sally is a victim of child maltreatment. The abuser is most likely to be

A) a biological parent.  
B) a stranger.  
C) a sexual predator.  
D) a gang member.

Question 391
When asked if she wanted a beer, Toni gave an enthusiastic thumbs-up. Which of the following forms of nonverbal communication does this demonstrate?
A) Touch  
B) Gestures  
C) Interpersonal space  
D) Facial expressions  

Question 392
The onset of a woman's first menstrual period is called
A) menopause.  
B) ovulation.  
C) corpus luteum.  
D) menarche.  

Question 393
Identify and briefly explain the five factors affecting motor vehicle safety.

Question 394
List and briefly describe the four steps in the cell-mediated immune response.

Question 395
Beauford is described by his friends as relaxed, noncompetitive, and tolerant. He's a nice guy. Without knowing anything more about him, how would you categorize his personality?
A) Type A  
B) Type B  
C) Type C  
D) Type D  

Question 396
What percentage of the population in the United States were estimated to be current users of illicit drugs in 2009?
A) 0.8 percent  
B) 8 percent  
C) 18 percent  
D) 28 percent  

Question 397
According to Healthy People 2020, the measures of health-related quality of life and well-being include which of the following?
A) Physical and mental factors, but not social factors  
B) Physical, mental, and social factors  
C) Physical and social factors, but not mental factors  
D) Social and mental factors, but not physical factors  

Question 398
Which cancer of the reproductive system causes the most deaths?
A) Cervical cancer  
B) Ovarian cancer  
C) Uterine (endometrial) cancer  
D) Cervical, ovarian, and uterine cancers all have similar mortality rates.  
Question 399

Hydrocarbons and nitrogen oxides
A) are primarily emitted by sunlight.
B) form photochemical smog.
C) are stable organic compounds.
D) are neutralized when combined with other substances.

Question 400

The maximum heart rate for Carmelita is 180. How old is she?
A) 26
B) 36
C) 46
D) 56

Question 401

What is the purpose of the scrotum?
A) It manufactures sperm and testosterone.
B) It provides the sperm with nutrients and other fluids that compose semen.
C) It secretes a fluid that lubricates the urethra and neutralizes any acid that may remain in the urethra after urination.
D) It protects the testes and helps control their internal temperature.

Question 402

Which of the following statements about fetal alcohol syndrome (FAS) is true?
A) FAS is the most common birth defect in the United States.
B) FAS is associated with alcohol consumption immediately after birth.
C) Symptoms of FAS include mental retardation and an unusually large head.
D) Symptoms of FAS include mental retardation and a small head.

Question 403

Amy grew up in a family with an alcohol problem. In order to cope, Amy often tried to disrupt tense family situations by making jokes or trying to do something amusing. Which of the following roles did Amy assume?
A) Family hero
B) Scapegoat
C) Lost child
D) Mascot

Question 404

Approximately how many millions of people in the United States are without health insurance?
A) 5 million
B) 22 million
C) 32 million
D) Over 50 million

Question 405

Jeanne wants to exercise more, but she lacks motivation. Which of the following might help her overcome her lack of motivation?
A) Identify inexpensive resources on campus or in the community
B) Multitask, such as listening to lecture tapes while riding an exercise bike
C) Enlist the help of an exercise partner to make her accountable for working out
D) Explain the importance of exercise to people who may not support her efforts

Question 406
Toxoplasmosis is caused by organisms found in which of the following items?
A) Pressure treated soil  
B) Undercooked meat  
C) Cat feces  
D) Mold  

Question 407

Which of the following is not a symptom of withdrawal from heroin addiction?
A) Intense desire for the drug  
B) Muscle tremors  
C) Sleep disturbance  
D) Increased sex drive  

Question 408

Hodgkin's disease is classified as a
A) carcinoma.  
B) lymphoma.  
C) melanoma.  
D) sarcoma.  

Question 409

After Julie spiked the ball for a point, everyone on her volleyball team gave her a high-five. Which of the following forms of nonverbal communication does this demonstrate?
A) Touch  
B) Gestures  
C) Interpersonal space  
D) Facial expressions  

Question 410

Which one of the following is an example of primary aggression?
A) Being provoked by a fellow student  
B) Getting upset when you lose to someone while playing a video game  
C) Frustration associated with being given a calculus problem that is too hard to solve  
D) Bullying someone on a playground  

Question 411

Which of the following statements about intimate partner violence (IPV) is true?
A) Only women are victims.  
B) Homicide committed by a current or former intimate partner is the leading cause of death of pregnant women in the United States.  
C) The aggression includes nothing more severe than pushing, slapping, and shoving.  
D) Women are less likely to be victims of IPV.  

Question 412

Which of the following is generally not considered to be variant sexual behavior?
A) Anal intercourse  
B) Exhibitionism  
C) Fetishism  
D) Autoerotic asphyxiation  

Question 413

Discuss the seven major sources of anger.  
Question 414

The process of formaldehyde release is called
A) fibrosis.
B) becoming friable.
C) offgassing.
D) sick building syndrome.

Question 415

From 1993 to 2005, the rate of student abuse of prescription painkillers changed by which of the following amounts?
A) It increased by 3.43 percent.
B) It increased by 34.3 percent.
C) It increased by 343 percent.
D) It decreased by 3.43 percent.

Question 416

Ryan has been working in his yard on a very hot summer day. He is experiencing nausea, headache, dizziness, faintness, and the chills. Ryan is most likely suffering from
A) heat cramps.
B) heat exhaustion.
C) heat stroke.
D) heat fatigue.

Question 417

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 ineffective.
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.

Question 418

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

Question 419

Reynaldo stands really close when he talks to you. Which of the following forms of nonverbal communication does this demonstrate?
A) Tone of voice
B) Facial expressions
C) Interpersonal space
D) Gestures

Question 420

List three challenges college students face when trying to eat healthfully.

Question 421

Which of the following barrier methods of contraception may require refitting after the woman gives birth?
A) The female condom
B) The sponge
C) The diaphragm
Question 422

Many elders fail to report abuse, neglect, or exploitation because
A) they are happy to have someone to take care of them.
B) they fear retribution or removal from their home.
C) they readily accept the loss of control.
D) they are afraid it will cost money to file the abuse report.

Question 423

It is recommended that Americans test their homes for radon every ______ years.
A) 2
B) 3
C) 4
D) 5

Question 424

Which of the following is true with respect to cell phone use?
A) Radiation from cell phones cannot penetrate the head.
B) The FCC sets standards for safety limits for cell phone exposure.
C) Long-term studies have shown cell phones to be risk-free.
D) Wearing a wireless earpiece all day poses no risk for the wearer.

Question 425

Which of the following is a common function of fats in the body?
A) Repairs bone cells
B) Helps maintain healthy skin and hair
C) Helps move foods through the digestive system
D) Gets stored as glycogen for energy uses later

Question 426

How much of the radiation to which we are exposed each year is from medical exposure?
A) 15 percent
B) 25 percent
C) 30 percent
D) 48 percent

Question 427

Anxiety disorders affect more than 40 million people 18 or older each year. This represents about ______ of all adults in the United States.
A) 37 percent
B) 2 percent
C) 10 percent
D) 18 percent

Question 428

Which of the following is true about generic drugs?
A) They contain the same active ingredients as brand name drugs.
B) They are generally more expensive.
C) They have been prescribed less in the past five years than previously.
D) All drugs are available in generic form.
Question 429
What are at least three questions you should ask yourself when setting goals for positive change?

Question 430
Garry, Harry, Chaz, and Zane all attend the same college. Garry’s parents are alcoholics, Harry plays on the varsity water polo team, Chaz belongs to a fraternity, and Zane has been diagnosed with depression. Without knowing anything more about these four friends, which is least likely to use illicit drugs?
A) Garry
B) Harry
C) Chaz
D) Zane

Question 431
Claire, a rookie on the varsity cross-country team, has developed pain on the front part of her lower legs that has been diagnosed as shin splints. What type of injury is this?
A) Overuse
B) Traumatic
C) Repetitive
D) Invasive

Question 432
Which of the following procedures to correct a blockage carries fewer risks than bypass surgery but has a higher rate of reoccurrence?
A) Cardioplasty
B) Valve replacement
C) Angioplasty
D) Pacemaker

Question 433
You are interested in improving your health by initiating an exercise program. Describe three behavior-change techniques that can assist you in making that change.

Question 434
List four modifiable and four nonmodifiable risk factors for CVD.

Question 435
In the "ABCD" rule for the symptoms of melanoma, the letters stand for
A) acute pain, bleeding, constant swelling, and diameter.
B) asymmetry, border irregularity, color, and diameter.
C) asymmetry, border uniformity, color, and delayed healing.
D) actual size, bleeding, cancer stage, and dark appearance.

Question 436
Which of the following is also referred to as spontaneous abortion?
A) Sudden fetal death syndrome
B) Stillbirth
C) Fatal infant syndrome
D) Miscarriage

Question 437
By mandating that all passengers in your car must wear seatbelts, your state is demonstrating the ________ factor in the determinants of health.
A) individual behavior
B) social and physical environment
C) health services and health disparities
D) policymaking

**Question 438**

Antacids are used for
A) the relief of heartburn.
B) pain relief—to reduce fever and inflammation.
C) the relief of constipation.
D) the relief of occasional sleeplessness.

**Question 439**

Four friends—Stella, Gracie, Darren, and Raul—were eating dinner in the dining hall. Stella had fried chicken. Gracie had three servings of turkey meat loaf with barbeque sauce. Darren had a green salad with low-fat dressing on the side. Raul had brownies and ice cream for dessert. Without knowing anything more about their meals, which friend made the most healthful food choices?
A) Stella
B) Gracie
C) Darren
D) Raul

**Question 440**

Which of the following is not a stage in the general adaptation syndrome (GAS)?
A) Exhausation
B) Relaxation
C) Alarm
D) Resistance

**Question 441**

Briefly discuss biological and family factors and social and cultural factors that cause alcohol abuse and alcoholism.

**Question 442**

Why is there continued preference for large families in many developing nations?

**Question 443**

Which of the following is a typical weakness of diet books?
A) They emphasize long-term weight loss over quick weight loss.
B) They are based on sound medical science.
C) Their scientific basis is deliberately vague.
D) They take a sensible, multipronged approach to weight loss.

**Question 444**

Briefly define the following cardiovascular diseases: Atherosclerosis, stroke, coronary artery disease (CAD), peripheral artery disease (PAD), hypertension, and congestive heart failure (CHF).

**Question 445**

About 75 percent of uninsured people are
A) seniors eligible for Medicare.
B) unemployed.
C) seniors ineligible for Medicare.
D) workers or their dependents.
Question 446
Andrew is considering starting an exercise program sometime within the next six months. According to the transtheoretical model, what stage of change is he in currently and, if he continues with his intent, what other stages will he follow?

Question 447
John knew his mother was dying from the cancer that was taking over her body, but he didn’t realize just how close to death she was until the hospice worker said, “Now is not the time to hold back on the morphine.” Which of the following is the most likely reason John’s mother was prescribed morphine?
A) Morphine, an opioid, depresses neuromuscular activity, so it relieves pain.
B) Morphine, an opioid, stimulates neuromuscular activity, so it relieves pain.
C) Morphine is neither a stimulant nor a depressant, but it can make a patient feel better via a placebo effect.
D) Morphine is known to have anti-cancer properties.

Question 448
If Colin wants to get a small apple tattooed on his shoulder, what four safety precautions would you suggest he follow?

Question 449
Lately, Tricia has been “teaching her husband a lesson” by screaming at him and calling him names when he doesn’t do what she wants. Which phase of the cycle of violence does this best represent?
A) Tension building
B) Acute battering
C) Remorse/reconciliation
D) Chronic battering

Question 450
It is estimated that ________ people die daily in motor vehicle accidents involving alcohol-impaired drivers.
A) 32
B) 45
C) 90
D) 18

Question 451
The U.S. Public Health Service categorizes violence as
A) either hate-motivated crimes or non hate-motivated crimes.
B) location of activity.
C) either intentional injuries or unintentional injuries.
D) number of persons involved.

Question 452
Combining inhalants with alcohol produces
A) a synergistic effect.
B) an antagonistic effect.
C) inhibition.
D) cross-tolerance.

Question 453
List your six rights as a patient.

Question 454
Oncogenes are genes that
A) fight cancer.
B) suppress the normal activity of the immune system.
C) can signal cells to reproduce uncontrollably.
D) grow slowly.

Question 455

Which of the following techniques are used in Ayurvedic medicine?
A) Homeopathy
B) Questioning and touching
C) Hypnosis
D) Acupuncture

Question 456

Which type of cancer is characterized by an abnormal increase in the number of white blood cells?
A) Carcinoma
B) Lymphoma
C) Sarcoma
D) Leukemia

Question 457

Determinants responsible for most of the illness related to chronic diseases include all of the following except
A) accidents.
B) physical inactivity.
C) poor nutrition.
D) tobacco use.

Question 458

Which of the following are chronic mood disorders?
A) Major depression, obsessive-compulsive disorder, and learned helplessness
B) Bipolar disorder, seasonal affective disorder (SAD), and major depression
C) Dysthymic disorder, bipolar disorder, and post-traumatic stress disorder (PTSD)
D) Social phobia, post-traumatic stress disorder (PTSD), and panic attacks

Question 459

Another name for a heart attack is
A) angina pectoris.
B) myocardial infarction.
C) arrhythmia.
D) hypertension.

Question 460

What percentage of college students report that their finances have been very difficult to handle during the past 12 months?
A) 15 percent
B) 25 percent
C) 35 percent
D) 45 percent

Question 461

List the four categories on the continuum of risk for various sexual behaviors and give one example of each behavior.
Question 462

The most common type of assisted reproductive technology involves combining eggs and sperm in a laboratory dish to fertilize, and then the fertilized eggs are transferred to the uterus. What is the name of this technique?

A) Embryo transfer
B) In vivo fertilization
C) In vitro fertilization
D) Nonsurgical embryo transfer


Question 463

A Pap test is effective for early detection of

A) cervical cancer.
B) ovarian cancer.
C) uterine (endometrial) cancer.
D) testicular cancer.


Question 464

Which of the following is the best example of the remorse/reconciliation phase of the cycle of violence?

A) Sharon can no longer predict the violent acts of her husband, Jeff.
B) Jeff threatens he will teach Sharon a lesson with violence if she doesn't do what he wants.
C) Minor battering occurs, while Sharon tries harder to please Jeff.
D) Jeff buys Sharon flowers after he hit her to say he was sorry and a "honeymoon" period begins.


Question 465

Mary was discharged two days after surgery because her insurance company would not reimburse the hospital for any additional days. This is an example of

A) diagnosis-related groups.
B) coinsurance coverage.
C) federal reimbursement schedules.
D) diagnostic inventories.


Question 466

An allele can be described as

A) dominant or predominant.
B) recessive or productive.
C) single or double.
D) dominant or recessive.


Question 467

Among exercise addicts, a pathological preoccupation with being larger and more muscular is called

A) muscle atrophy.
B) muscle dysmorphia.
C) muscular dystrophy.
D) muscle dysplasia.


Question 468

Dawn and Darrel are in love. They seem to have a healthy relationship, too, in part because each feels certain about their partner's intentions and behavior. What element of trust does this exemplify?

A) Predictability
B) Dependability
C) Hostility
D) Faith

Question 469
Mark uses a latex condom and a water-based lubricant when he has vaginal, anal, or oral sex. Kristy, on the other hand, engages in unprotected anal sex. Lisa prefers rubbing, kissing, and mutual masturbation. Based solely on their sexual behaviors, who is at a greater risk for contracting an STI?
A) Mark
B) Kristy
C) Lisa
D) Mark and Lisa, but not Kristy

Question 470
Sofia had an infection in her eye. What type of eye care specialist did she see?
A) An optometrist
B) An ophthalmologist
C) An oncologist
D) An osteopath

Question 471
Discuss the elements present in a managed care health care delivery system.

Question 472
Describe four steps that you can take to protect yourself against violent attack when you are outside alone.

Question 473
Darlene is looking for a complete protein amongst the choices in her dining hall. Which of the following is probably her best option?
A) Spinach
B) Black beans
C) A grilled chicken breast
D) Corn on the cob

Question 474
Studies indicate that helmet use reduces the risk of skiing head injury by ________ percent.
A) 1 to 20
B) 20 to 40
C) 30 to 50
D) 60 to 80

Question 475
Rudy’s friends noticed that he had changed. He was much more aggressive, his mood seemed to swing wildly, and he had severe acne. Which performance-enhancing substance did Rudy’s friends think he was abusing?
A) Human growth hormone
B) Ephedra
C) Creatine
D) Anabolic steroids

Question 476
A number of conditions including atherosclerosis can lead to ischemia, which is
A) a squeezing of heart tissue that leads to damage.
B) an inflammatory disease.
C) reduced oxygen supply to a body part or organ.
D) a buildup of deposits in the arteries.
Question 477

According to Hans Selye, the internal fight to restore homeostasis in the face of a stressor is known as the
A) general autonomic system (GAS).
B) general aptitude syndrome (GAS).
C) general adaptation to stress (GAS).
D) general adaptation syndrome (GAS).

Question 478

Women who smoke during pregnancy
A) have babies who have developmental disabilities and small heads.
B) have a greater chance of premature births.
C) can cause their babies to be blind or have hearing disorders.
D) are more likely to have babies with spina bifida.

Question 479

Becky is 80 years old and is covered by federal health insurance program. What is this program called?
A) Medicare
B) Medicaid
C) Federal Health Plan
D) Social Security

Question 480

As a functional food, ginger may prevent which of the following?
A) Oxidative damage to cells
B) An increase in LDL cholesterol levels
C) Angina
D) Stomach upset

Question 481

Typical use effectiveness of male condoms in preventing pregnancy is around
A) 98 percent.
B) 95 percent.
C) 85 percent.
D) 75 percent.

Question 482

Brian is concerned that he may have been exposed to HIV, so he has decided to go to the student health center for a blood test known as the ELISA.
What does the ELISA measure?
A) Brian's CD4 (helper T cell) count
B) The amount of HIV in Brian's blood
C) Whether or not antibodies have formed in reaction to HIV
D) Whether or not Brian has developed Kaposi's sarcoma

Question 483

List the five factors that, when combined, have contributed to the rapid increase in rates of infectious diseases over the past decade.

Question 484

Which of the following best defines "physical activity"?
A) Planned, structured, and repetitive bodily movement done to improve or maintain one or more components of physical fitness
B) All body movements produced by skeletal muscles resulting in substantial increases in energy expenditure
C) The ability of the heart, lungs, and blood vessels to function efficiently
D) A set of health- and performance-related attributes

Question 485
List four things you should do to communicate with your partner about potential risks of becoming sexually intimate.

Question 486
Which of the following is the largest of the pathogens?
A) Fungi
B) Protozoans
C) Parasitic worms
D) Prions

Question 487
Georgette tried to quit drinking once but she gave up after only a few days; now she assures her friends that it's really not a problem. Which stage of the transtheoretical model of behavior change is this?
A) Precontemplation
B) Contemplation
C) Preparation
D) Action

Question 488
When setting realistic goals, which of the following would you ask yourself to gain insights into your behaviors?
A) What is wrong with me?
B) Why am I a failure?
C) What do I want?
D) What does everyone else do?

Question 489
List four questions you should consider when choosing a method of contraception.

Question 490
Exercise type refers to
A) the number of times per week you need to do a particular exercise.
B) how hard the work must be to attain desired level of fitness.
C) the length of time or number of repetitions that are needed for each exercise component.
D) the specific component of fitness to which the exercise is intended.

Question 491
Which of the following needs are included in Maslow's hierarchy of needs?
A) Survival needs and security needs, but not esteem needs
B) Security needs, social needs, and esteem needs, but not self-actualization
C) Survival needs, security needs, social needs, and esteem needs
D) Social needs, esteem needs, and self-actualization, but not security needs

Question 492
Which of the following is not a test or procedure that can be used to detect breast cancer?
A) Breast self-examination
B) Colonoscopy
C) Clinical breast examination
D) Mammography
Question 493

If you're a cigarette smoker and you're ready to quit, which of the following tips should you try?
A) Keep your cigarettes somewhere inconvenient, such as a friend's house.
B) Spend time in places that encourage smoking.
C) Take up smoking cigars, because you don't have to inhale them.
D) Keep cigarettes around your house to remind you what you are trying to give up.

Question 494

Malik has met Maurice on just two occasions. In the first, he and some friends got a ride home from Maurice, who proceeded to run multiple stop signs and pass other cars at high speeds, barely avoiding oncoming traffic. In the second, he accidentally surprised Maurice in the bathroom, where he noticed that Maurice had been using a knife to cut himself. If Maurice suffers form a personality disorder, which of the following is most likely?
A) Borderline personality disorder (BPD)
B) Narcissistic personality disorder
C) Attention-deficit/hyperactivity disorder (ADHD)
D) Paranoid personality disorder

Question 495

Jon has always wanted to volunteer at his local zoo, but he's always squandered his free time doing unproductive things. After some serious thought and preparation, he's ready to begin to follow his action plan. Which stage of the transtheoretical model of behavior change is this?
A) Precontemplation
B) Contemplation
C) Preparation
D) Action

Question 496

Most miscarriages occur during which trimester of pregnancy?
A) The first
B) The second
C) The third
D) The first and second equally

Question 497

The sense or awareness we have of being male or female is called
A) androgyny.
B) intersex.
C) sexual identity.
D) gender identity.

Question 498

Some conflict is inevitable and not all conflict is bad because
A) that's just way life is.
B) airing feelings and resolving differences can strengthen relationships.
C) it's better to find out now rather than later that your partner is a jerk.
D) it's better to judge than to be judged.

Question 499

Children should no longer be given aspirin for colds or flu because they may develop
A) Reye's syndrome.
B) Mononucleosis.
C) Hepatitis.
D) Shingles.
Question 500
As part of his treatment for heroin addiction, Mark takes a synthetic narcotic that blocks the effects of heroin withdrawal. Which of the following is the drug Mark is most likely taking to help him battle his addiction to heroin?
A) Rohypnol
B) Valium
C) PCP
D) Methadone

Question 501
The permanent cessation of menstruation is called
A) menopause.
B) ovulation.
C) corpus luteum.
D) menarche.

Question 502
Julie’s grandmother has “thickening” of her arteries caused by fatty deposits, cholesterol, and other substances deposited in the blood vessels. What is the medical term for this?
A) Arrhythmia
B) Angina pectoris
C) Myosclerosis
D) Atherosclerosis

Question 503
Heather is a marathon runner. By training intensely and running a high weekly mileage she is increasing her risk of
A) breast cancer.
B) colds and flu.
C) pelvic inflammatory disease.
D) urinary tract infections.

Question 504
Michael is a binge drinker—that is, he engages in a pattern of drinking alcohol that brings his blood alcohol concentration to 0.08 gram-percent or above. To do this, Michael has to consume how many drinks in about two hours?
A) Two
B) Three
C) Four
D) Five or more

Question 505
List two tips for negotiating safer sex with your partner.

Question 506
What is the role of collateral circulation?
A) It increases the heart rate.
B) It dislodges blood clots.
C) It allows an affected heart muscle to cope with damage.
D) It increases blood pressure.

Question 507
If you contract an STI but do not seek treatment, which of the following are possible consequences?
A) Listeriosis
<table>
<thead>
<tr>
<th>Question 508</th>
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<tr>
<td><strong>What is the difference between alcohol abuse and alcoholism?</strong></td>
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<tr>
<th>Question 509</th>
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<tr>
<td><strong>List and briefly explain three common sociocultural standards for sexual behavior in Western culture today.</strong></td>
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<tr>
<th>Question 510</th>
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<tr>
<td><strong>People with an _________ locus of control feel that they have power over their own actions. They are more likely to state their opinions and to be true to their beliefs.</strong></td>
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<tr>
<td>A) ancillary</td>
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<td>B) external</td>
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<td>C) internal</td>
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<td>D) exaggerated</td>
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<th>Question 511</th>
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<tr>
<td><strong>How many times will most people attempt to change an unhealthy behavior before they succeed?</strong></td>
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<tr>
<td>A) More than 10</td>
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<td>B) 5 to 6</td>
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<td>C) 3 to 5</td>
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<td>D) 1 to 2</td>
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<th>Question 512</th>
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<tr>
<td><strong>List and briefly describe the three general areas of recommendation in the MyPlate plan.</strong></td>
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<th>Question 513</th>
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<td><strong>Nearly 20 percent of Americans seek help for psychological problems. List five reasons you may need to consider seeking help.</strong></td>
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<td><strong>Derrick wants a romantic partner, but he has difficulty meeting people. If he decides to try to meet someone online, what are three dating guidelines he should follow?</strong></td>
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<table>
<thead>
<tr>
<th>Question 515</th>
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<tr>
<td><strong>The systematic harming of a child by a caregiver is called</strong></td>
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<tr>
<td>A) child abuse.</td>
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<td>B) child neglect.</td>
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<td>C) child endangerment.</td>
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<td>D) child protection services.</td>
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<tr>
<th>Question 516</th>
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<tr>
<td><strong>List four complications that can arise from poorly controlled diabetes.</strong></td>
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<tr>
<th>Question 517</th>
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<tbody>
<tr>
<td><strong>Josie has been obese since early childhood and she has fat cells that swell and shrink with dieting. She has</strong></td>
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<tr>
<td>A) morbid density.</td>
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</tbody>
</table>
Question 518

John was told that the tumor in his brain is malignant. This means that the tumor is
A) cancerous.
B) likely to be contained in the brain.
C) dormant.
D) noncancerous.

Question 519

List three advantages and three disadvantages of the male condom.

Question 520

Distinguish between complementary and alternative medicine.

Question 521

Changing your habits is another key to successful weight management. List two ways to help you change your habits.

Question 522

List and briefly explain two components of healthy and responsible sexuality.

Question 523

Which of the following is one possible symptom of having a deficiency of the trace mineral fluoride?
A) Brittle hair and nails
B) Dental caries
C) Muscle cramps
D) Osteoporosis

Question 524

Name four commonly used methods for providing exercise resistance.

Question 525

Which of the following mind-body techniques is no longer considered alternative?
A) Mental healing
B) Hypnosis
C) Dance
D) Biofeedback

Question 526

Approximately ________ percent of our municipal solid waste in the United States is currently recycled or composted.
A) 13
B) 33
C) 53
D) 73

Question 527
Dwayne gave up his ambition to own his own restaurant when he got married and started having children. He and his wife, Brenda, both decided that they needed the income that comes with a much more steady and reliable job. Dwayne, however, has started to resent the choice he feels he was forced to make and it's beginning to hurt his relationship with Brenda. Which of the following obstacles is threatening Dwayne and Brenda's relationship?

A) Unmet expectations  
B) Jealousy  
C) Changing gender roles  
D) Sharing power  

**Question 528**

The best time to perform a testicular self-examination is

A) when you first wake up in the morning.  
B) before you go to sleep at night.  
C) after strenuous exercise.  
D) during or right after a bath or shower.  

**Question 529**

All of the following would put an individual at an increased risk of developing type 2 diabetes except

A) chronic stress.  
B) inadequate sleep.  
C) physical inactivity.  
D) fatigue.  

**Question 530**

Sexual identity, the recognition and acknowledgment of oneself as a sexual being, is determined by the interaction of which of the following factors?

A) Genetic, physiological, environmental, and social factors  
B) Genetic, physiological, and environmental factors, but not social factors  
C) Genetic, physiological, and social factors, but not environmental factors  
D) Genetic, environmental, and social factors, but not physiological factors  

**Question 531**

Assaults on the personality, character, or competence of a child would be considered

A) neglect.  
B) psychological abuse.  
C) good parenting.  
D) physical abuse.  

**Question 532**

The primary cause of skin cancer is

A) ultraviolet B (UVB) radiation.  
B) ultraviolet A (UVA) radiation.  
C) photochemical smog.  
D) freon.  

**Question 533**

List five things you can do to keep your home mold free.  

**Question 534**

Which of the following are stages in the human sexual response?

A) Arousal and orgasm  
B) Plateau and organism  
C) Excitement and revolution  
D) Vasocongestion and dysmenorrhea
Question 535

Maria has a PPO plan. Which of the following is a disadvantage of this plan?
A) She is not allowed to see an out-of-network provider.
B) She must obtain all her medical services from one facility.
C) She must pay for preventive services.
D) She must pay a considerably higher cost to see a physician not on the preferred list.

Question 536

Which of the following is caused by the herpes simplex type 1 virus and is prevalent among those engaging in contact sports such as wrestling?
A) Hepatitis A
B) Chickenpox
C) Shingles
D) Herpes gladiatorum

Question 537

Which of the following is most likely a function of protein in the body?
A) Removes metabolic wastes
B) Repairs muscle cells
C) Helps move foods through the digestive system
D) Insulates body organs against shock

Question 538

When a tumor reappears in sites distant from the primary tumor, the process is known as
A) benign.
B) detection.
C) metastasis.
D) progressive.

Question 539

David and Doris are both 27 years old and both have 23 percent body fat. Based on their ages and percentages of body fat alone, which of the following statements best describes their weight status?
A) David is underweight; Doris is overweight.
B) David is overweight; Doris is at her recommended weight.
C) David is overweight; Doris is obese.
D) Both David and Doris are overweight.

Question 540

A complex acid molecule in the nucleus of a cell that stores all of the programming codes that the body uses is
A) a chromosome.
B) DNA.
C) a gene.
D) RNA.

Question 541

In the United States, ________ states have full helmet requirements for motorcyclists.
A) 10
B) 20
C) 30
D) all 50
Question 542
List five features of a good treatment program.

Question 543
Approximately how many Americans die of the flu each year?
A) 3,600
B) 36,000
C) 360,000
D) 3,600,000

Question 544
Symptoms of carpal tunnel syndrome include numbness, tingling, and pain in the fingers and hands.

Question 545
Homicide is the fifteenth leading cause of death in the United States for all age groups, but the second leading cause of death for persons aged
A) 15 to 24.
B) 25 to 34.
C) 45 to 54.
D) 55 to 65.

Question 546
Dean and Dale are identical twins, but their personalities are decidedly different. Dean is an optimist (the glass is half full, maybe even more), whereas Dale is a pessimist (the glass is half empty, if it’s got anything in it at all). Dean has been reading his textbook, though, and he’s convinced that changing Dale’s patterns of thinking will help reduce the amount of stress in Dale’s life and that he might then enjoy life more. Which of the following strategies should Dean not suggest to Dale?
A) Reframe distressing events from a positive perspective.
B) If someone else makes a mistake, you should get angry or frustrated with them.
C) Try to focus on the many things that are going right, rather than the one thing that might go wrong.
D) Try to accept that change is a natural part of living and growing.

Question 547
Which of the following would be considered a form of energy medicine?
A) Chiropractic
B) Shiatsu massage
C) Psychoneuroimmunology
D) Acupressure

Question 548
____ slowly and gradually lengthens a muscle or muscle group and their tendons.
A) Ballistic stretching
B) Dynamic stretching
C) Isokinetic stretching
D) Static stretching

Question 549
In a recent national survey of college students, what was their number one impediment to academic performance?
A) Lack of sleep
B) Too much sleep
C) Stress
D) The availability of interesting activities on campus
Question 550

The part of the brain that regulates appetite is the
A) hypothalamus.
B) pituitary gland.
C) frontal lobe.
D) medulla.

Question 551

When Professor Taylor lectures his class, his voice is high-pitched and really loud, and he speaks faster than you might think is humanly possible. Which of the following forms of nonverbal communication does this demonstrate?
A) Interpersonal space
B) Facial expressions
C) Body language
D) Tone of voice

Question 552

Each U.S. resident uses an average of ________ gallons of water daily.
A) 100
B) 500
C) 1,000
D) 1,500

Question 553

Which of the following vitamins are carried to cells by fats?
A) Vitamin C
B) Vitamin B6
C) Vitamin A
D) Vitamin B12

Question 554

Werner may run marathons, but he is categorized as overweight because his body mass index (BMI) is
A) 19.9 or less
B) 20.0-24.9
C) 25.0-29.9
D) 30.0 or higher

Question 555

Increased sociability and talkativeness occurs at which of the following blood alcohol concentrations (BACs)?
A) less than 0.01 percent
B) 0.01-0.04 percent
C) 0.05-0.07 percent
D) 0.08-0.14 percent

Question 556

List three of the six tips for staying with and adjusting your fitness program over time.

Question 557

The goal of the Clean Air Act was to develop standards for ________ of the most widespread air pollutants.
A) 2
B) 4
C) 6
Question 558

Tomas has always been very self-critical, so he never expected to be in a relationship with someone as terrific as Wendy, let alone a long-term relationship. Tomas gets really jealous when Wendy spends too much time with other people, especially men. Which of the following is most likely the cause of Tomas’ jealousy?
A) Fear of losing control
B) Overdependence
C) Low self-esteem
D) High value on sexual exclusivity

Question 559

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

Question 560

What percentage of all expenditures to combat crime is related to illegal drugs?
A) About 5 percent
B) About 25 percent
C) About 50 percent
D) About 75 percent

Question 561

The Feldenkrais method uses which of the following?
A) Gentle, rhythmic shaking of the patient's limbs
B) Hydrotherapy
C) Floor exercises
D) Deep, focused pressure on myofascial trigger points

Question 562

When it had been six weeks since Daniel's last cigarette, he rewarded himself with a new phone. Each of us is motivated by different positive reinforcers. Which of the following categories does Daniel's fall into?
A) Consumable reinforcers
B) Activity reinforcers
C) Manipulative reinforcers
D) Possessional reinforcers

Question 563

Karl is a night person, so he's studying for his economics final by working at night, when he's at his best. What are other strategies for effective time management?
A) Procrastination
B) Prioritizing tasks
C) Doing more than one thing at a time
D) Finding a noisy place to work

Question 564

Food service workers are required by law to wash their hands with soap after using the bathroom. Which of the following is a bacterium commonly found in human stool that is most likely transmitted via improper hand washing?
A) Listeria
B) Campylobacter
C) Shigella
D) Salmonella
Question 565
List three ways to substitute behaviors for dietary "triggers."

Question 566
Bill is afraid of getting fat, but he thinks about food all the time. It's hard for him to eat with others, in part because he is ashamed when he eats more than others. Where on the eating issues continuum does Bill most likely fall?
A) Disruptive eating patterns
B) Food preoccupied/obsessed
C) Concerned well
D) Food is not an issue

Question 567
Which of the following is a naturally occurring compound that helps supply energy to your muscles?
A) Steroid precursors
B) Creatine
C) Anabolic steroids
D) Ephedrine

Question 568
Rita is always complaining that she doesn't like the way she looks. She tells her friend Sue that she has the biggest thighs in town and that she is ashamed to wear a bathing suit at the beach. Rita most likely has
A) peer pressure.
B) negative body image.
C) personal empowerment.
D) low self-confidence.

Question 569
According to the American Cancer Society, the greatest percentage of deaths from cancer in men will be due to
A) prostate cancer.
B) colon cancer.
C) lung cancer.
D) non-Hodgkin's lymphoma.

Question 570
Reneé isn't always comfortable in groups of people. She wants to change, though, so she volunteers in the office of a community organization that she greatly respects. The other people in the office really like Reneé and think she does terrific work. In fact, they go out of their way to express their appreciation and approval by praising her on a regular basis. What kind of positive reinforcer is Reneé experiencing?
A) Social reinforcer
B) Activity reinforcer
C) Manipulative reinforcer
D) Consumable reinforcer

Question 571
Which of the following best describes what happens during the resolution phase of the human sexual response?
A) The vagina begins to lubricate and the penis becomes partially erect.
B) The woman's nipples and the man's penis become erect.
C) Muscle tension and congested blood subside as the genitals return to prearousal states.
D) Vasocongestion and muscle tension reach their peak, and rhythmic contractions occur through the genitals.

Question 572
By quitting smoking in his fifties, which determinant of health is your father demonstrating?
A) Biology and genetics
B) Individual behavior
C) Social and physical environment
D) Policymaking

Question 573

What percentage of first-time users of inhalants in 2008 were under age 18?
A) 40 percent
B) 50 percent
C) 60 percent
D) 70 percent

Question 574

Name five factors which increase the likelihood of violence in our society.

Question 575

List four functions of water in the human body.

Question 576

Robert has decided to change from a high-fat meat-based diet to a vegetarian diet. If Robert is like most people who follow a balanced vegetarian diet, which of the following is a possible outcome of this change?
A) Weight gain.
B) Less constipation.
C) Higher cholesterol.
D) More diarrhea.

Question 577

Lovers actively champion each other's interests and attempt to ensure that the other succeeds. This is known as
A) exclusiveness.
B) sexual desire.
C) giving the utmost.
D) being an advocate.

Question 578

Which of the following is considered a recreational drug?
A) Sleepy-time tea
B) Aspirin (acetylsalicylic acid)
C) A six-pack of beer
D) The herbicide Roundup (glyphosate)

Question 579

How would you recognize someone with an eating disorder? Include examples of observable behaviors or actions that would indicate the individual may have a problem.

Question 580

List five strategies you can use to support and improve your own psychological health.

Question 581

Difficulty standing and walking and passing out occurs at which of the following blood alcohol concentrations (BACs)?
A) 0.05-0.07 percent
B) 0.08-0.14 percent
C) 0.15-0.24 percent
D) 0.25-0.34 percent

Question 582
Which of the following is a tickborne bacterial disease?
A) Multidrug-resistant TB
B) Meningitis
C) Lyme disease
D) HIV

Question 583
How the brain and behavior affect the body's immune system is the study of
A) neuroimmunology (NI).
B) psychoimmunology (Pl).
C) neuropsychoimmunology (NPi).
D) psychoneuroimmunology (PNI).

Question 584
Which of the following is a contraceptive skin patch that is 99.7 percent effective at preventing pregnancy with perfect use?
A) Ortho Evra
B) NuvaRing
C) Depo-Provera
D) Implanon

Question 585
The amount of greenhouse gases produced by an individual, nation, or other entity is called
A) a carbon handprint.
B) carbon influence.
C) a carbon footprint.
D) carbon destruction.

Question 586
The ozone layer that protects our planet is found in which of the following regions of the Earth's atmosphere?
A) Mesosphere
B) Troposphere
C) Stratosphere
D) Thermosphere

Question 587
List three factors that encourage drinking during college.

Question 588
Which of the following is a short-term health effect of smoking on the body and health?
A) Increased susceptibility to colds and flu
B) Increased risk of stroke
C) Dulled senses of smell and taste
D) Addiction and nicotine craving

Question 589
Explain how exercise can improve mental health and stress management.
Question 590

Michael has a cavity in one of his teeth. Who should he go to see?
A) A dentist  
B) An orthodontist  
C) A dentist's assistant  
D) An oral surgeon

Question 591

List the four main obstacles to physical activity and then suggest one possible solution for each obstacle.

Question 592

Identify three of the six major categories of drugs.

Question 593

Which of the following probably contains the least amount of nicotine?
A) One conventional tobacco cigarette  
B) A pinch of smokeless tobacco  
C) One cigar  
D) One clove cigarette

Question 594

Which of the following is an advantage of the NuvaRing vaginal contraceptive ring?
A) It provides no protection against STI transmission.  
B) It needs to be fitted by a clinician.  
C) A diaphragm can be used as a backup method of contraception.  
D) It protects against pregnancy for one month.

Question 595

Name two risk factors for cervical cancer.

Question 596

Your mother developing diabetes in her forties is a factor of
A) biology and genetics.  
B) health services and health disparities.  
C) social and physical environment.  
D) policymaking.

Question 597

Which of the following total cholesterol readings is within the desirable range?
A) 205 mg/dL  
B) 185 mg/dL  
C) 220 mg/dL  
D) 210 mg/dL

Question 598

Darren has a muscular body but low self-esteem. He may be suffering from
A) family rejection.  
B) social physical anxiety.  
C) muscle dysmorphia.
D) muscular injuries.

**Question 599**
Which of the following is a common viral infection?
A) Tuberculosis
B) Hepatitis
C) Peptic ulcers
D) Bacterial pneumonia

**Question 600**
Diabetes can result in weight loss because
A) body cells can't use glucose so it is excreted.
B) appetite is suppressed due to high blood sugar.
C) a diabetic burns more calories during a given activity.
D) a diabetic is often nauseated.

**Question 601**
Identify and briefly describe the stages of the birth process.

**Question 602**
List the five major categories of challenges facing the U.S. health care system.

**Question 603**
Jim and Joe were hiking to the summit of Mt. Whitney when they ran out of water. There's a small lake at an elevation of about 12,000 feet, but they'll need to filter the water to eliminate a waterborne protozoan that causes which of the following diseases?
A) Candidiasis
B) Dengue fever
C) Malaria
D) Giardiasis

**Question 604**
The only method of avoiding pregnancy that is 100 percent effective is
A) withdrawal.
B) fertility awareness.
C) the female condom.
D) abstinence.

**Question 605**
Lynn and Carrie share adjacent cubicles at work. They both started work on the same day and, after six months on the job, they have become romantic partners. Without knowing anything more about them or their relationship, which of the following most likely influenced their choice of partners?
A) Chemical processes
B) Proximity
C) Physical attraction
D) Similarities in values

**Question 606**
Which of the following is true with respect to pre-diabetes?
A) Its symptoms are typically mild.
B) It is a contributing factor to metabolic syndrome.
C) It is most common in college students.
Question 607

Professor Buchannan has been a heavy drinker for most of his life. At first, his liver stored fat, but then the fat-filled cells stopped functioning. Professor Buchannan continued to drink, however, which led to the development of fibrous scar tissue in his liver. Because Professor Buchannan kept drinking, his liver cells have begun to die, making the damage to his liver permanent. What is the name of the liver disease Professor Buchannan suffers from?
A) Cirrhosis
B) Fetal alcohol syndrome
C) Alcoholic hepatitis
D) Osteoporosis

Question 608

Disease-causing agents, called ________, are found throughout the world.
A) epidemics
B) pandemics
C) pathogens
D) politicians

Question 609

Environmental factors causing us to move less include all of the following except
A) automobiles.
B) bicycles.
C) desk jobs.
D) remote controls.

Question 610

Distinguish between basal metabolic rate (BMR), resting metabolic rate (RMR), and exercise metabolic rate (EMR).

Question 611

What maternal diseases during pregnancy can cause a congenital heart defect?
A) Pertussis
B) Tetanus
C) Pneumonia
D) Rubella

Question 612

Runoff, or sedimentation, is known as what type of pollutant?
A) Point source pollutants
B) Nonpoint source pollutants
C) Septic runoff
D) Leaching

Question 613

Rob has a prominent chancre on his penis. Which stage of syphilis is this?
A) Primary syphilis
B) Secondary syphilis
C) Latent syphilis
D) Tertiary/late syphilis

Question 614
With the type of health insurance Cheryl has, she is not covered for any charges that exceed $200,000. This is referred to as
A) an exclusion.
B) a copayment.
C) an upper or lifetime limit.
D) a deductible.

**Question 615**

Which of the following is associated with metabolic syndrome (MetS)?
A) Abdominal weight loss
B) Insulin resistance
C) Low blood pressure
D) Low triglycerides

**Question 616**

Shaping points for behavior change include
A) keeping the steps of a program difficult and achievable.
B) being inflexible.
C) mastering one step before moving on to the next step.
D) starting quickly.

**Question 617**

Nearly 78 percent of cancers are diagnosed at age ________ and above.
A) 25
B) 45
C) 55
D) 65

**Question 618**

An embryo becomes a fetus
A) during the second trimester of pregnancy.
B) during the third trimester of pregnancy.
C) when all organ systems have developed and are in place.
D) upon conception.

**Question 619**

The entire digestive process takes approximately
A) 4 hours.
B) 14 hours.
C) 24 hours.
D) 48 hours.

**Question 620**

During their survey of different birth control methods (including surgical methods), Barbara and Evan learned that vasectomies are highly effective and permanent, but they are not immediately effective. Barbara was surprised to learn that couples must use alternative birth control for at least how long after the operation?
A) 1 day
B) 1 week
C) 1 month
D) 1 year

**Question 621**

Which of the following are health disparities that can influence your overall health?
A) Sexual orientation, race and ethnicity, and tobacco use
B) Inadequate health insurance and disability, but not economics  
C) Sex and gender, but not sexual orientation  
D) Race and ethnicity, geographical location, and sexual orientation  

**Question 622**
Which of the following is a true statement about how drug education researchers think that substance abuse should be addressed on campus?  
A) Lecturing and moralizing are particularly effective.  
B) Scare tactics are particularly effective.  
C) Students should be taught the difference between drug use, misuse, and abuse.  
D) Prohibition is the only strategy that works.  

**Question 623**
Which of the following is an example of a point source water pollutant?  
A) Runoff from a construction site  
B) Waste from a sewage treatment plant  
C) Weed killer used on lawns  
D) Leakage from a septic tank  

**Question 624**
The food label on the can of baked beans says that there are three servings per container and that each serving has 140 calories. If Mark eats the entire can, how many calories will he consume?  
A) 140 calories  
B) 280 calories  
C) 420 calories  
D) 560 calories  

**Question 625**
At what point after quitting tobacco is the ability to smell and taste is enhanced?  
A) 8 hours  
B) 48 hours  
C) 1-9 months  
D) 5 years  

**Question 626**
Michelle's grandmother has high systolic blood pressure but normal diastolic blood pressure. What type of hypertension does she have?  
A) Nonspecific hypertension  
B) Isolated systolic  
C) Systole hypertension  
D) Secondary hypertension  

**Question 627**
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  

**Question 628**
Denise wanted to enhance her experience at a dance party, so she took a hallucinogen offered to her by someone she thought was her friend. The evening deteriorated from there for Denise, however, because she experienced jaw clenching, short-term memory loss, confusion, increased body temperature due to dehydration, and an increased heart rate. It's a good thing Denise didn't combine this drug with alcohol. Which of the following hallucinogens did Denise most likely take?
Question 629

Zero population growth would be more likely to occur in a country in which
A) more women work in the home.
B) fertility options increase.
C) abstinence is promoted as the only means of birth control.
D) education levels among women increase.

Question 630

What is the poisonous gas found in cigarette smoke that reduces the oxygen-carrying capacity of red blood cells by binding to the receptor sites for oxygen?
A) Carbon dioxide
B) Hydrogen cyanide
C) Carbon tetrachloride
D) Carbon monoxide

Question 631

What percentage of infertility cases are due to a cause involving only the male partner?
A) 20 percent
B) 30 percent
C) 40 percent
D) 50 percent

Question 632

When stress levels are low, the body is often in a state of
A) distress.
B) eustress.
C) homeostasis.
D) adaptive response.

Question 633

Which of the following best describes a person exhibiting self-efficacy?
A) Sarah has been working hard in the pool and is confident that she can set a personal record in the 100-meter butterfly.
B) Serena has been working hard in the pool, too, but she's worried that the illnesses she experienced early in the season will prevent her from setting a personal record in the 100-meter backstroke.
C) Susan is positive that the personal record she set last season in the 100-meter breaststroke was a fluke, so she stands no chance of setting one this season, no matter how hard she works at practice.
D) Suzanne works hard at practice, but she believes her ability to set a personal record in the 100-meter freestyle is out of her hands.

Question 634

List four things you should consider when choosing an exercise facility.

Question 635

Which of the following is the factor that causes people in lower socioeconomic brackets have substantially shorter life expectancies and more illnesses?
A) Biology and genetics
B) Individual behavior
C) Social and physical environment
D) Policymaking
Question 636

What is the name of the yellow fluid secreted by a new mother’s breasts, before her milk begins to flow? It contains vital antibodies that can help the newborn fight infection.
A) Colostygia  
B) Colostomy  
C) Colostethus  
D) Colostrum


Question 637

Briefly describe the four steps in the enhanced greenhouse effect.


Question 638

Showing a potential assailant that you mean what you say and are prepared to defend yourself will be facilitated if you
A) look away.
B) speak in a strong voice and make a scene.
C) slouch and back away.
D) cry.


Question 639

Richard is afraid of spiders. Which of the following anxiety disorders does he suffer from?
A) Generalized anxiety disorder (GAD)  
B) Panic attacks  
C) Post-traumatic stress disorder (PTSD)  
D) Phobia


Question 640

Which of the following is a potential risk of using green tea?
A) Kidney problems  
B) Headache  
C) Anxiety  
D) Memory loss


Question 641

Because Kevin has a history of back problems, his new insurance will not cover any back-related injury until he has a policy for 12 months. Kevin’s back problem is known as a(n)
A) exclusionary diagnosis.  
B) preexisting condition.  
C) lifestyle risk.  
D) shared risk condition.


Question 642

An arrhythmia is
A) another name for angina.  
B) an irregular, inefficient heart rhythm.  
C) a coronary emboli.  
D) heart block.


Question 643

Katerina is in the action stage of behavioral change. Which of the following strategies is recommended for her when she faces obstacles to her desired change?
A) Setting reasonable goals  
B) Using shaping  
C) Assessing her motivation and readiness  
D) Changing her self-talk  

**Question 644**

If Rob and Laura communicate in ways that are typical of their genders, then which of the following is most likely true?  
A) Rob is less likely to interrupt than Laura is.  
B) Laura uses more forceful gestures, whereas Rob is more gentle when touching others.  
C) Rob is more inclined to be analytical, whereas Laura is more emotional.  
D) Laura tends to take rejection less personally than Rob does.  

**Question 645**

Which of the following is true about physician assistants?  
A) They are competent to treat 100 percent of those seeking primary care.  
B) More than 80 percent practice in areas where physicians are in short supply.  
C) They must work under the supervision of a licensed physician.  
D) All states allow physician assistants to prescribe drugs.  

**Question 646**

Janelle is visiting with friends who have a backyard swimming pool. A precaution to help keep safe while swimming is to  
A) swim alone.  
B) wait 10 minutes to swim after your last alcoholic beverage if drinking.  
C) not wear a life jacket.  
D) stop swimming when you become fatigued.  

**Question 647**

Moe is studying stress management techniques. He should probably know, then, that interrupting negative self-talk and replacing it with positive thoughts is a process called cognitive  
A) restructuring.  
B) resurfacing.  
C) replacement.  
D) reinforcement.  

**Question 648**

If you have had heart pooling which enlarges the heart, fluid accumulation in the lungs, and reduction of blood circulation, you have most likely been diagnosed with  
A) rheumatic fever.  
B) congestive heart failure.  
C) ventricular fibrillation.  
D) arrhythmia.  

**Question 649**

When people ask Sandra why she smokes, she tells them that it's just too difficult to stop. This suggests that  
A) Sandra is addicted to nicotine.  
B) Sandra is afraid she will gain weight if she stops.  
C) Sandra is particularly susceptible to advertising from the tobacco industry.  
D) Sandra smokes because all of her friends smoke.  

**Question 650**

The definition of exercise includes which of the following?  
A) Planned, structured, and repetitive movement  
B) Movement produced by skeletal muscles
Question 651
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 three 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 three 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.

Question 652
According to the American Academy of Pediatrics' Back to Sleep campaign, which of the following do they recommend when putting a baby down to sleep?
A) Lay infants down on their stomachs.
B) Lay infants down on their backs.
C) Place infants on soft bedding.
D) Lay infants down on their sides.

Question 653
Identify five primary sources of indoor air pollution.

Question 654
Derek’s football team is playing the number one team in their division. Derek’s team has to win this game to qualify for the regional championship. He is stressed because of this all-important game. The kind of stress Derek is experiencing is called
A) chronic stress.
B) eustress.
C) positive stress.
D) acute stress.

Question 655
Sharon has been bouncing ideas off friends as she tries to decide whether she should major in chemistry or chemical engineering. Which of the multiple environmental factors that influence psychological health is Sharon utilizing?
A) Community
B) Social supports
C) Polling data
D) Family

Question 656
Which of the following are common physical symptoms of stress?
A) Skin blemishes and warm hands
B) Dry mouth and steady hands
C) Tension headaches and gassiness
D) Hyperventilation and warm hands

Question 657
David, Brian, and Barbara have each consumed two margaritas during the last two hours. If David weighs 176 pounds and both Brian and Barbara weigh 138 pounds, then who is probably the most intoxicated?
A) David
B) Brian
### Question 658

Devon wants to become a better listener because he thinks it will improve his relationship with his partner, Julius. Suggest four skills Devon should practice on a daily basis.


### Question 659

All of the following are associated with an increased risk for skin cancer except

- A) having fair skin, blonde hair, and blue eyes.
- B) having darker skin.
- C) not tanning easily in spite of spending a lot of time outdoors.
- D) having experienced severe sunburns as a child.


### Question 660

Which stomach hormone do researchers believe plays a significant role in appetite stimulation?

- A) Leptin
- B) Ob gene
- C) Ghrelin
- D) GLP-1


### Question 661

During rush week, Dwayne was offered gelatin squares called windowpane by a member of the fraternity that he wanted to join. Which of the following hallucinogens was Dwayne being offered?

- A) PCP
- B) Mescaline
- C) LSD
- D) Ketamine


### Question 662

Hate crimes are motivated by the offender's bias against a particular societal group. The 8,336 reported victims of hate crimes in the United States in 2009 indicates

- A) intolerance of differences continues to exist in the United States.
- B) diversity is well tolerated in the United States.
- C) there is no longer a need for schools and workplace diversity programs.
- D) racial prejudice has been eliminated.


### Question 663

List the three defenses that your respiratory tract provides against disease-causing pathogens.


### Question 664

List three factors that affect your individual need for water each day.


### Question 665

Which of the following strategies will probably hinder your ability to get a good night's sleep?

- A) Go to bed and get up at the same time each day.
- B) Drink large amounts of liquid before bed.
- C) Don't watch television in bed.
- D) Don't nap in the late afternoon or evening.

Question 666

Of all the potential risk factors for cancer, which of the following is among the greatest?
A) Tobacco use
B) Increased radiation
C) Dietary behavior
D) Increasing age of the population

Question 667

At one time, the antihistamine Claritin (loratidine) required a prescription. It no longer does, so it is
A) a recreational drug.
B) an over-the-counter drug.
C) an illicit drug.
D) a commercial preparation.

Question 668

List four reasons why relationships end.

Question 669

What is self-care? Provide five examples of self-care practices listed in the text.

Question 670

Which of the following would be more likely to contain asbestos?
A) Vinyl tiles manufactured in 1990
B) Insulation manufactured in 1965
C) Car paint manufactured in 1980
D) Pipe insulation manufactured in 2000

Question 671

List five steps you can take to help you cut down on your drinking.

Question 672

One of the health benefits of regular exercise that is particularly important to Kellie is controlling blood glucose and controlling body weight. Which of the following health conditions is it likely that Kellie has?
A) Asthma
B) Obesity
C) Hypertension
D) Diabetes

Question 673

Lysergic acid diethylamide (LSD) belongs to which of the following types of drugs?
A) Stimulant
B) Depressant
C) Hallucinogen
D) Inhalant

Question 674

Define sexual victimization and give some possible long-term effects.
Question 675
Sandy and Isabel have just adopted a newborn male child. They had no trouble agreeing on a name (Jonas Jordan), but they can't seem to agree whether or not he should be circumcised. Sandy thinks he should be, whereas Isabel thinks he shouldn't be. List two arguments Sandy might make in favor of circumcision and two arguments Isabel might make against circumcision.

Question 676
Of the personality traits related to psychological well-being, resiliency is best described by which of the following?
A) The willingness to demonstrate curiosity and independence
B) The ability to conform, be likable, and demonstrate friendly compliance and love
C) The ability to maintain emotional control
D) The ability to adapt to change and stressful events in healthy and flexible ways

Question 677
Morbidly obese individuals have body weight ________ percent or more above their ideal weight.
A) 100
B) 80
C) 70
D) 90

Question 678
The symptoms of major depression can last for weeks, months, or years. List five symptoms of major depression.

Question 679
According to the USDA's National Organic Rule, a product that is certified and labeled "Some Organic Ingredients"
A) contains less than 70 percent organic ingredients.
B) must contain at least 70 percent organic ingredients.
C) must contain at least 95 percent organic ingredients.
D) must be 100 percent in compliance with organic criteria.

Question 680
Which of the following is a simple carbohydrate?
A) Starch
B) Glucose
C) Fiber
D) Glycogen

Question 681
All of the genetic information an organism possesses is
A) a genome.
B) a chromosome.
C) a gene.
D) an allele.

Question 682
Dinah spends a lot of time looking at her body in the mirror and comparing her body to others. Dinah has days where she just feels fat. Where on the body image continuum does Dinah most likely fall?
A) Body hate/dissociation
B) Body preoccupied/obsessed
C) Body ownership
D) Body acceptance
### Question 683

The death of a fetus after the 20th week of pregnancy but before delivery is known as

A) sudden fetal death syndrome.
B) stillbirth.
C) fatal infant syndrome.
D) miscarriage.


### Question 684

In the United States, recent reports indicate that ______ percent of American youth diagnosed with diabetes have type 2 diabetes.

A) 15
B) 30
C) 45
D) 60


### Question 685

List five things you can buy to help save the planet.


### Question 686

Tara is learning how to manage her emotional responses to stress. Which of the following is most likely to help her?

A) Learning to get angry and fighting the urge to cry
B) Spending less time with her family and friends
C) Learning to be joyful and ignoring her spiritual health needs
D) Learning to laugh and fighting the urge to get angry


### Question 687

After age 30, a person's basal metabolic rate (BMR)

A) decreases by 1 to 2 percent per year.
B) increases by 1 to 2 percent per year.
C) decreases by 3 to 4 percent per year.
D) increases by 3 to 4 percent per year.


### Question 688

Barry, who has a really bad cold, coughs into his bare hand. He uses the same hand to grab the pole in the subway car to steady himself as the car goes around a tight corner. Several minutes later, Donny, who is perfectly healthy, grabs the same pole as Barry. Later that morning, Donny itches his eye with the hand that grabbed the pole. A day or two later, Donny has a really bad cold. If Donny got his cold from Barry, then you would say that the pathogen was transmitted by

A) indirect contact.
B) autoinoculation.
C) direct contact.
D) opportunistic infection.


### Question 689

The landmark U.S. Supreme Court decision that made it legal for a woman to terminate her pregnancy during the first trimester without legal restrictions was

A) Roe v. Wayne
B) Roe v. Wade
C) Row v. Wade
D) Row v. Wayne


### Question 690

It's been a really hot, humid day, and Karthik has spent it running his first marathon. After he finishes, he reports to the medical staff that he's
experiencing chills. They notice, too, that his skin is so cool that he's got "goose bumps." Without knowing anything more about Karthik's condition, which of the following does he likely have?

A) Heat cramps  
B) Sunstroke  
C) Heat exhaustion  
D) Heatstroke


**Question 691**

Emily has many friends, is respected by her co-workers, and maintains a great relationship with her boyfriend. Her ability to interact with others exemplifies which dimension of health?

A) Social  
B) Intellectual  
C) Emotional  
D) Physical


**Question 692**

Excluding skin cancer, the most common cancer in American males today is

A) colon cancer.  
B) liver cancer.  
C) prostate cancer.  
D) testicular cancer.


**Question 693**

Someone we can take care of and who will take care of us provides us with which of the following need fulfillment characteristics of intimate relationships?

A) Affirmation  
B) Intimacy  
C) Nurturance  
D) Social integration


**Question 694**

List Maslow's hierarchy of needs from bottom to top and give one example of each kind of need.


**Question 695**

What percentage of antibiotic production today is used to treat sick animals living in crowded feedlots and to encourage growth in livestock and poultry?

A) 50 percent  
B) 60 percent  
C) 70 percent  
D) 80 percent


**Question 696**

The direct medical cost of obesity in the United States in 2008 was

A) $107 billion.  
B) $121 billion.  
C) $135 billion.  
D) $147 billion.


**Question 697**

Which of the following is not a basic element shared by psychologically healthy people?

A) They feel good about themselves.  
B) They control tension and anxiety.  
C) They appreciate and respect nature.
Question 698

Jillian likes to go for bike rides that last two or more hours. If Jillian sweats profusely (and she does), which of the following do you recommend she consume to replace the fluids she is losing?
A) plain water
B) a drink containing electrolytes
C) carbonated water
D) pure grain alcohol

Question 699

Jeremy is an 18-year-old college student who has been inactive and wants to start an exercise program to improve his cardiorespiratory fitness. Using the FITT principle, develop an appropriate program for Jeremy.

Question 700

The ozone hole over Antarctica is thought to be mostly caused by
A) CFCs.
B) PCBs.
C) PPBs.
D) UV rays.

Question 701

Which of the following is the most prevalent negative consequence of drinking among college students in the past year?
A) Physically injured another person
B) Physically injured self
C) Did something they later regretted
D) Had unprotected sex

Question 702

Which of the following is a common bacterial condition?
A) Influenza
B) Infectious mononucleosis
C) Staphylococcal infections
D) The common cold

Question 703

Jeff is obese. He is a nonsmoker, but typically eats a high fat diet and recently had colitis. Given these factors, what type of cancer is Jeff most at risk for?
A) Liver
B) Lung
C) Colon
D) Stomach

Question 704

Name four warning signs of a heart attack that may occur a few minutes or hours before the actual attack.

Question 705

Which of the barrier methods of contraception, if used consistently and correctly, can be 94 percent in preventing pregnancy?
A) The sponge
B) The diaphragm
C) Spermicides
<table>
<thead>
<tr>
<th>Question 706</th>
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<tbody>
<tr>
<td>Which of the following is a form of medical abortion?</td>
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<tr>
<td>A) Mifepristone/Mifeprex/RU-486</td>
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<td>B) Hysterotomy</td>
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<td>C) Intact dilation and extraction (D&amp;X)</td>
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<td>D) Suction curettage</td>
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<th>Question 707</th>
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<td>List four different areas where overpopulation has an impact.</td>
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<th>Question 708</th>
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<td>About once a month, usually 7 to 14 days before her menstrual period, Agnes experiences tender breasts, fatigue, irritability, and depression. Without knowing anything more about Agnes' condition, which of the following is your best diagnosis?</td>
</tr>
<tr>
<td>A) Toxic shock syndrome (TSS)</td>
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<td>B) Menopause</td>
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<td>C) Premenstrual syndrome (PMS)</td>
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<td>D) Dysmenorrhea</td>
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<th>Question 709</th>
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<td>Molly and Mary bought a home that was built before 1970. Which of the following potential contaminants should they be most concerned about?</td>
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<tr>
<td>A) Carbon monoxide</td>
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<td>B) Formaldehyde</td>
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<td>C) Asbestos</td>
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<td>D) Hydrogen chloride</td>
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<th>Question 710</th>
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<tr>
<td>Anita is sexually active. She's not concerned about having contracted an STI because she has none of the symptoms (e.g., vaginal discharge or painful urination). Which of the following statements is most likely true?</td>
</tr>
<tr>
<td>A) Anita definitely has chlamydia.</td>
</tr>
<tr>
<td>B) Anita definitely has gonorrhea.</td>
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<tr>
<td>C) Anita, without a doubt, has neither chlamydia nor gonorrhea.</td>
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<td>D) Anita could have either chlamydia or gonorrhea.</td>
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<th>Question 711</th>
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<td>Describe the three phases of the cycle of violence theory.</td>
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<th>Question 712</th>
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<tr>
<td>Which of the following is a highly toxic chemical found in herbicides?</td>
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<tr>
<td>A) Dioxins</td>
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<td>B) PCBs</td>
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<td>C) PPBs</td>
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<td>D) Lead</td>
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<th>Question 713</th>
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<tr>
<td>List three disadvantages of oral contraceptives.</td>
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<th>Question 714</th>
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<td>The greatest producer of greenhouse gases is</td>
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A) England.
B) India.
C) Japan.
D) the United States.

**Question 715**

Low back pain (LBP) is the major cause of disability for people ______ in the United States.
A) ages 20 to 45
B) ages 46 to 55
C) ages 50 to 65
D) over age 65

**Question 716**

Margaret has secretly been taking anabolic steroids to improve her athletic performance. Which of the following is a side effect that might tip off her friends and teammates that she has been abusing steroids?
A) Margaret's voice has gotten higher.
B) Margaret has increased facial and body hair.
C) Margaret's breasts have noticeably grown.
D) Margaret's skin is remarkably free of acne.

**Question 717**

Which of the following is a defense provided by your saliva against disease-causing pathogens?
A) Provides a physical barrier to the entrance of pathogens
B) Washes microbes from teeth and mucous membranes of the mouth
C) Attacks and destroys virus-infected or abnormal body cells
D) Washes microbes from the urethra

**Question 718**

Julius just turned 20 years old. What should be his maximum heart rate?
A) 200
B) 170
C) 150
D) 120

**Question 719**

Which of the following measures should you take to reduce your risk for falls?
A) Use an appropriate step stool to change ceiling lights.
B) Leave stuffed animals around stairs for children.
C) Wear flip flops to allow air flow around feet.
D) Use scatter rugs around the home.

**Question 720**

What percentage of eggs that a woman will ever have are present in her ovaries at birth?
A) 25 percent
B) 50 percent
C) 75 percent
D) 100 percent

**Question 721**

Rashid is planning to volunteer to help pick up trash in his neighborhood. Which dimension of his health is he improving?
A) Mental health
B) Social health
C) Environmental health
D) Spiritual health

Question 722
Identify five environmental factors influencing eating habits.

Question 723
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

Question 724
When considering the physical effects of stress, what percentage of diseases in the United States are related, in whole or in part, to stress?
A) 7 percent
B) 27 percent
C) 40 percent
D) 70 percent

Question 725
Vigorous exercise has been shown to burn off chemical by-products released by the normal response to
A) stress.
B) immune.
C) muscle contraction.
D) disease.

Question 726
Coronary bypass surgery is performed to bypass a clogged coronary artery to
A) replace the aortic valve.
B) transport blood to the heart tissue.
C) restore a rhythmic electric impulse to the heart.
D) improve blood flow in the thoracic artery.

Question 727
Pierre recognizes that his weight has become a problem and so he has begun to think about the need to change his eating and exercise habits. Which stage of the transtheoretical model of behavior change is this?
A) Precontemplation
B) Contemplation
C) Preparation
D) Action

Question 728
The average menstrual cycle consists of the following phases.
A) Proliferative, secretory, and menstrual
B) Prohibitive, secretory, and menstrual
C) Proliferative, secondary, and menarche
D) Prohibitive, secondary, and menstrual

Question 729
Which of these workers has the lowest risk for fatal injury?
A) Truck driver
Question 730
Jamie believes that self-disclosure is a key to creating healthy communication in her relationship with Brad. In previous relationships, however, disclosure led to rejection and alienation, so Jamie is afraid to open up too much to Brad. Suggest two things that Jamie can do to overcome her fear of self-disclosure.


Question 731
Which of the following groups are more likely to use complementary and alternative medicine?
A) Men
B) People with lower educational levels
C) Current smokers
D) People with neck and back aches


Question 732
Tanya's diet recently has included lots of kale. Which of the following major minerals has Tanya been getting plenty of?
A) Magnesium
B) Phosphorus
C) Calcium
D) Sodium


Question 733
If you are raped, you should call 9-1-1 and immediately
A) bathe or shower and clean up anything the attacker touched.
B) wash all clothing and save for evidence.
C) see a medical provider for examination and treatment as needed.
D) practice stress reduction techniques and quickly move forward with his or her life.


Question 734
Someone with whom we can share worries and concerns provides us with which of the following need fulfillment characteristics of intimate relationships?
A) Assistance
B) Nurturance
C) Intimacy
D) Social integration


Question 735
Susan's aunt suffered from a cerebrovascular accident. What is the common name for this medical problem?
A) Heart attack
B) Stroke
C) Angina
D) Arrhythmia


Question 736
With the MyPlate plan in mind, briefly distinguish between a serving and a portion.


Question 737
Subjective well-being is defined by three components. Which of the following is not one of them?
A) Satisfaction with your present life
B) The relative presence of positive emotions  
C) The relative absence of negative emotions  
D) Dissatisfaction with your present life  

Question 738
List four of the eight major food allergens. These eight account for 90 percent of all food allergies in the United States.  

Question 739
Which of the following is a water-soluble vitamin?  
A) Vitamin A  
B) Vitamin E  
C) Vitamin B12  
D) Vitamin K  

Question 740
Hannah, who is sexually active, missed her last period. When she took a home pregnancy test, it came back positive. A positive test is based on the secretion of what compound found in Hannah's urine?  
A) Human growth hormone (HGH)  
B) Human chorionic gonadotropin (HCG)  
C) Gonadotropin-releasing hormone (GRH)  
D) Corticotropin-releasing hormone (CRH)  

Question 741
Which of the following is an exercise that probably will not significantly increase the strength of your core?  
A) Abdominal curl-ups  
B) Balancing on a stability ball  
C) Holding yourself in a front or reverse plank position  
D) Riding a stationary bike  

Question 742
St. John's wort is an herbal supplement useful for  
A) weight loss and athletic performance.  
B) relaxation, headaches, irregular heartbeat, and trembling.  
C) mild depression, anxiety, and sleep disorders.  
D) increasing resistance to stress.  

Question 743
After an intervention that included family, friends, and a professional counselor, Bill has started attending Alcoholics Anonymous (AA) meetings to deal with his drinking problem. Which of the following treatment options best categorizes AA?  
A) Private treatment facility  
B) Group support treatment  
C) Pharmacological treatment  
D) Therapy  

Question 744
Which of the following is considered an over-the-counter drug?  
A) St. John's wort  
B) Chanel No. 5 (perfume)  
C) Prozac (fluoxetine)  
D) Tylenol (acetaminophen)  
**Question 745**

The United States consumes about ________ percent of total global resources.

A) 10  
B) 15  
C) 20  
D) 25  

**Question 746**

The term ethnoviolence refers to

A) campus groups that discourage violence based on cultural and ethnic biases.  
B) a tendency toward violent acts based on prejudice and discrimination.  
C) friendships that form based on common prejudices and discrimination against ethnic groups.  
D) the threat of ethnic cleansing on campuses.  

**Question 747**

List the six categories of water pollutants that cause the most concern and the greatest potential harm.  

**Question 748**

List three strategies for helping loved ones during a health care crisis.  

**Question 749**

Paul and Christine have agreed that each may be sexually involved with others outside their relationship. Paul and Christine practice

A) monogamy.  
B) selective monogamy.  
C) an open relationship.  
D) serial monogamy.  

**Question 750**

Describe the three main areas of focus in preventing indoor air pollution.  

**Question 751**

One evening recently Bob took his normal prescription medications and had two glasses of red wine. The interaction of one of the drugs with the alcohol multiplied the effects of the drug to the point where Bob began to lose consciousness. Fortunately, his partner, Zach, acted quickly and got Bob to the emergency room in time. The kind of drug interaction Bob experienced is called

A) synergism.  
B) antagonism.  
C) inhibition.  
D) cross-tolerance.  

**Question 752**

Judy has started walking briskly every day. If, as a result, she burns 350 calories more per day than she consumes, how many days will it take her to lose 10 pounds?

A) 10  
B) 50  
C) 100  
D) 110  

**Question 753**

Which of the following would be considered a process addiction?

A) Gambling
Question 754

A 2006 study estimated that underage drinking costs society $61.9 billion a year. List five factors that contribute to this value.


Question 755

Ritalin (used to treat ADHD) belongs to which of the following types of drugs?

A) Stimulant
B) Depressant
C) Hallucinogen
D) Inhalant


Question 756

Briefly distinguish between low-density lipoproteins (LDLs) and high-density lipoproteins (HDLs).


Question 757

Rape is defined as

A) sexual penetration with the victim's consent.
B) sexual penetration without the victim's consent.
C) physical abuse involving intimate touching.
D) intimate touching.


Question 758

Which of the following best describes the sexual dysfunction disorder in which a woman is unable to achieve orgasm?

A) Vaginismus
B) Dyspareunia
C) Female orgasmic disorder
D) Sexual performance anxiety


Question 759

David has decided to reduce the amount of television he watches on Monday nights from three hours to two. Which aspect of the SMART system is David using?

A) Specific
B) Measurable
C) Action-oriented
D) Realistic


Question 760

Describe five gender differences that affect health in men and women.


Question 761

Your belief or confidence in your skills and ability to perform is known as

A) self-efficacy.
B) self-consciousness.
C) self-hatred.
D) self-esteem.


Question 762
More than ________ million American adults have hearing loss.
A) 30  
B) 20  
C) 36  
D) 42  

Question 763
Gloria works at a public school as a teacher and has medical benefits through her school district. What type of coverage does she have?
A) A group plan  
B) A private plan  
C) A major medical plan  
D) Medicaid  

Question 764
Jessica's main obstacle to being more physically active is a lack of resources. Which of the following is probably not a possible solution to her dilemma?
A) Jessica should select an activity that requires minimal equipment, such as walking, jogging, or calisthenics.  
B) Jessica should identify inexpensive resources on campus or in the community.  
C) Jessica should use active forms of transportation, such as walking, biking, or skateboarding.  
D) Jessica should invite family and friends to be active with her.  

Question 765
Which of the following is a popular massage therapy?
A) Shih Tzu massage  
B) Swiss massage  
C) Shiatsu massage  
D) Body surface massage  

Question 766
Someone who will reassure us of our own worth and tell us that we matter provides us with which of the following need fulfillment characteristics of intimate relationships?
A) Affirmation  
B) Intimacy  
C) Nurturance  
D) Social integration  

Question 767
Drowning is the ________ cause of accidental death among Americans of all ages.
A) third  
B) fourth  
C) fifth  
D) sixth  

Question 768
Which of the following is a common characteristic of a child abuser?
A) Extreme religious beliefs  
B) Being raised in a rural area  
C) Poor self-image  
D) Highly educated  

Question 769
Which of the following is a condition that best lends itself to self-care?
A) A broken wrist
Question 770

Brad regularly gets headaches. Although lack of sleep is one of his triggers, his main trigger is the stress that comes with his job. Which of the following is the best advice you could offer Brad?
A) You’ve got to learn how to work through the stress.
B) If you keep busy enough by working longer hours, you’ll forget all about the headaches.
C) Manage your stress by learning how to meditate.
D) Drink more red wine.

Question 771

The primary difference between benign and malignant tumors is that benign tumors
A) do not grow.
B) do not metastasize.
C) are cancerous.
D) are only dangerous if they are located in the brain.

Question 772

If Chuck goes on a drinking binge and passes out, which of the following should his sober friend, Nancy, do?
A) Nancy should roll Chuck onto his back so he can breathe more easily.
B) Nancy should leave Chuck by himself so he can sleep it off.
C) Nancy should try to wake Chuck up and give him black coffee.
D) If Nancy suspects alcohol poisoning, she should call 9-1-1 immediately.

Question 773

The recommended daily protein intake for adults is 0.8 grams (g) per kilogram (kg) of body weight, where 1 kg = 2.2 pounds. If Brad weighs 220 pounds, what is his recommended daily protein intake?
A) 8 grams
B) 38 grams
C) 60 grams
D) 80 grams

Question 774

Muscular strength is improved when resistance loads are ________ of your one repetition maximum (1 RM).
A) 30 percent
B) 40 percent
C) 50 percent
D) > 60 percent

Question 775

Sarah and Todd have been sexually intimate for over a year and have been a couple for even longer. Lately, Sarah has noticed that Todd’s testicles have atrophied. Without knowing anything else about Sarah or Todd, which of the following substances does Sarah suspect Todd is abusing?
A) Alcohol
B) Barbiturates
C) Inhalants
D) Anabolic steroids

Question 776

Jason comes from a family that rarely expresses emotion. His parents also sometimes fail to discipline appropriately and ignore situations until they become chaotic. These characteristics of Jason’s home life may indicate an increased risk for
A) optimism.
B) alcohol use.
C) anger.
D) assertiveness.

Question 777
The control center of the sympathetic nervous system is the
A) pituitary gland.
B) hypothalamus.
C) liver.
D) adrenal gland.

Question 778
As the stress has increased in their lives, David and Doris have noticed that it is beginning to affect their sexual drives. Which of the following is probably due to the effects of stress on their libidos?
A) David has trouble maintaining an erection.
B) Doris experiences an increase in desire.
C) David experiences an increase in testosterone production.
D) Doris is always in a good mood.

Question 779
Chemotherapy uses _______ to kill cancerous cells.
A) radiation
B) diet
C) drugs
D) physical activity

Question 780
Sally and her boyfriend Paul visited with Sally’s family over spring break. Sally’s mother noticed that Paul spent a lot of time criticizing and attacking everything Sally did or said. Paul may be
A) looking out for Sally’s best interest.
B) trying to impress the family.
C) a psychological abuser.
D) showing that he will never use physical force on Sally.

Question 781
Robin has a full class schedule and he plays on the varsity badminton team. Despite all of his commitments, his undergraduate research advisor is pressuring him to take on yet another project. Which of the following strategies should best help Robin say no to his advisor and mean it?
A) Explain that you can’t take on even one more project right now.
B) Give in to the guilt because your advisor can write you a bad recommendation for graduate school.
C) Say that you want to think about it so that you can delay having to say no until later.
D) Say yes but then don’t do it.

Question 782
Peter is concerned that he may have contracted an STI because urination has become really painful. Which of the following statements is most likely true?
A) Peter definitely has chlamydia.
B) Peter definitely has gonorrhea.
C) Peter has neither chlamydia nor gonorrhea.
D) Peter could have either chlamydia or gonorrhea.

Question 783
List five health effects associated with overweight and obesity.
Question 784
Briefly discuss three uses for a family health history.

Question 785
Name five things you can do to be proactive in your health care.

Question 786
Which of the following are used by homeopathic physicians?
A) Meditation
B) Massage
C) Herbal medicine
D) Qigong

Question 787
Diagnosis and treatment with thrombolysis for a blocked coronary artery may prevent or minimize damage if it is delivered
A) within 24 hours.
B) within 15 minutes.
C) within 8 hours.
D) within 1 to 3 hours after a heart attack.

Question 788
Describe the four alternative stress management techniques listed in the text.

Question 789
The ice form of methamphetamine belongs to which of the following types of drugs?
A) Stimulant
B) Depressant
C) Hallucinogen
D) Inhalant

Question 790
Sam and Marie were driving down Interstate 5 when a car driven by a man (who happened to be talking on the phone at the time) swerved in front of them, cutting them off. Sam and Marie were okay, but rather shaken up. Marie said a few choice things about the other driver's mother, while Sam shook his fist at him. As nonverbal communication goes, what Sam did would be considered which of the following?
A) Tone of voice
B) Facial expressions
C) Touch
D) Gestures

Question 791
Your friend, Sarah, is 37 years old and sexually active. She knows that you have been taking this class, so she asks you to recommend a form of hormonal contraception that would work well for her. Without knowing anything more about Sarah's situation, which of the following is your best advice?
A) Oral contraceptive pills that contain synthetic estrogen and progesterone are up to 99.7 percent effective with perfect use.
B) Progestin-only pills are a better choice for women over 35.
C) Estrogen-containing pills and progestin-only pills are equally good choices.
D) Neither estrogen-containing pills nor progestin-only pills are good choices.

Question 792
Treatment for schizophrenia includes all of the following except
A) light therapy.
B) psychotherapy.
C) medication.
D) hospitalization.

Question 793
When enlisting others as change agents, which of the following groups are probably best to choose?
A) Family members and professionals, but not friends
B) Friends and professionals, but not family members
C) Family members, friends, and professionals
D) Family members and friends, but not professionals

Question 794
What percentage of college men who drank alcohol in the last year reported having unprotected sex as a consequence of their drinking?
A) 2 percent
B) 12 percent
C) 22 percent
D) 32 percent

Question 795
Chiropractic treatment has been established to be effective for all of the following except
A) back pain.
B) fractures.
C) headaches.
D) neck pain.

Question 796
List three tips for health-conscious eating.

Question 797
Which of the following is not a negative health outcome that can be associated with chronic stress?
A) Hair loss
B) A strengthened immune system
C) Cardiovascular disease
D) Weight gain

Question 798
Jenny is trying to save the planet. Which of the following should she do?
A) Use disposable cleaning cloths.
B) Use caustic cleaners.
C) Buy plastic bottles of water.
D) Buy products with less packaging.

Question 799
Deirdre needs to closely monitor the intensity of her workouts. Which of the following fitness gadgets will most likely give her the data she seeks?
A) A heart rate monitor
B) A pedometer
C) WII Fit
D) A stability ball

Question 800
Rhonda developed a post-operative infection and was prescribed a course of antibiotics that was supposed to last 10 days. She felt so good after 6 days that she stopped taking the rest of her medicine. Is Rhonda contributing to the growing antibiotic resistance of many bacteria?
A) No, she’s just doing what’s best for herself.
B) No, she’s fighting the growing antibiotic resistance of many bacteria.
C) Yes. By not finishing the complete course of antibiotics, she’s made it possible for the surviving bacteria to build immunity to the drugs used to treat them.
D) Yes, but she can undo the damage by using antibacterial soap instead of regular soap


Question 802

For as long as she can remember, Althea has felt as if her hands were never clean enough. As a result, she washes them constantly throughout each day. Which of the following anxiety disorders does she suffer from?
A) Generalized anxiety disorder (GAD)
B) Social phobia
C) Obsessive-compulsive disorder (OCD)
D) Panic attacks


Question 803

Marjorie does not produce lactase, an enzyme in the lining of the gut that degrades lactose, a sugar in dairy products. If she consumes a product containing lactose she becomes bloated with gas and she experiences abdominal pain and diarrhea. Based on this information alone, which of the following statements is probably true about Marjorie’s condition?
A) Marjorie has celiac disease.
B) Marjorie has a food allergy.
C) Marjorie is a locavore.
D) Marjorie has a food intolerance.


Question 804

“Never smokers” currently constitute about _______ percent of all lung cancer cases.
A) 25
B) 30
C) 15
D) 20


Question 805

Which of the following is not part of the Family Smoking Prevention and Tobacco Control Act of 2009?
A) The U.S. Food and Drug Administration (FDA) can forbid advertising geared toward children.
B) The FDA can lower the amount of nicotine in tobacco products.
C) The FDA can prohibit labels such as “light” and “low tar” on tobacco products.
D) Smokeless tobacco ads must now contain a warning that fills 50 percent of the advertising space.


Question 806

List the four factors included in an effective intervention.


Question 807

Which of the following are stages in Prochaska and DiClemente’s transtheoretical model of behavior change?
A) Precontemplation and inner cognition
B) Contemplation and termination
C) Contemplation and action, but not maintenance
D) Action and reaction


Question 808
Betty is allergic to peanuts. If she inadvertently consumed something containing peanuts, what are five symptoms of an allergic reaction that Betty should be aware of?


Question 809
Which of the following healing practices are employed by naturopathic medicine?
A) Yoga
B) Homeopathy
C) Questioning
D) Qigong


Question 810
Tina spends a lot of her time and energy on maintaining her good looks. In fact, she believes that being pretty and thin is the single most important way to attract a partner. Which of the following myths is making it difficult for Tina to develop a more positive body image?
A) How you look is more important that who you are.
B) Anyone can be slender and attractive if they work at it.
C) Extreme dieting is an effective weight-loss strategy.
D) Appearance is more important than health.


Question 811
Beth has flashbacks to the evening a drunk driver crashed into her car. This is an example of which of the following anxiety disorders?
A) Generalized anxiety disorder (GAD)
B) Social anxiety disorder
C) Obsessive-compulsive disorder (OCD)
D) Post-traumatic stress disorder (PTSD)


Question 812
One of the primary functions of the major minerals is the transmission of nerve impulses. Which of the following major minerals does not fulfill this function?
A) Sodium
B) Potassium
C) Phosphorus
D) Calcium


Question 813
After a heavy course load, maintaining an unfulfilling but demanding part-time job, and continuous roommate conflicts, Jennifer became so mentally and physically drained that she ended up in the hospital. What phase of the general adaptation syndrome is this?
A) Alarm
B) Resistance
C) Reaction
D) Exhaustion


Question 814
Which of the following is the most popular and widely consumed drug in the United States?
A) Cocaine alkaloid (freebase)
B) Crack cocaine
C) Methamphetamine
D) Caffeine
Question 815

Pamela plans to pursue a medical degree. How long will it take after her undergraduate work to obtain the degree?
A) 3 years
B) 4 years
C) 5 years
D) 8 years

Question 816

Type I diabetes
A) most often appears after the age of 40.
B) results in a temporary decrease in insulin production.
C) occurs when insulin-making cells are attacked by the immune system.
D) creates too many insulin-making cells in the pancreas.

Question 817

Thomas was told that the tumor in his brain is benign. It means that the tumor is
A) cancerous.
B) spreading quickly.
C) dormant.
D) noncancerous.

Question 818

Which of the following is generally a characteristic of Type A personalities?
A) They are easy going.
B) They are time-driven perfectionists.
C) They tend to trust others.
D) They are noncompetitive.

Question 819

What is the primary difference between type 1 and type 2 diabetes?

Question 820

Which of the following is a true statement?
A) Bacteria are approximately 1/500th the size of viruses.
B) Bacteria and viruses are approximately the same size.
C) Viruses are approximately 1/50th the size of bacteria.
D) Viruses are approximately 1/500th the size of bacteria.

Question 821

What is the purpose of the seminal vesicles?
A) It manufactures sperm and testosterone.
B) It provides the sperm with nutrients and other fluids that compose semen.
C) It secretes a fluid that lubricates the urethra and neutralizes any acid that may remain in the urethra after urination.
D) It protects the testes and helps control their internal temperature.

Question 822

The main advantage of tubal ligation is that it is highly effective and permanent. What is one of its main disadvantages?
A) Ovarian and uterine function can be adversely affected.
B) It requires an extended hospital stay.
C) It can adversely affect the woman’s sex drive.
D) It offers no protection against STIs.

**Question 823**

Doug lives with his wife and three teenage children in the United States. Based on current estimates, approximately how many total pounds of municipal solid waste (MSW) would these five people generate each day?

A) 6
B) 14
C) 22
D) 30

**Question 824**

The estimated annual cost of obesity in the United States exceeds ________ in medical expenses and lost productivity.

A) $137 million
B) $147 million
C) $137 billion
D) $147 billion

**Question 825**

Pollutants that enter waterways at a specific location are known as

A) point pollutants.
B) point source pollutants.
C) nonpoint source pollutants.
D) nonpoint pollutants.

**Question 826**

What are the warning signs of melanoma?

**Question 827**

Katherine has entered treatment for her addiction to cocaine. She is at the point in her treatment where she is adjusting physically and cognitively to being free from the influences of the addiction. This stage of treatment is called

A) intervention.
B) abstinence.
C) detoxification.
D) relapse.

**Question 828**

Accommodating resistance machines are sometimes called ________ machines.

A) isoelectric
B) isokinetic
C) isometric
D) isotonic

**Question 829**

Poverty, unemployment, stress, and oppression

A) increase the likelihood of violent acts.
B) are unrelated to the risk of violence.
C) decrease the likelihood of violent acts.
D) are factors that prevent violence.

**Question 830**

What percentage of college students reported experiencing "tremendous stress" over the past 12 months?
Question 831

List the six dimensions of health and provide a brief description of each. Discuss the inter-relationships of all the dimensions and the importance of balance.


Question 832

Which of the following is not a potential "date rape" drug?
A) Rohypnol
B) Gamma hydroxybutyrate (GBH)
C) Methamphetamine
D) Ketamine


Question 833

Paula is designing a fitness program to reduce stress and to feel stronger. Which of the following is most likely to improve her chances of achieving her physical fitness goals?
A) Paula should play tennis because the courts are always crowded and they are located 15 miles away.
B) Paula should surf because she is afraid of deep water.
C) Paula should walk because she likes walking and there are some terrific trails around and through the campus.
D) Paula should sign up for the advanced yoga class because she has never done anything like yoga before in her life.


Question 834

Which of the following events is most likely to cause distress?
A) Getting married
B) Getting a promotion at work
C) Getting a new puppy
D) Losing your home to foreclosure


Question 835

The primary cause of sick building syndrome is
A) high humidity.
B) faulty furnaces.
C) poor ventilation.
D) particulates in carpeting.


Question 836

When Larry went for a physical exam, he had gained a great deal of weight; his waist measurement was 50 inches and his blood pressure was greatly elevated. The results of his blood work revealed elevated blood glucose and elevated cholesterol with an HDL of 20. Larry has an increased risk of CVD due to
A) diabetes mellitus.
B) liver disease.
C) metabolic syndrome (MetS).
D) pancreatitis.


Question 837

List three tips for drinking responsibly.


Question 838
Chemicals that kill pests such as insects, weeds, and rodents are called  
A) dioxins.  
B) pesticides.  
C) chemical contaminants.  
D) fertilizers.  

Question 839

After you realize the strange noise you heard late at night was your cat and not a burglar, the system stimulated by the stress response will be slowed down by the  
A) central nervous system.  
B) voluntary nervous system.  
C) sympathetic nervous system.  
D) parasympathetic nervous system.  

Question 840

One serious nuclear accident in the world occurred  
A) at Three Mile Island in 1979.  
B) at Chernobyl in Ukraine in 1986.  
C) in Lapland from a nuclear submarine accident off the coast.  
D) at Bohpol India after a reactor meltdown.  

Question 841

While assessing the risks and benefits of a CAM treatment suggested to him, Bob discovered that an herb he was advised to take would interact dangerously with one of the conventional medicines he currently takes for his high blood pressure. Which of the following is probably the best advice you could give Bob.  
A) Take the CAM treatment, but physician monitoring is highly recommended.  
B) Avoid the CAM treatment; it's dangerous.  
C) The CAM treatment sounds reasonable, so you should take it.  
D) Take the CAM treatment, but physician monitoring is probably a good idea.  

Question 842

There are more than ________ countries in the world currently with zero or negative population growth.  
A) 100  
B) 20  
C) 50  
D) 5  

Question 843

For addicts, which of the following is the most common way of administering heroin?  
A) Snorting the powder  
B) Transdermally  
C) Mainlining the powder mixed in a solution  
D) Inhaling the vapors obtained by heating the powder  

Question 844

Which of the following is one disadvantage of using a diaphragm?  
A) It can decrease sensation, especially for the male partner.  
B) It is generally more effective for women who have given birth before.  
C) If used correctly, it is only 57 percent effective in preventing pregnancy.  
D) It may slip out of place, especially if it is inserted incorrectly.  

Question 845

The typical incubation period for genital HPV is 6 to 8 ________ after contact.
Question 846

Which of the following best describes the dose-response association between sitting time and mortality from all causes and from cardiovascular disease, independent of leisure-time activity?
A) The more time you spend sitting, the better your health is likely to be, regardless of whether you exercise.
B) The more time you spend sitting, the better your health is likely to be, but only if you exercise.
C) The more time you spend sitting, the worse your health is likely to be, regardless of whether you exercise.
D) The more time you spend sitting, the worse your health is likely to be, but only if you don't exercise.

Question 847

What was the name of the model of health in which health status focused primarily on the individual and his or her tissues and organs?
A) The ecological model
B) The public health model
C) The medical model
D) The disease model

Question 848

The World Health Organization (WHO) projects that more than ________ million adults will be obese by 2015.
A) 200
B) 400
C) 500
D) 700

Question 849

When you are in the contemplate change stage of improving your health behaviors, which of the following are important strategies to employ?
A) Skip any research, because it will only leave you frazzled, confused, and misinformed.
B) Cultivate an external locus of control.
C) Learn about your target behavior, but ignore your health habits and patterns.
D) Examine your health habits and patterns, and identify a target behavior.

Question 850

It was too noisy to overhear their conversation, but Jenny noticed Forrest frown, smile, and grimace when he talked to Dan. Which of the following forms of nonverbal communication does this demonstrate?
A) Touch
B) Gestures
C) Interpersonal space
D) Facial expressions

Question 851

Dean plays various war games on his computer all the time, even when he has other things (e.g., work and studying) that need to get done. When Dean is unable to perceive his behavior as self-destructive, which of the four symptoms of addiction is Dean demonstrating?
A) Compulsion
B) Loss of control
C) Negative consequences
D) Denial

Question 852

A relationship in which two unmarried people with an intimate connection live together is called
A) serial monogamy.
B) self-disclosure.
C) cohabitation.
D) a "rebound" relationship.

Question 853

Diane wants Mexican food for lunch. Which of the following items is her best choice for a healthy meal?
A) Chile relleno
B) Chicken fajitas
C) Cheese quesadilla
D) Beef chimichanga

Question 854

When administering the 60-second test for a stroke, you should ask the person to
A) frown; raise one arm; and repeat a simple sentence.
B) smile; raise both arms; and repeat a simple sentence.
C) smile; raise the left arm; and repeat a simple sentence.
D) frown; raise the right arm; and repeat their telephone number.

Question 855

Donna has been diagnosed with a yeast infection. Which of the following is another name for the same disease?
A) Trichomoniasis
B) Pubic lice
C) Trichinosis
D) Candidiasis

Question 856

What is the difference between a board-certified pediatrician and a board-eligible pediatrician?

Question 857

Which of the following best describes mind-body medicine?
A) The use of herbs to improve health or prevent disease
B) The use of magnetic fields to improve health
C) The use of techniques designed to enhance the mind's ability to affect bodily function and symptoms
D) The manipulation of one or more body parts to improve health

Question 858

Shawna is 65 years old, obese, and experiencing postmenopausal symptoms. Her relative risk of breast cancer is ________ percent higher than Caitlin who is also 65 years old and within normal body weight.
A) 40
B) 50
C) 60
D) 70

Question 859

What percentage of Americans smoke?
A) 10 percent
B) 20 percent
C) 30 percent
D) 40 percent

Question 860
According to Sternberg’s triangular theory of love, the three elements that form different types of love are:
A) intimacy, compassion, and commitment.
B) intimacy, passion, and commitment.
C) compassion, exclusiveness, and commitment.
D) fascination, exclusiveness, and sexual desire.

Question 861

About ________ of all traffic fatalities in the United States in 2009 involved at least one alcohol-impaired driver.
A) one-fifth
B) one-fourth
C) one-third
D) one-half

Question 862

The typical age range for gang members is between
A) 10 and 15 years.
B) 12 and 22 years.
C) 15 and 18 years.
D) 16 and 25 years.

Question 863

Paul, Sean, and Mike have each consumed four beers in the last two hours. Paul weighs 220 pounds, Sean weighs 165 pounds, and Mike weighs 197 pounds. Who has the highest blood alcohol concentration (BAC)?
A) Paul
B) Sean
C) Mike
D) Paul, Sean, and Mike have the same BAC.

Question 864

Which condom, male or female, can prevent the spread of STIs that can be transmitted by external genital contact?
A) The male condom only
B) The female condom only
C) Both the male and female condoms
D) Neither the male nor the female condoms

Question 865

Sarah, who lives in the United States, has been infected with HIV. According to statistics from the Centers for Disease Control (CDC), which of the following is the most likely source of her infection?
A) Female-to-female sexual contact
B) Injection drug use
C) High-risk heterosexual contact
D) Tatooing

Question 866

Which of the following are biological determinants of health?
A) Ethnicity and behavior
B) Age and gender
C) Age and gender, but not ethnicity
D) Gender and ethnicity, but not age

Question 867

List four tips for sensible snacking.
Question 868

Dominique felt a sudden numbness on the left side of her face, she had trouble walking, and she was unable to speak in any understandable fashion.
Which of the following cardiovascular diseases is Dominique probably experiencing right now?
A) A stroke
B) Hypertension
C) Metabolic syndrome
D) A heart attack


Question 869

Methylenedioxymethamphetamine (MDMA) belongs to which of the following types of drugs?
A) Stimulant
B) Depressant
C) Hallucinogen
D) Inhalant