

Question 1

Psychoactive drugs affect all of the following except

- A) mood.
- B) feelings.
- C) psychological function.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684966>

Question 2

You can try to reduce and better manage the stressors in your life by

- A) making changes to your daily routine.
- B) giving yourself opportunities to relax.
- C) thinking about stress in useful ways.
- D) All answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684641>

Question 3

Adderall and Ritalin are prescribed to

- A) treat attention-deficit disorder.
- B) reduce fatigue.
- C) induce feelings of euphoria.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685003>

Question 4

The practice of helping and giving to others out of a genuine concern for their well-being is called

- A) shyness.
- B) altruism.
- C) mindfulness.
- D) spirituality.

Answer: <https://biology-forums.com/index.php?topic=684553>

Question 5

Pubescent boys need more calories than pubescent girls.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684938>

Question 6

When cancer metastasizes it

- A) becomes non-threatening.
- B) attacks one area of the body.
- C) reaches its full growth potential.
- D) spreads to another area of the body.

Answer: <https://biology-forums.com/index.php?topic=685452>

Question 7

Sexual harassment is defined as:

- A) Physical sexual advancement towards another person.
- B) Unwelcome sexual advancement that negatively affects the victim directly or indirectly.
- C) Assault on a person of the opposite sex.
- D) Coerced or threatening sexual advances that take place at work or school.

Answer: <https://biology-forums.com/index.php?topic=685630>

Question 8

The primary characteristic that distinguishes between isometric and isotonic exercise is movement.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684849>

Question 9

Cocaine is derived from the South American _____ plant.

Answer: <https://biology-forums.com/index.php?topic=685043>

Question 10

Presbyopia affects a person's ability to

- A) hear high pitched sounds.
- B) see close objects in low light.
- C) see objects far away.
- D) focus on the shape of an object.

Answer: <https://biology-forums.com/index.php?topic=685778>

Question 11

Eric is a student who is encountering academic problems. He has trouble fitting everything in that he needs to do and frequently stays up most of the night to try to catch up. What tips can you give Eric to help him deal with his stressors?

Answer: <https://biology-forums.com/index.php?topic=684705>

Question 12

If a person is infectious but has no symptoms, they are considered a _____.

Answer: <https://biology-forums.com/index.php?topic=685394>

Question 13

Putting down another person is an example of

- A) physical abuse.
- B) intellectual abuse.
- C) emotional abuse.
- D) social abuse.

Answer: <https://biology-forums.com/index.php?topic=685623>

Question 14

Discuss the four reasons that women have a greater life expectancy than men.

Answer: <https://biology-forums.com/index.php?topic=685848>

Question 15

A plastic, T-shaped device that is inserted into the uterus for long-term pregnancy prevention is called a(n)

- A) diaphragm.
- B) cervical cap.
- C) spermicide.
- D) intrauterine device.

Answer: <https://biology-forums.com/index.php?topic=685271>

Question 16

Symptoms of drug withdrawal include all of the following except

- A) headaches.
- B) nausea.
- C) vomiting.
- D) euphoria.

Answer: <https://biology-forums.com/index.php?topic=684979>

Question 17

Behaviors and tasks considered appropriate for one sex only are called _____ roles.

Answer: <https://biology-forums.com/index.php?topic=685199>

Question 18

Withdrawal symptoms are a defining characteristic of alcohol abuse.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685120>

Question 19

Though individual factors influence our health, we all have the same basic health needs.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685898>

Question 20

If athletes consume two to three times the recommended amount of protein, they will accelerate muscle growth and decrease body fat.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684772>

Question 21

Mental disorders can be caused by

- A) past or current experiences.
- B) extreme stress.
- C) chemical imbalances.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684556>

Question 22

Which of the following is an example of assortative mating?

- A) Joe is Caucasian and is dating Pam, who is Asian.
- B) Sue is Muslim and marries Lamar, who is Methodist.
- C) Sammy is thin but is attracted to Mary, who is obese.
- D) Jessica has a PhD in biology and marries David, who is a physician.

Answer: <https://biology-forums.com/index.php?topic=685157>

Question 23

Coronary heart disease is the single leading cause of death in the U.S.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685486>

Question 24

Enriched grains are naturally occurring vitamins in whole grains.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684755>

Question 25

All of the following are ways doctors look for signs of cancer except

- A) biopsies.
- B) lab tests that look for the presence of tumor markers.
- C) changes in hair growth patterns.
- D) DNA tests.

Answer: <https://biology-forums.com/index.php?topic=685457>

Question 26

Which poisonous gas inhibits the blood's ability to carry oxygen?

- A) Carbon dioxide
- B) Carbon monoxide
- C) Sulfur dioxide
- D) Ozone

Answer: <https://biology-forums.com/index.php?topic=685682>

Question 27

Recall Amanda's Student Story in the chapter. Which form of cancer did Amanda have?

- A) Sarcoma
- B) Central nervous system
- C) Leukemia
- D) Carcinoma

Answer: <https://biology-forums.com/index.php?topic=685461>

Question 28

Which of the following dietary changes could Peter, from the Student Story, make to lower his risk of becoming a diabetic without radically altering his lifestyle?

- A) Become a vegan vegetarian
- B) Purchase only organically grown produce
- C) Switch from processed grains to whole grains
- D) Reduce his caloric intake by 50%

Answer: <https://biology-forums.com/index.php?topic=684732>

Question 29

The relaxation technique targeted at releasing physical tension is

- A) listening to music.
- B) creative visualization.
- C) progressive muscle relaxation.
- D) biofeedback.

Answer: <https://biology-forums.com/index.php?topic=684663>

Question 30

Victims of sexual violence can experience sexual dysfunction.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685653>

Question 31

The role of the Superfund is to

- A) monitor air pollution levels and fine polluters.
- B) identify and clean up toxic sites.
- C) measure acid rain throughout North America.
- D) monitor water quality in the Great Lakes.

Answer: <https://biology-forums.com/index.php?topic=685703>

Question 32

A health care professional who specializes in eye and vision care is called a(n)

- A) optometrist.
- B) podiatrist.
- C) physician assistant.
- D) nurse practitioner.

Answer: <https://biology-forums.com/index.php?topic=685514>

Question 33

Consuming probiotics, such as yogurt, can improve

- A) immunity.
- B) vision.
- C) bone health.
- D) cardiovascular health.

Answer: <https://biology-forums.com/index.php?topic=684733>

Question 34

Most cohabitating couples are denied the legal and financial benefits afforded to married couples.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685179>

Question 35

The book Silent Spring warned of the environmental effects associated with

- A) pesticide use.
- B) water pollution.
- C) clear-cutting.
- D) hunting.

Answer: <https://biology-forums.com/index.php?topic=685676>

Question 36

Which of the following help improve bone density?

- A) Dietary calcium
- B) Vitamin D
- C) Weight-bearing exercise
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684727>

Question 37

Justine and her friends are going out for the evening. What precautions should they take to avoid accidentally consuming a date rape drug?

Answer: <https://biology-forums.com/index.php?topic=685673>

Question 38

Core muscles

- A) run the entire length of your torso.
- B) stabilize the pelvis and spine.
- C) stabilize the shoulders.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684823>

Question 39

What are some factors you should consider before taking a supplement?

Answer: <https://biology-forums.com/index.php?topic=685575>

Question 40

Rhinoviruses typically cause

- A) colds.
- B) herpes sores.
- C) tuberculosis.
- D) genital warts.

Answer: <https://biology-forums.com/index.php?topic=685333>

Question 41

Blood travels back to the heart via the

- A) arteries.
- B) capillaries.
- C) veins.
- D) aorta.

Answer: <https://biology-forums.com/index.php?topic=685433>

Question 42

All of the following are true regarding college students and chronic illness risks except

- A) college students experience lower rates of chronic illness than the adult population as a whole.
- B) most college students meet the American Heart Association's recommendations for physical activity.
- C) the majority of students report being at a healthy weight.
- D) college students often engage in behaviors that increase the risk of developing chronic illnesses.

Answer: <https://biology-forums.com/index.php?topic=685868>

Question 43

A person who is autonomous relies on the judgment of others when making decisions.

Answer: <https://biology-forums.com/index.php?topic=684589>

Question 44

Hormone replacement therapy is no longer being used to treat menopausal symptoms because it causes blood clots.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685826>

Question 45

What is asthma? Explain what happens in the body during an asthma attack.

Answer: <https://biology-forums.com/index.php?topic=685412>

Question 46

Choose a lower calorie option for each of the following food items: 1/3lb burger on a bun, large order of fries, and a 24 oz cola.

Answer: <https://biology-forums.com/index.php?topic=684958>

Question 47

If a person consumes alcohol at a faster rate than the liver can break it down, alcohol _____, also called acute intoxication, can occur.

Answer: <https://biology-forums.com/index.php?topic=685131>

Question 48

What are the risks of bariatric surgery?

Answer: <https://biology-forums.com/index.php?topic=684960>

Question 49

When looking for health information online, you should

- A) avoid sites with URLs that end with ".gov".
- B) stick to commercial sites advertising products and services.
- C) seek out sites with reputable professional accreditations.
- D) prioritize sites that are attractively designed.

Answer: <https://biology-forums.com/index.php?topic=685889>

Question 50

Symptoms of caffeine withdrawal may include all of the following except

- A) headaches.
- B) depression.
- C) alertness.
- D) anxiety.

Answer: <https://biology-forums.com/index.php?topic=685000>

Question 51

Which serious complication is associated with long-term amphetamine use?

- A) Cancer
- B) Liver disease
- C) Heart attack
- D) Alzheimer's

Answer: <https://biology-forums.com/index.php?topic=685005>

Question 52

Which of the following statements is not true?

- A) Sexual fantasies allow people to experience sexual situations they may not be comfortable acting out.
- B) According to research, only 10% of college females have masturbated.
- C) Outercourse is a safe way for couple to engage in physical contact without risking pregnancy.
- D) Masturbation is a healthy and common expression of sexuality.

Answer: <https://biology-forums.com/index.php?topic=685255>

Question 53

All the following information is listed on a food label except

- A) calories per serving.
- B) fat calories per serving.
- C) percentage of vitamins, antioxidants, phytochemicals, and minerals per serving.
- D) percentage of daily values per serving.

Answer: <https://biology-forums.com/index.php?topic=684736>

Question 54

Why is recent data more relevant than older data when calculating volatility?

Answer: <https://biology-forums.com/index.php?topic=684524>

Question 55

Cardiovascular disease is the leading cause of adult mortality in the United States, causing more than

- A) 2 in 10 deaths.
- B) 3 in 10 deaths.
- C) 4 in 10 deaths.
- D) 5 in 10 deaths.

Answer: <https://biology-forums.com/index.php?topic=685431>

Question 56

Whole grains, fresh fruits, and vegetables are considered "good" carbohydrates to consume.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684770>

Question 57

A stock has a price of \$42.63 and pays no dividend. The historical standard deviation of the stock is 18% and the expected return on the stock is 11%.

At the 95% confidence level, what is the Tail VaR over the next 270 days?

- A) \$2.13
- B) \$6.56
- C) \$9.71
- D) \$40.50

Answer: <https://biology-forums.com/index.php?topic=684520>

Question 58

The rates of child abuse are highest in this age group.

- A) Birth to 3 years old
- B) 4 to 7 years old
- C) 8 to 11 years old
- D) 12 to 15 years old

Answer: <https://biology-forums.com/index.php?topic=685629>

Question 59

The most accurate way to define bisexuality is

- A) the number of male and female sexual partners a person has had over a lifetime.
- B) having romantic or sexual relationships with people of the same or opposite sex.
- C) being attracted to both males and females.
- D) a transitional phase of sexuality.

Answer: <https://biology-forums.com/index.php?topic=685265>

Question 60

Radiation exposure is measured in units called _____.

Answer: <https://biology-forums.com/index.php?topic=685758>

Question 61

David wants to eliminate trans fats from his diet. Which of the following is the best way for him to avoid trans fats in the foods he consumes?

- A) Purchasing foods labeled "0 trans fats per serving"
- B) Purchasing stick margarine instead of vegetable oil
- C) Consuming only reduced fat snack foods
- D) Avoiding any food listing "hydrogenated" or "partially hydrogenated oils" in the ingredients

Answer: <https://biology-forums.com/index.php?topic=684719>

Question 62

Schizophrenia is effectively treated with systematic desensitization therapy.

Answer: <https://biology-forums.com/index.php?topic=684608>

Question 63

Which of the following is NOT a fat-soluble vitamin?

- A) A
- B) D
- C) C
- D) E

Answer: <https://biology-forums.com/index.php?topic=684723>

Question 64

Refer to Bruce's Student Story in the chapter. How did Bruce react to this grandfather's illness?

- A) He started thinking about aging.
- B) He avoided thinking about disease.
- C) He accepted that life is short.
- D) He had no significant reaction.

Answer: <https://biology-forums.com/index.php?topic=685795>

Question 65

The most severe age-related neurological disorder is

- A) Alzheimer's disease.
- B) schizophrenia.
- C) dementia.
- D) memory loss.

Answer: <https://biology-forums.com/index.php?topic=685789>

Question 66

Which communication style is most typical of men?

- A) Trying to build a consensus among participants
- B) Trying to connect with others during conversations
- C) Giving direct feedback
- D) Thinking through a problem out loud

Answer: <https://biology-forums.com/index.php?topic=685152>

Question 67

What percentage of car-crash deaths are linked to alcohol consumption?

- A) Around 20%
- B) Around 30%
- C) Around 40%
- D) Around 50%

Answer: <https://biology-forums.com/index.php?topic=685589>

Question 68

The process by which certain contaminants become more concentrated in animal tissue as they move up the food chain is called _____.

Answer: <https://biology-forums.com/index.php?topic=685749>

Question 69

Distribution half-life is the time it takes for

- A) a drug to achieve peak level in the bloodstream.
- B) a drug to move from general circulation to body tissues.
- C) half of a drug dose to be excreted through the kidneys.
- D) the psychoactive effects of a drug to subside.

Answer: <https://biology-forums.com/index.php?topic=684986>

Question 70

It's important to be able to talk openly about sexual history in any relationship.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685285>

Question 71

The effects of sleep deprivation include(s)

- A) frustration.
- B) nervousness.

- C) impaired coordination.
D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684657>

Question 72

What are the health risks associated with methamphetamine use?

Answer: <https://biology-forums.com/index.php?topic=685054>

Question 73

The signs of a stroke may not be obvious.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685487>

Question 74

All the following are classified as macronutrients except

- A) carbohydrates.
B) fats.
C) calories.
D) water.

Answer: <https://biology-forums.com/index.php?topic=684707>

Question 75

A type of alternative medicine that is based on the assumption that "like cures like" is called _____.

Answer: <https://biology-forums.com/index.php?topic=685565>

Question 76

Composting food scraps and yard trimmings produces a natural fertilizer.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685736>

Question 77

A stock has a price of \$50 and pays no dividend. The historical standard deviation of the stock is 25% and the expected return on the stock is 12%. At the 95% confidence level, what is the Tail VaR over the next 6 months?

- A) \$2.50
B) \$13.63
C) \$22.36
D) \$47.50

Answer: <https://biology-forums.com/index.php?topic=684519>

Question 78

In the United States, supplements are regulated the same way as prescription and over-the-counter drugs.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685540>

Question 79

Which of the following statements is true regarding mental disorders and minorities?

- A) The tendency toward depression is more inborn in minorities than in heterosexual Caucasians.
B) African Americans and Mexican Americans have lower rates of depression than Caucasians.
C) The challenges many minorities face increase their likelihood of developing depression.
D) Most minorities have mental-health insurance coverage.

Answer: <https://biology-forums.com/index.php?topic=684559>

Question 80

The physiological effects of marijuana include

- A) increased heart rate.
B) expansion of the blood vessels in the eye.
C) enlargement of the bronchi.
D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684994>

Question 81

Failing to complete a prescribed course of antibiotics can contribute to the development of drug-resistant strains of bacteria. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685024>

Question 82

The body's core temperature drops too low during the condition known as _____.

Answer: <https://biology-forums.com/index.php?topic=684869>

Question 83

Atherosclerosis can be both a result and a cause of hypertension. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685484>

Question 84

The typical college student is likely to experience loneliness, sadness, anxiety or stress at some point.

Answer: <https://biology-forums.com/index.php?topic=684584>

Question 85

Which of the following types of indoor pollutants is a significant cause of asthma in inner-city children?

- A) Lead
- B) Mercury
- C) Mouse droppings
- D) BPA

Answer: <https://biology-forums.com/index.php?topic=685714>

Question 86

All of the following are considered heart-healthy foods except

- A) cheese.
- B) salmon.
- C) fruit.
- D) vegetables.

Answer: <https://biology-forums.com/index.php?topic=685445>

Question 87

Compare the four classifications of contraception. What are advantages and disadvantages of each?

Answer: <https://biology-forums.com/index.php?topic=685311>

Question 88

Based on energy balance, a person consuming 2,000 calories and expending 1,500 calories will _____ weight over time.

Answer: <https://biology-forums.com/index.php?topic=684949>

Question 89

An Apgar score is a measure of how well a newborn tolerated the _____ of birth and how well he or she is adapting to the new environment.

Answer: <https://biology-forums.com/index.php?topic=685309>

Question 90

All of the following are common examples of prescription drug misuse except

- A) taking the incorrect dose
- B) taking the medicine at the wrong time
- C) forgetting to take a dose of the medication
- D) completing the required course of medication

Answer: <https://biology-forums.com/index.php?topic=684988>

Question 91

According to a recent nationwide study on student health, most students describe their health as

- A) very good or excellent.

- B) good.
- C) fair.
- D) poor.

Answer: <https://biology-forums.com/index.php?topic=685867>

Question 92

- Exercise helps with the stress response by
- A) elevating levels of cortisol in the bloodstream.
 - B) keeping the body from reaching homeostasis.
 - C) allowing the fight-or-flight response to do what it is supposed to do.
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684644>

Question 93

- Bob is 6'1" and 204 pounds, with a BMI of 27. According to a standard BMI chart, Bob is
- A) underweight.
 - B) a healthful weight.
 - C) overweight.
 - D) obese.

Answer: <https://biology-forums.com/index.php?topic=684898>

Question 94

Around half of all prescription medicines dispensed annually are not taken as instructed.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685023>

Question 95

- Obesity is associated with an increased risk of developing which of the following cancers?
- A) Colon
 - B) Rectal
 - C) Esophageal
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684887>

Question 96

If Lyme disease goes untreated it can lead to permanent neurological problems.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685388>

Question 97

- Physiological responses to a drug may vary depending upon
- A) weight.
 - B) ethnicity.
 - C) tolerance.
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684985>

Question 98

Ozone depletion is irreversible.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685729>

Question 99

- Which of the following is the most dangerous form of an arrhythmia?
- A) Fibrillation
 - B) Tachycardia
 - C) Bradycardia
 - D) Myocardial infarction

Answer: <https://biology-forums.com/index.php?topic=685440>

Question 100

The number of times you perform a leg extension exercise continuously is known as the number of _____.

Answer: <https://biology-forums.com/index.php?topic=684865>

Question 101

If a problem seems overwhelming, you should

- A) break it into smaller tasks and complete one at a time.
- B) ask for help.
- C) work to find a creative solution.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684667>

Question 102

Which of the following is the most effective way to deal with feelings of anger?

- A) Express feelings of anger in a way that releases emotions without damaging relationships.
- B) Hold the feelings inside.
- C) Express anger impulsively and aggressively.
- D) Refrain from expressing negative emotions.

Answer: <https://biology-forums.com/index.php?topic=684555>

Question 103

The safest way to store a firearm is

- A) locked.
- B) away from children.
- C) unloaded.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685603>

Question 104

Chemical compounds taken for a perceived health benefit are called _____.

Answer: <https://biology-forums.com/index.php?topic=685558>

Question 105

Checking your body for _____ after a hike in the woods is the best way to prevent Lyme disease.

Answer: <https://biology-forums.com/index.php?topic=685399>

Question 106

DRI recommendations include which of the following groups?

- A) Recommended daily allowances
- B) Adequate intakes
- C) Tolerable upper intake levels
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684734>

Question 107

Individuals with high self-esteem tend to be more resilient and optimistic than those with a low self-esteem.

Answer: <https://biology-forums.com/index.php?topic=684587>

Question 108

Building muscular strength can lower the risk of

- A) back pain.
- B) falls.
- C) osteoporosis.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684801>

Question 109

What effect does parental acceptance of alcohol use during high school have on college drinking patterns?

- A) It decreases a student's risk of misusing or abusing alcohol during college.
- B) It has no effect on the student's drinking habits during college.
- C) It increases a student's risk of misusing or abusing alcohol during college.
- D) It encourages the student to drink responsibly during college.

Answer: <https://biology-forums.com/index.php?topic=685062>

Question 110

More women die from committing suicide than men.

Answer: <https://biology-forums.com/index.php?topic=684609>

Question 111

Shonda is an obese female who is trying to plan her pregnancy. By losing weight before conceiving she will reduce her risk of all the following complications during pregnancy except

- A) insulin resistance.
- B) high blood glucose.
- C) low blood sugar.
- D) high blood pressure.

Answer: <https://biology-forums.com/index.php?topic=684885>

Question 112

The Jones family went to sleep with their wood-burning stove still lit. Several hours later Mr. Jones woke up nauseous and confused. Which gas is likely to be at high levels in his house?

- A) Volatile organic compounds
- B) Nitrogen dioxide
- C) Carbon monoxide
- D) Sulfur dioxide

Answer: <https://biology-forums.com/index.php?topic=685710>

Question 113

Which of the following increase a person's risk for depression?

- A) Being pessimistic
- B) Having low self-esteem
- C) Having a limited network of emotional support
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684558>

Question 114

Which of the following would NOT strengthen the validity and credibility of a scientific study?

- A) The study is published in a respected, peer-reviewed journal.
- B) The results of the study have been replicated by other researchers.
- C) The study is funded by a for-profit pharmaceutical company that has a financial interest in the study's results.
- D) The study is the culmination of long-term research involving thousands of participants.

Answer: <https://biology-forums.com/index.php?topic=685508>

Question 115

All of the following are characteristics of aggressive driving except

- A) driving too quickly for road conditions.
- B) using the horn as a danger warning.
- C) cutting off other vehicles.
- D) changing lanes abruptly.

Answer: <https://biology-forums.com/index.php?topic=685588>

Question 116

Which of the following contraceptive options also offer STI protection?

- A) Birth control pills
- B) Emergency contraception
- C) Condoms
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685269>

Question 117

Kaylee and Mark are in their senior year of high school and have dated for 6 months. They have had sex and are not sure what their plans are once they graduate from high school. This is an example of

- A) empty love.
- B) companionate love.
- C) romantic love.
- D) fatuous love.

Answer: <https://biology-forums.com/index.php?topic=685162>

Question 118

To achieve artificially acquired immunity, antibodies are introduced into the body.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685382>

Question 119

Unlike women, men experience a/an _____ period after an orgasm.

Answer: <https://biology-forums.com/index.php?topic=685304>

Question 120

A person suffering from a high level of stress will be moving in the negative direction of the wellness continuum regardless of efforts to manage the stress.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685893>

Question 121

African Americans have the highest reported rate of alcohol use of racial or ethnic groups.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685097>

Question 122

What does the term "rescission" mean in regard to health insurance?

Answer: <https://biology-forums.com/index.php?topic=685580>

Question 123

The two most important dietary considerations for athletes are

- A) meeting energy needs and consuming fluids.
- B) consuming at least two grams of protein per kg of body weight and doubling caloric intake.
- C) supplementing the diet with protein shakes and taking vitamin supplements.
- D) eating several small meals daily and consuming electrolyte replacement drinks.

Answer: <https://biology-forums.com/index.php?topic=684739>

Question 124

An estimated _____ percent of women who have a child born out of wedlock live in poverty. (Be sure your answer is a numeral.)

Answer: <https://biology-forums.com/index.php?topic=685213>

Question 125

Fatty liver disease only affects alcoholics.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684927>

Question 126

Encouragements and rewards that promote positive behavior change are examples of predisposing factors.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685908>

Question 127

When many people suddenly acquire a disease throughout the world, it is called

- A) sporadic.
- B) epidemic.
- C) pandemic.
- D) endemic.

Answer: <https://biology-forums.com/index.php?topic=685334>

Question 128

Individuals with muscle dysmorphia have a consuming belief that they are

- A) too thin.
- B) too fat.
- C) too short.
- D) not muscular enough.

Answer: <https://biology-forums.com/index.php?topic=684914>

Question 129

Ahn is a 70-year-old Asian female who is 60 inches tall and weighs 105 lbs. Regarding her risk of getting osteoporosis, what are three factors she can't control, and what are three behaviors she can control?

Answer: <https://biology-forums.com/index.php?topic=685849>

Question 130

Which gas is produced when certain pollutants mix with sunlight?

- A) Ozone
- B) Nitrogen dioxide
- C) Sulfur dioxide
- D) Carbon monoxide

Answer: <https://biology-forums.com/index.php?topic=685683>

Question 131

Which of the following ethnic groups has the highest percentage of current drinkers?

- A) Caucasians
- B) Native Americans
- C) African Americans
- D) Asian Americans

Answer: <https://biology-forums.com/index.php?topic=685060>

Question 132

Injection increases a drug's addictive potential.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685020>

Question 133

All of the following can lead to unintentional injuries except

- A) not wearing a seat belt.
- B) not wearing a bike helmet.
- C) attempting suicide.
- D) drinking and driving.

Answer: <https://biology-forums.com/index.php?topic=685584>

Question 134

A person needs to belong to an organized religion to have spirituality.

Answer: <https://biology-forums.com/index.php?topic=684593>

Question 135

If a person has alcohol poisoning, the best treatment is a cup of coffee and a cold shower.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685115>

Question 136

What is "Sternberg's Triangular Theory of Love"?

Answer: <https://biology-forums.com/index.php?topic=685215>

Question 137

Cold medications are never dangerous.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685026>

Question 138

Which of the following is not a complex carbohydrate?

- A) Whole wheat bread
- B) Milk
- C) Beans
- D) Pasta

Answer: <https://biology-forums.com/index.php?topic=684712>

Question 139

Loneliness may lower a person's resistance to disease.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685174>

Question 140

A joint's inability to move through its full range of movement is a reduction in _____.

Answer: <https://biology-forums.com/index.php?topic=684860>

Question 141

Antigens are tiny regions on the surface of a pathogen.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685380>

Question 142

A complex, relapsing condition characterized by uncontrollable drug craving and use is called _____.

Answer: <https://biology-forums.com/index.php?topic=685040>

Question 143

To reduce monthly premiums, consumers should opt for low deductible plans.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685549>

Question 144

Being obese is a risk factor for developing Type 2 diabetes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684925>

Question 145

The type of cardiovascular disease responsible for the most deaths in the U.S. is

- A) stroke.
- B) congestive heart failure.
- C) hypertension.
- D) coronary heart disease.

Answer: <https://biology-forums.com/index.php?topic=685434>

Question 146

Which of the following activity levels would adhere to the Physical Activity Guidelines for Americans from the Centers for Disease Control and Prevention?

- A) At least 150 minutes of moderate intensity aerobic activity per week
- B) At least 50 minutes of vigorous intensity aerobic exercise per week
- C) Performing resistance exercises 2 day per weeks for most major muscle group in sets of 5-7 repetitions
- D) Both A and C are correct

Answer: <https://biology-forums.com/index.php?topic=684828>

Question 147

The symptoms of _____, also known as the "silent disease," are more likely to be seen in men than in women.

Answer: <https://biology-forums.com/index.php?topic=685408>

Question 148

All of the following factors have contributed to the obesity epidemic in the U.S. except

- A) a low intake of dietary protein.
- B) an excessive intake of foods high in fat and sugar.
- C) a lack of physical activity.
- D) an increase in portion sizes.

Answer: <https://biology-forums.com/index.php?topic=684889>

Question 149

Your friend is trying to lose weight. What are three tips that you can provide to help her cut calories?

Answer: <https://biology-forums.com/index.php?topic=684959>

Question 150

Self efficacy, as it relates to behavior change, is all of the following except

- A) the belief that you can make successful change.
- B) demonstrating a sense of personal control over a situation.
- C) the view that you avoid thinking about a difficult situation.
- D) the ability to take action to change a behavior.

Answer: <https://biology-forums.com/index.php?topic=685886>

Question 151

A growing number of consumers are seeking health information on the internet.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685892>

Question 152

Health _____ are differences in quality of health among various segments of the population.

Answer: <https://biology-forums.com/index.php?topic=685920>

Question 153

Dioxins linger in the environment for years and accumulate in the fatty tissue of animals.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685730>

Question 154

Most alcohol is metabolized in the liver.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685111>

Question 155

Recall the Student Story about Kristina. After Kristina's friend committed suicide, what became more important in her life?

- A) Attending social events
- B) Traveling frequently
- C) Developing closer relationships with her friends and family
- D) Focusing on her own mortality

Answer: <https://biology-forums.com/index.php?topic=684572>

Question 156

All of the following are problems associated with the withdrawal method except

- A) it may cause irritation or infection.
- B) it provides no protection from STIs.
- C) pre-ejaculatory fluid may contain sperm even if the man doesn't ejaculate in his partner.

D) it requires the man to have a great deal of control.

Answer: <https://biology-forums.com/index.php?topic=685275>

Question 157

Antioxidants help stabilize free _____.

Answer: <https://biology-forums.com/index.php?topic=684775>

Question 158

Mutations allow bacteria to overcome the effects of an antibiotic.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685387>

Question 159

More than 50% of infertility cases are caused by problems in the woman.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685299>

Question 160

Passive immunity only lasts a few months.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685384>

Question 161

Anaerobic exercises build muscular strength.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684847>

Question 162

Activation of the relaxation response will result in

- A) slowed breathing.
- B) increased metabolism.
- C) activation of the flight-or-flight mechanism.
- D) the production of adrenaline.

Answer: <https://biology-forums.com/index.php?topic=684660>

Question 163

The American Academy of Pediatrics recommends routine neonatal circumcision of newborn boys.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685279>

Question 164

Many popular diets have high failure rates because

- A) they focus only on quick weight loss.
- B) they don't include exercise as part of the diet plan.
- C) they fail to educate participants on changing their lifestyle habits.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684902>

Question 165

The National Center for Complementary and Alternative Medicine places chiropractic medicine under which domain?

- A) Biologically based practices
- B) Mind-body medicine
- C) Manipulative and body-based medicine
- D) Energy therapies

Answer: <https://biology-forums.com/index.php?topic=685519>

Question 166

Elevated blood pressure is also called _____.

Answer: <https://biology-forums.com/index.php?topic=685498>

Question 167

Which of the following is an example of conventional medicine?

- A) Acupuncture
- B) X-ray
- C) Homeopathy
- D) Biofield therapies

Answer: <https://biology-forums.com/index.php?topic=685516>

Question 168

Recall Andrea's Student Story from the chapter. Andrea gave up marijuana because

- A) she was arrested.
- B) she had a very bad experience after smoking a joint laced with PCP.
- C) her boyfriend left her because of her drug use.
- D) she spent all of her money on pot and ended up broke.

Answer: <https://biology-forums.com/index.php?topic=684996>

Question 169

Drug use over a long period of time typically leads to what condition in the body?

- A) Euphoria
- B) Withdrawal
- C) Tolerance
- D) Misuse

Answer: <https://biology-forums.com/index.php?topic=684978>

Question 170

Menarche marks the onset of _____.

Answer: <https://biology-forums.com/index.php?topic=685303>

Question 171

Behavioral therapy includes all the following techniques except

- A) exposure therapy.
- B) biofeedback.
- C) negative reinforcement.
- D) positive reinforcement.

Answer: <https://biology-forums.com/index.php?topic=684579>

Question 172

Cindy pays for her doctor visits with pre-tax money. Her plan is not attached to an insurance plan and is known as a _____ spending account.

Answer: <https://biology-forums.com/index.php?topic=685569>

Question 173

Hooking up is more likely to occur after drinking alcohol.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685177>

Question 174

Hospice focuses on providing the best care for

- A) nursing-home residents.
- B) the dying and their families.
- C) individuals dealing with grief.
- D) elderly adults living at home who need social services.

Answer: <https://biology-forums.com/index.php?topic=685811>

Question 175

The process of actively making choices to improve one's health is known as _____.

Answer: <https://biology-forums.com/index.php?topic=685919>

Question 176

- Depressants reduce
- A) central nervous system activity.
 - B) brain activity.
 - C) anxiety.
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685013>

Question 177

The type of facility that provides the highest level of medical care is a _____.

Answer: <https://biology-forums.com/index.php?topic=685562>

Question 178

Recall John's Student Story in the chapter. How have John's lifestyle habits since high school affected his weight?

- A) John increased his activity and decreased his caloric intake, which led to weight loss.
- B) John increased his caloric intake and decreased his activity, which led to weight gain.
- C) John increased his intake of carbohydrates and decreased his intake of protein, which led to weight gain.
- D) John started lifting weights, which led to an increase in his lean body mass and overall weight.

Answer: <https://biology-forums.com/index.php?topic=684901>

Question 179

Obese people are at a higher risk of developing sleep _____, a condition in which a person may stop breathing for short periods during sleep.

- A) apnea
- B) stroke
- C) metabolic syndrome
- D) osteoarthritis

Answer: <https://biology-forums.com/index.php?topic=684886>

Question 180

A(n) _____ is a chemical substance taken to alter the body physically or mentally for a non-nutritional purpose.

Answer: <https://biology-forums.com/index.php?topic=685037>

Question 181

Leukoplakia is most common in

- A) cigar smokers.
- B) older smokers.
- C) smokeless tobacco users.
- D) younger smokers.

Answer: <https://biology-forums.com/index.php?topic=685095>

Question 182

Carlton suspects his roommate is an alcoholic. What symptoms would his roommate exhibit if he were an alcoholic?

Answer: <https://biology-forums.com/index.php?topic=685144>

Question 183

Alcohol-based hand sanitizers

- A) are only used in hospital settings.
- B) are preferable to water and soap.
- C) will not cause antibiotic resistance.
- D) are best used for dirty hands.

Answer: <https://biology-forums.com/index.php?topic=685315>

Question 184

Successfully defeating an illness never leaves a person immune.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685381>

Question 185

A disease that comes on gradually and lasts a long time or recurs is a _____ disease.

Answer: <https://biology-forums.com/index.php?topic=685493>

Question 186

Which of the following occurs as a result of being physically active and exercising?

- A) The lungs are able to take in more air.
- B) The heart pumps less blood per beat due to improved oxygen carrying capacity.
- C) HDL cholesterol is lowered.
- D) Blood glucose levels increase.

Answer: <https://biology-forums.com/index.php?topic=684797>

Question 187

The best way to begin an aerobic exercise program is to perform exercises at a moderate range intensity.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684846>

Question 188

Discuss the pathway that leads to biomagnification of a contaminant in fish, and how that process may affect humans.

Answer: <https://biology-forums.com/index.php?topic=685767>

Question 189

Type 2 diabetes most often affects individuals who are overweight or obese due to

- A) their low blood pressure.
- B) their resistance to insulin.
- C) the inability of their pancreas to manufacture insulin.
- D) their reduced levels of blood glucose.

Answer: <https://biology-forums.com/index.php?topic=684882>

Question 190

Amanda smokes a half pack of cigarettes per day, is inactive, and has a poor dietary intake. Which of the following chronic diseases is she at risk of developing?

- A) Cardiovascular disease
- B) Cancer
- C) Diabetes
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685422>

Question 191

A mother who uses drugs can transmit them to her child by breast feeding.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685021>

Question 192

What is an ectopic pregnancy and who is at risk?

Answer: <https://biology-forums.com/index.php?topic=685418>

Question 193

In environmental terms, reduction refers to changes in manufacturing and consumption to limit the amount and toxicity of waste.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685734>

Question 194

Recall Rita's Student Story in the chapter. Which of the following best explains the difference between Rita's and her friend's reactions to the alcohol they consumed?

- A) Rita likely consumed a beverage with a higher percentage of alcohol.
- B) Rita was allergic to vodka.

C) Rita's friend has a higher tolerance for alcohol.

D) Rita's friend absorbed less alcohol than Rita.

Answer: <https://biology-forums.com/index.php?topic=685064>

Question 195

Stimulants affect the function of the central nervous system.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685028>

Question 196

If a woman tests positive for HPV, she may be at increased risk for this form of cancer.

A) Breast

B) Cervical

C) Uterine

D) Colon

Answer: <https://biology-forums.com/index.php?topic=685456>

Question 197

Geographical differences such as air pollution and proximity to trauma centers can affect a person's health risks.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685902>

Question 198

An example of effective time management is

A) setting a timeline for completing an end-of-the semester project.

B) putting off working on a research paper because you prefer to do your math homework.

C) forcing yourself to finish a long assignment even though you are tired.

D) making sure every minute of time in your schedule is used.

Answer: <https://biology-forums.com/index.php?topic=684643>

Question 199

It is important for Ariana to take all her prescribed antibiotics for strep throat so that it doesn't lead to

A) ischemic stroke.

B) congestive heart failure.

C) rheumatic heart disease.

D) atherosclerosis.

Answer: <https://biology-forums.com/index.php?topic=685443>

Question 200

In 1980, more than 800 people developed toxic shock syndrome, and 38 died from it. This outbreak was linked to

A) the use of a highly absorbent tampon.

B) wrestling mats that were not adequately sanitized.

C) contaminated beef used by a large restaurant chain.

D) mosquito infestations during a particularly humid summer.

Answer: <https://biology-forums.com/index.php?topic=685343>

Question 201

Anabolic _____ are synthetic derivatives of the male hormone testosterone.

Answer: <https://biology-forums.com/index.php?topic=684872>

Question 202

The potential effects of global warming include all of these except

A) increased food shortages.

B) fewer hurricanes.

C) more outbreaks of infectious diseases.

D) increased air pollution.

Answer: <https://biology-forums.com/index.php?topic=685677>

Question 203

Physical health can decline when a person has a negative outlook or high levels of stress and anxiety.

Answer: <https://biology-forums.com/index.php?topic=684596>

Question 204

Self talk can be used to boost self-esteem.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684683>

Question 205

What strategies should you use to ensure that your weight lifting sessions are safe?

Answer: <https://biology-forums.com/index.php?topic=684874>

Question 206

Toxicity is the dosage level at which a drug causes death.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685022>

Question 207

A bond has a current value of \$950 and promises to pay \$1,000 at the end of 4 years. The expected return on the asset is 12% and the risk free rate is 3%. If the actual cash payout in case of default is 0, what is the risk neutral default probability given that the asset has a standard deviation of 18%?

- A) 15.2%
- B) 21.5%
- C) 33.2%
- D) 49.6%

Answer: <https://biology-forums.com/index.php?topic=684531>

Question 208

All of the following statements regarding hormone replacement therapy are true except:

- A) It is not as effective as bioidentical hormones for treating menopausal symptoms.
- B) It is the most effective treatment for hot flashes and other menopausal symptoms.
- C) It has been linked to an increased risk for breast cancer and cardiovascular disease in some women.
- D) It is now prescribed for a shorter period of time and at the lowest possible dose to minimize potential risks.

Answer: <https://biology-forums.com/index.php?topic=685783>

Question 209

The legislation that requires colleges and universities to disclose their crime statistics is called the

- A) Virginia Law.
- B) Lehigh University Act.
- C) Clery Act.
- D) Anti-Hazing Law.

Answer: <https://biology-forums.com/index.php?topic=685617>

Question 210

Bacteria and viruses can enter the body through unbroken skin.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685379>

Question 211

The embryo is most susceptible to damage from substances the mother ingests during the first trimester.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685294>

Question 212

In certain populations, facial flushing in response to drinking alcohol indicates a deficiency in an enzyme that helps _____ alcohol.

Answer: <https://biology-forums.com/index.php?topic=685134>

Question 213

Give examples of three common causes of stress and a strategy for coping with each.

Answer: <https://biology-forums.com/index.php?topic=684704>

Question 214

Rhonda has gained fifteen pounds since she started a sedentary part-time job and began eating fast food more frequently. Her weight gain is likely due to _____ factors.

- A) environmental
- B) psychological
- C) genetic
- D) gender

Answer: <https://biology-forums.com/index.php?topic=684893>

Question 215

Compare and contrast vitamins and minerals.

Answer: <https://biology-forums.com/index.php?topic=684779>

Question 216

Refer to Addison's Student Story in the chapter. In Addison's student story in the chapter, how can Addison improve his odds of quitting smoking permanently?

Answer: <https://biology-forums.com/index.php?topic=685147>

Question 217

Liz wants to increase her consumption of monounsaturated fats. Which of the following oils should she use?

- A) Olive oil
- B) Soybean oil
- C) Corn oil
- D) Palm oil

Answer: <https://biology-forums.com/index.php?topic=684717>

Question 218

The success of vaccines relies on which type of immune cell?

- A) Macrophage
- B) Natural killer cell
- C) Neutrophils
- D) Memory B cells

Answer: <https://biology-forums.com/index.php?topic=685323>

Question 219

Drug addiction is characterized by all of the following except

- A) strong willpower.
- B) uncontrollable craving.
- C) chemical alteration in the brain.
- D) relapsing behavior.

Answer: <https://biology-forums.com/index.php?topic=684976>

Question 220

If you are concerned about biomagnification, you should

- A) choose lean meat and skim milk.
- B) walk and take the stairs whenever possible.
- C) not drink bottled water.
- D) limit your intake of raw vegetables.

Answer: <https://biology-forums.com/index.php?topic=685705>

Question 221

Children raised in violent surroundings are less likely to grow up to be violent adults.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685645>

Question 222

Devices that consume electricity even when they are not in use are called energy _____.

Answer: <https://biology-forums.com/index.php?topic=685748>

Question 223

The prescription drugs most commonly misused by college students are

- A) sedatives.
- B) painkillers.
- C) stimulants.
- D) antidepressants.

Answer: <https://biology-forums.com/index.php?topic=684989>

Question 224

Which is not an example of reuse?

- A) Using cloth napkins
- B) Using canvas tote bags
- C) Using fluorescent light bulbs
- D) Using rechargeable batteries

Answer: <https://biology-forums.com/index.php?topic=685702>

Question 225

Mitchell's employer offers a program, not attached to an insurance plan, which allows employees to save pre-tax dollars to cover certain medical costs. What type of program is this?

- A) Medicare
- B) Medicaid
- C) Health savings account
- D) Flexible spending account

Answer: <https://biology-forums.com/index.php?topic=685526>

Question 226

Define the terms codependency and enablers.

Answer: <https://biology-forums.com/index.php?topic=685055>

Question 227

List and explain three options for infertile couples who want to have a baby.

Answer: <https://biology-forums.com/index.php?topic=685314>

Question 228

Recall Andrew's Student Story in the chapter. By exercising and following a healthy diet, Andrew is reducing his risks for

- A) diabetes.
- B) cardiovascular disease.
- C) cancer.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685430>

Question 229

Individuals with metabolic syndrome typically have a large waistline, high triglyceride levels, and _____ levels of HDL cholesterol.

Answer: <https://biology-forums.com/index.php?topic=684948>

Question 230

Exercise may reduce the risk of cancer by

- A) increasing appetite.
- B) increasing the levels of hormones in the bloodstream.
- C) encouraging the body to process and remove toxic substances.
- D) reducing the risk of muscle injuries.

Answer: <https://biology-forums.com/index.php?topic=684800>

Question 231

Global public health efforts are lead by

- A) the World Health Organization.
- B) the United Nations.

C) privately funded international health organizations.

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685871>

Question 232

Discuss four environmental factors that contribute to obesity.

Answer: <https://biology-forums.com/index.php?topic=684957>

Question 233

All of the following are classified as major minerals except

A) calcium.

B) iron.

C) magnesium.

D) sulfur.

Answer: <https://biology-forums.com/index.php?topic=684725>

Question 234

The three types of aging are biological, _____, and social.

Answer: <https://biology-forums.com/index.php?topic=685841>

Question 235

A _____ is a return to an addictive substance or behavior after a period of conscious abstinence.

Answer: <https://biology-forums.com/index.php?topic=685049>

Question 236

Which of the following is a way someone could be exposed to formaldehyde?

A) By eating fish

B) By working with particle board or plywood

C) By ingesting old paint chips

D) By handling old home insulation materials

Answer: <https://biology-forums.com/index.php?topic=685716>

Question 237

Bottled water must meet higher health and safety standards than tap water.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685731>

Question 238

When a relationship ends, what are five ways to facilitate the recovery process?

Answer: <https://biology-forums.com/index.php?topic=685222>

Question 239

Justin is trying to lose weight. All the following are effective strategies that will help him safely and effectively reach a healthful weight except

A) eliminating all carbohydrates.

B) expending more calories than he consumes.

C) replacing sodas with water.

D) choosing whole foods instead of processed foods.

Answer: <https://biology-forums.com/index.php?topic=684900>

Question 240

Cigars are a safer alternative to cigarettes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685128>

Question 241

The _____ tubes connect the uterus to the ovaries.

Answer: <https://biology-forums.com/index.php?topic=685301>

Question 242

Parenthood is often associated with less intimacy in a marriage.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685185>

Question 243

This question refers to Chase's Student Story in the chapter. What factor(s) is/are contributing to Chase's feeling of homesickness?

- A) Missing family and friends
- B) Feeling disconnected from his dorm-mates
- C) Missing his former routines
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684554>

Question 244

All of the following can exacerbate PMS symptoms except

- A) smoking.
- B) stress.
- C) alcohol.
- D) exercise.

Answer: <https://biology-forums.com/index.php?topic=685243>

Question 245

Websites such as Match.com and eHarmony.com are types of _____ dating services.

Answer: <https://biology-forums.com/index.php?topic=685208>

Question 246

Polyunsaturated fats help lower cholesterol levels in the body by

- A) decreasing blood levels of LDLs.
- B) helping the body get rid of newly formed cholesterol.
- C) increasing blood levels of HDLs.
- D) helping the body better transport HDLs.

Answer: <https://biology-forums.com/index.php?topic=684718>

Question 247

Alcohol increases the toxicity of cocaine.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685030>

Question 248

To minimize everyday stressors

- A) tell yourself that you can make a better grade on the next quiz with a little more studying.
- B) plan ahead to make sure you complete an assignment on time.
- C) set realistic expectations.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684669>

Question 249

Which of the following is true regarding the Maintenance stage of the Stages of Change Model?

- A) The new behavior is maintained for only 3 months.
- B) Relapses are unlikely.
- C) It can last months or even years.
- D) There is no longer a need to work actively to keep from reverting back to old habits.

Answer: <https://biology-forums.com/index.php?topic=685882>

Question 250

What are five questions you and your partner can ask yourselves to determine if you are a happy couple?

Answer: <https://biology-forums.com/index.php?topic=685224>

Question 251

All of the following can reduce the stress of test taking except

- A) scheduling your study time.
- B) staying calm.
- C) talking with other students right before the test.
- D) talking with your instructor about your test anxiety.

Answer: <https://biology-forums.com/index.php?topic=684647>

Question 252

All of the following has contributed to improvements in health and an increase in life expectancy in the U.S. except

- A) an increase in vigorous leisure-time exercise among the U.S. population.
- B) a reduction in smoking rates among the U.S. population.
- C) widespread vaccinations.
- D) safer food handling.

Answer: <https://biology-forums.com/index.php?topic=685859>

Question 253

All of the following are suggested ways to reduce your exposure to radiation except

- A) when using a cell phone, use a headset.
- B) work with your dentist to reduce your exposure to X-rays.
- C) test your home for radon.
- D) maintain a good tan to protect your skin.

Answer: <https://biology-forums.com/index.php?topic=685724>

Question 254

Rheumatoid arthritis is the most common form of arthritis affecting older adults.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685829>

Question 255

Which of the following is an example of being proactive?

- A) Studying before a test
- B) Waiting until the last minute to write a paper
- C) Not filling your gas tank until the "empty" light goes on
- D) Exercising only when you feel like it

Answer: <https://biology-forums.com/index.php?topic=684666>

Question 256

All of the following statements regarding grief are true except:

- A) Grief is different for everyone.
- B) Individuals may experience one or more of the stages of grief.
- C) Some experiences of grief can be more complex than others.
- D) People who are grieving will reach acceptance sooner if they are socially isolated.

Answer: <https://biology-forums.com/index.php?topic=685816>

Question 257

Complementary and _____ medicine are health practices and traditions that are not typically part of conventional Western medicine.

Answer: <https://biology-forums.com/index.php?topic=685563>

Question 258

Sandy just turned 65 and his friends tell him he can now participate in a federal public insurance plan for people over 65 years of age. Which program is this?

- A) Medicare
- B) Medicaid
- C) Health savings account
- D) Point-of-service plan

Answer: <https://biology-forums.com/index.php?topic=685529>

Question 259

Sexual orientation refers to a person's
A) physical and romantic attraction to others.
B) biological gender.
C) sexual activity.
D) sexual ideologies.

Answer: <https://biology-forums.com/index.php?topic=685261>

Question 260

Discuss three factors that lead to unintentional injuries.

Answer: <https://biology-forums.com/index.php?topic=685669>

Question 261

The keys to better health as you age include a balanced _____, regular exercise, and avoidance of tobacco and alcohol abuse.

Answer: <https://biology-forums.com/index.php?topic=685838>

Question 262

Paula has been on a high protein, low carbohydrate diet. Which of the following is a likely side effect she may experience as a result of low carbohydrate intake?

- A) Increased fatigue
- B) Increased energy
- C) Increased muscle size
- D) Decreased muscle size

Answer: <https://biology-forums.com/index.php?topic=684711>

Question 263

Women are likely to spend more hours per week than men on a combination of housework, caregiving, and professional responsibilities.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685187>

Question 264

All of the following contribute to residential fires except

- A) solar panels.
- B) candles.
- C) careless smoking.
- D) cooking.

Answer: <https://biology-forums.com/index.php?topic=685600>

Question 265

Date rape is also known as _____ rape.

Answer: <https://biology-forums.com/index.php?topic=685668>

Question 266

A federal program that covers many health costs for all Americans who have certain disabilities or are 65 or older is _____.

Answer: <https://biology-forums.com/index.php?topic=685570>

Question 267

All of the following are examples of preventive care except

- A) having a mamogram.
- B) getting a tetanus shot.
- C) having an eye exam.
- D) having a tooth extraction.

Answer: <https://biology-forums.com/index.php?topic=685538>

Question 268

Married couples tend to drink more alcohol than unmarried people.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685182>

Question 269

Jason has been overwhelmed this semester. He has fallen behind in all of his classes and, after two weeks of cramming and getting very little sleep, he has developed tension headaches. In addition, he has trouble eating. What stage of the general adaptation syndrome is Jason experiencing?

- A) Alarm
- B) Resistance
- C) Exhaustion
- D) Allostasis

Answer: <https://biology-forums.com/index.php?topic=684627>

Question 270

Which of the following would be most likely to suffer a violent crime?

- A) A young adult female living in an area with a high crime rate
- B) A young adult male living in a distressed community
- C) A middle-aged male in a prosperous urban neighborhood
- D) A teenage female in a suburban community

Answer: <https://biology-forums.com/index.php?topic=685611>

Question 271

Betina's grandfather recently died of heart disease. However, as a 21 year old female, she is not concerned about her risk factors. Should she be concerned? Why or why not?

Answer: <https://biology-forums.com/index.php?topic=685505>

Question 272

The body's first line of defense against pathogens includes

- A) mucous membranes.
- B) B cells.
- C) macrophages.
- D) mast cells.

Answer: <https://biology-forums.com/index.php?topic=685318>

Question 273

Blood Alcohol Content (BAC) is affected by which of the following?

- A) A person's body weight
- B) What a person has had to eat
- C) How much and how quickly a person drinks
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685063>

Question 274

Which of the following has the most calories per gram?

- A) Carbohydrates
- B) Protein
- C) Minerals
- D) Alcohol

Answer: <https://biology-forums.com/index.php?topic=684709>

Question 275

It is important to learn not to _____ people who are talking to you, so that they can complete their thoughts before you speak.

Answer: <https://biology-forums.com/index.php?topic=685196>

Question 276

Refer to Jonathan's and Yeani's Student Story in the chapter. What advice do Jonathan and Yeani give to couples trying to make things work while in college?

- A) Avoid difficult subjects that might lead to arguments.
- B) Spend time apart on a regular basis.
- C) Be open with one another.
- D) Keep your problems to yourself.

Answer: <https://biology-forums.com/index.php?topic=685158>

Question 277

Cortisol and adrenaline speed up your _____ rate.

Answer: <https://biology-forums.com/index.php?topic=684688>

Question 278

A bond has a current value of \$950 and promises to pay \$1,000 at the end of 4 years. The expected return on the asset is 12% and the risk free rate is 3%. If the actual cash payout in case of default is 0, what is the true default probability given that the asset has a standard deviation of 18%?

- A) 15.2%
- B) 21.5%
- C) 33.2%
- D) 49.6%

Answer: <https://biology-forums.com/index.php?topic=684530>

Question 279

Hormone levels strongly influence this type of cancer in women.

- A) Breast
- B) Heart
- C) Thyroid
- D) Lymphoma

Answer: <https://biology-forums.com/index.php?topic=685454>

Question 280

Fuels derived from decayed organic matter buried underground are called _____ fuels.

Answer: <https://biology-forums.com/index.php?topic=685742>

Question 281

The non-medical use of _____ is the second largest category of illicit drug use in the U.S.

- A) cocaine
- B) heroin
- C) hallucinogens
- D) prescription drugs

Answer: <https://biology-forums.com/index.php?topic=684972>

Question 282

A behavior change contract should not

- A) list obstacles to making a particular change.
- B) develop strategies for overcoming obstacles.
- C) list every possible behavior change you might make.
- D) set short-term goals for achieving your objective.

Answer: <https://biology-forums.com/index.php?topic=685888>

Question 283

Which of the following is true of weight loss pills sold over-the-counter?

- A) They are only minimally regulated by the Food and Drug Administration.
- B) They do not need to be proven safe by the manufacturer unless they include a new ingredient.
- C) They are not tested by the Food and Drug Administration before becoming available on the market.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684907>

Question 284

A drinking cup can be a vector for disease.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685378>

Question 285

Domestic partnerships are for committed couples who

- A) are homosexual only.

- B) are heterosexual only.
- C) are either homosexual or heterosexual.
- D) want to adopt children and are not married.

Answer: <https://biology-forums.com/index.php?topic=685171>

Question 286

Terrorism disproportionately affects

- A) young adults.
- B) older adults.
- C) children.
- D) middle-aged adults.

Answer: <https://biology-forums.com/index.php?topic=685621>

Question 287

The chance that a counter party may fail to meet a contractual obligation on a debt instrument is referred to as:

- A) Credit risk
- B) Credit spread
- C) Loss given default
- D) Recovery rate

Answer: <https://biology-forums.com/index.php?topic=684529>

Question 288

The portion of college students who meet the medical criteria for drug addiction or dependence is nearly

- A) one in ten.
- B) one in eight.
- C) one in six.
- D) one in four.

Answer: <https://biology-forums.com/index.php?topic=684969>

Question 289

Excessive consumption of vitamin supplements can be toxic.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684761>

Question 290

Which U.S. government agency exists to protect human health and safeguard the natural environment?

- A) USDA
- B) FDA
- C) IPCC
- D) EPA

Answer: <https://biology-forums.com/index.php?topic=685674>

Question 291

The leading cause of death in 15-24 year olds in the U.S. is

- A) heart disease.
- B) accidents/unintentional injuries.
- C) cancer.
- D) suicide.

Answer: <https://biology-forums.com/index.php?topic=685860>

Question 292

The elderly population in the U.S. will become less racially diverse over the next twenty years.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685821>

Question 293

Many victims of violent crime know their attacker.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685642>

Question 294

When choosing an exercise activity to help manage stress, it is important to

- A) pick the activity that burns the most calories.
- B) do something you enjoy.
- C) do the same type of activity each day.
- D) think of exercise as a chore that must be completed.

Answer: <https://biology-forums.com/index.php?topic=684653>

Question 295

Name 4 vaccines recommended for college students.

Answer: <https://biology-forums.com/index.php?topic=685576>

Question 296

All of the following are examples of increased acceptance of homosexuality over the last ten to thirty years except

- A) the current prevalence of homophobia in middle schools and high schools.
- B) the current number of Fortune 500 companies offering domestic partner benefits.
- C) the number of U.S. adults who believe that homosexual relationships are always sinful.
- D) cultural acceptance of the American Psychiatric Association's redefinition of homosexuality.

Answer: <https://biology-forums.com/index.php?topic=685264>

Question 297

Resistance bands are better than exercise machines for pinpointing specific muscles.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684848>

Question 298

Exercise increases your metabolism both during and after workouts.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684844>

Question 299

Stress caused by procrastination is an example of

- A) an environmental stressor.
- B) a social stressor.
- C) an internal stressor.
- D) a daily hassle.

Answer: <https://biology-forums.com/index.php?topic=684639>

Question 300

After Dana broke up with her boyfriend, he continued to call her, follow her, and send her emails several times a day. This behavior is considered

- A) sexual harassment.
- B) stalking.
- C) physical abuse.
- D) emotional abuse.

Answer: <https://biology-forums.com/index.php?topic=685628>

Question 301

Sites that end in ".gov" are more likely to provide credible information than ".com" sites.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685915>

Question 302

Low cardiorespiratory fitness during early adulthood increases the risk of diabetes in later life.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684838>

Question 303

Effects of a hangover do not last longer than 12 hours after the drinking has stopped.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685114>

Question 304

Chronic heavy drinking can lower triglycerides.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685117>

Question 305

Vitamin _____ regulates blood calcium levels and maintains bone health. (Use a capital letter.)

Answer: <https://biology-forums.com/index.php?topic=684773>

Question 306

Joe and Elaine met at a bar and went back to his room to have sex. This is known as _____ up.

Answer: <https://biology-forums.com/index.php?topic=685206>

Question 307

Which of the following nutrients may slow the progression of age-related macular degeneration?

- A) Protein and amino acids
- B) Soluble and insoluble fibers
- C) Zinc and antioxidants
- D) Vitamin C and calcium

Answer: <https://biology-forums.com/index.php?topic=685779>

Question 308

Discuss five recommendations for maintaining a strong relationship with someone.

Answer: <https://biology-forums.com/index.php?topic=685221>

Question 309

Most of our exposure to dioxins comes from

- A) the air.
- B) contaminated fruits and vegetables.
- C) home insulation materials.
- D) meat, dairy, and seafood.

Answer: <https://biology-forums.com/index.php?topic=685696>

Question 310

What does it mean to have a "good death?"

- A) Dying in peace
- B) Dying on one's own terms
- C) Prolonging death
- D) Having a quick exit

Answer: <https://biology-forums.com/index.php?topic=685805>

Question 311

Listening to music can help activate your body's _____ response, slowing your breathing and metabolism.

Answer: <https://biology-forums.com/index.php?topic=684696>

Question 312

Recall Beth's Student Story in the chapter. Beth states she is 5'4" and 100 pounds and has a BMI of 17. According to a standard BMI chart, Beth is considered

- A) underweight.
- B) healthy weight.
- C) overweight.
- D) obese.

Answer: <https://biology-forums.com/index.php?topic=684918>

Question 313

All of the following are common PMS symptoms except

- A) increased sweating.
- B) breast tenderness.
- C) mood swings.
- D) backache.

Answer: <https://biology-forums.com/index.php?topic=685242>

Question 314

Explain the difference between dysthymia and major depressive disorder.

Answer: <https://biology-forums.com/index.php?topic=684615>

Question 315

Newer medications used to treat alcoholism have all the following advantages except

- A) they have no effects on the brain.
- B) they don't make a person sick if he drinks while taking them.
- C) they reduce the cravings for alcohol.
- D) they are not addictive.

Answer: <https://biology-forums.com/index.php?topic=685074>

Question 316

The 5-year survival rate for cancer is 50% lower than it was 30 years ago.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685489>

Question 317

In order to remain a "virgin," Maria has decided to practice only anal intercourse with her boyfriend, who has had previous sexual partners. Which of the following risks should she be concerned about?

- A) HIV
- B) Injury to anal tissues
- C) Gonorrhea
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685260>

Question 318

At the end of the first stage of labor, the cervix dilates to 10 cm.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685298>

Question 319

All of the following factors contribute to a lower basal metabolic rate except

- A) being over 40.
- B) being tall.
- C) being physically inactive.
- D) being short.

Answer: <https://biology-forums.com/index.php?topic=684891>

Question 320

Which of the following factors should be considered when evaluating whether or not a person is a healthful weight?

- A) Body composition
- B) Age
- C) Body type
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684896>

Question 321

All of the following statements regarding gangs are true except:

- A) Gangs can seem appealing to youths in distressed neighborhoods.

- B) Women are not represented in gangs due to gender inequality.
- C) Gangs commit as much as 80% of the crime within some communities.
- D) Gangs are becoming more active in rural and suburban areas.

Answer: <https://biology-forums.com/index.php?topic=685615>

Question 322

Sam is seeking help for alcoholism through a program that emphasizes sensible drinking at healthy levels rather than abstinence. This type of counseling is called

- A) a 12 step program.
- B) motivational enhancement.
- C) brief intervention.
- D) group therapy.

Answer: <https://biology-forums.com/index.php?topic=685076>

Question 323

Having a BAC greater than 0.08% or greater is the criterion for legal intoxication.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685112>

Question 324

An emergency supply kit should contain enough nonperishable food and water to last at least

- A) one day.
- B) three days.
- C) one week.
- D) one month.

Answer: <https://biology-forums.com/index.php?topic=685601>

Question 325

The highest level in Maslow's hierarchy of needs is having a high self-esteem.

Answer: <https://biology-forums.com/index.php?topic=684592>

Question 326

All of the following are inherent links to CVD except

- A) being Asian American.
- B) being over 65.
- C) being male.
- D) having a parent with CVD.

Answer: <https://biology-forums.com/index.php?topic=685448>

Question 327

The feeling of intense pleasure that dopamine delivers is called

- A) tolerance.
- B) euphoria.
- C) withdrawal.
- D) addiction.

Answer: <https://biology-forums.com/index.php?topic=684975>

Question 328

A 12 ounce beer has less alcohol than a 1.5 ounce shot of tequila.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685107>

Question 329

The RICE protocol involves rest, ice, compression, and _____.

Answer: <https://biology-forums.com/index.php?topic=684871>

Question 330

Carly receives a bill in the mail that says she owes her insurance company \$100 towards her deductible. What is a "deductible"?

- A) The amount of money that the employer pays for health care

- B) The amount of money that the government pays for health care
- C) The amount of money that the employee pays before the insurer begins to pay
- D) The amount of money that the employee pays for any medical tests only

Answer: <https://biology-forums.com/index.php?topic=685528>

Question 331

For Karen to get her body into a regular sleep pattern, she should

- A) go to bed early on weekends.
- B) go to bed and arise at regular times.
- C) take late afternoon naps.
- D) leave the TV on while trying to fall asleep.

Answer: <https://biology-forums.com/index.php?topic=684661>

Question 332

What is online dating? What are some precautions that should be taken?

Answer: <https://biology-forums.com/index.php?topic=685220>

Question 333

Conventional medicine is an evidence-based science.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685543>

Question 334

The increases in poisoning from drug overdose over the past forty years can be attributed to

- A) more adults self-medicating.
- B) prescription painkiller abuse.
- C) more potent illegal drugs.
- D) ingestion of household cleaning products.

Answer: <https://biology-forums.com/index.php?topic=685599>

Question 335

When a person harasses another person in order to cause intimidation and fear through repeated unwanted contact, the behavior is called _____.

Answer: <https://biology-forums.com/index.php?topic=685665>

Question 336

The emotional component of Sternberg's triangular theory of love is _____.

Answer: <https://biology-forums.com/index.php?topic=685203>

Question 337

List three simple guidelines for reducing risks associated with motorcycle or bicycle accidents.

Answer: <https://biology-forums.com/index.php?topic=685671>

Question 338

Depressive disorders often occur in conjunction with anxiety disorders and substance abuse.

Answer: <https://biology-forums.com/index.php?topic=684602>

Question 339

Both home pregnancy tests and blood tests detect the presence of human chorionic gonadotropin.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685291>

Question 340

Combining acetaminophen and alcohol can lead to

- A) liver damage.
- B) brain damage.
- C) nerve damage.
- D) kidney damage.

Answer: <https://biology-forums.com/index.php?topic=684991>

Question 341

Which of the following statements regarding food additives is true?

- A) Food additives cause AD/HD in children.
- B) Food additives are regulated by the FDA.
- C) Food additives are used to increase the weight of packaged foods.
- D) Food additives are chemicals that remain on foods even after washing.

Answer: <https://biology-forums.com/index.php?topic=684746>

Question 342

Directing blood away from the digestive system during a prolonged stress response can lead to

- A) stomachache.
- B) constipation.
- C) diarrhea.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684633>

Question 343

The foundation of health-related fitness is

- A) a healthy body composition.
- B) muscular endurance.
- C) cardiorespiratory fitness.
- D) muscular strength.

Answer: <https://biology-forums.com/index.php?topic=684791>

Question 344

The term stress is associated with situations or experiences that cause feelings of

- A) tension.
- B) excitement.
- C) anticipation.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684619>

Question 345

Seeking support may decrease the likelihood of depression.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684680>

Question 346

List four characteristics of individuals who age successfully.

Answer: <https://biology-forums.com/index.php?topic=685851>

Question 347

Which of the following is not a central nervous system stimulant?

- A) Caffeine
- B) Ritalin
- C) Cocaine
- D) LSD

Answer: <https://biology-forums.com/index.php?topic=684997>

Question 348

Cancer of the blood is known as _____.

Answer: <https://biology-forums.com/index.php?topic=685502>

Question 349

Explain changes in the nutritional needs of men and women.

Answer: <https://biology-forums.com/index.php?topic=684786>

Question 350

All of the following are risk factors for both ovarian cancer and breast cancer except

- A) mutations in BRCA 1 and BRCA 2 genes.
- B) having two or more drinks a day on a regular basis.
- C) a family history of breast cancer.
- D) never having children.

Answer: <https://biology-forums.com/index.php?topic=685471>

Question 351

Which of the following becomes more of a challenge with aging?

- A) Having a strong sense of who you are
- B) Defining what is a good life and a good death
- C) Having more appreciation for those around you
- D) Having a limited range of experience to rely on

Answer: <https://biology-forums.com/index.php?topic=685769>

Question 352

Rhythmic bouncing movements in a stretch is characteristic of _____ stretching.

Answer: <https://biology-forums.com/index.php?topic=684868>

Question 353

Municipal solid waste (MSW) includes all the following except

- A) sewage.
- B) plastics.
- C) yard clippings.
- D) discarded food.

Answer: <https://biology-forums.com/index.php?topic=685701>

Question 354

All of the following are likely sources of water pollution except

- A) gasoline storage tanks.
- B) pesticide and fertilizer runoff.
- C) animal feedlots.
- D) groundwater.

Answer: <https://biology-forums.com/index.php?topic=685697>

Question 355

A TIA is a milder form of

- A) heart attack.
- B) stroke.
- C) heart valve disorder.
- D) hypertension.

Answer: <https://biology-forums.com/index.php?topic=685442>

Question 356

Because Ashley is regularly exposed to secondhand smoke, she inhales higher concentrations of nicotine, tar, carbon dioxide and ammonia than a smoker does.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685127>

Question 357

Conventional medicine can be referred to as all of the following except

- A) allopathic medicine.
- B) Western medicine.
- C) complementary medicine.
- D) evidence-based medicine.

Answer: <https://biology-forums.com/index.php?topic=685515>

Question 358

Core strength can be built through exercise such as

- A) abdominal curls.
- B) back extensions.
- C) Pilates.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684824>

Question 359

A physician assistant can perform the same procedures as a nurse practitioner.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685544>

Question 360

The FITT principle stands for

- A) frequency, intensity, training and type.
- B) frequency, intensity, time and type.
- C) flexibility, interacting with training and time.
- D) four components, increasing, to tone and treat illness.

Answer: <https://biology-forums.com/index.php?topic=684804>

Question 361

When a person takes two or more drugs at once, the physiological effects are likely to be greater if the drugs exhibit

- A) additive interactions.
- B) antagonistic interactions.
- C) selective interactions.
- D) endogenous interactions.

Answer: <https://biology-forums.com/index.php?topic=684987>

Question 362

In Arizona, "sexting" is a misdemeanor for minors.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685284>

Question 363

Prohibition was considered a success at reducing alcohol consumption.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685035>

Question 364

Inflammation is classified as a(n)

- A) specific immune response.
- B) allergic reaction.
- C) nonspecific immune response.
- D) herd response.

Answer: <https://biology-forums.com/index.php?topic=685322>

Question 365

Which of the following factors is the most important to consider when deciding whether or not a seriously ill person should stop treatment or have treatment withheld?

- A) The side effects of the treatment
- B) The costs of the treatment
- C) The wishes of the person expressed directly or in a living will
- D) How much stress family members are facing

Answer: <https://biology-forums.com/index.php?topic=685812>

Question 366

Moderate intensity activity is defined as activity that will raise your heart rate to

- A) 40-50% of your maximum heart rate.
- B) 50-70% of your maximum heart rate.
- C) 70-85% of your maximum heart rate.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684815>

Question 367

Carbon _____ poisoning may result from a poorly ventilated gas heater.

Answer: <https://biology-forums.com/index.php?topic=685754>

Question 368

The ability of your heart and lungs to effectively deliver oxygen to your muscles during prolonged physical activity is called

- A) muscular endurance.
- B) muscular strength.
- C) flexibility.
- D) cardiorespiratory fitness.

Answer: <https://biology-forums.com/index.php?topic=684792>

Question 369

Bob is terminally ill. His family has requested that he not receive CPR if his heart stops beating. This means that he has this in his medical chart.

- A) A living will
- B) A DNR order
- C) A will
- D) Palliative care

Answer: <https://biology-forums.com/index.php?topic=685808>

Question 370

Secondhand smoke can cause or exacerbate which of the following health conditions?

- A) Asthma
- B) Cancer
- C) Respiratory infections
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685091>

Question 371

To lose weight, a person must expend the same number of calories that he or she consumes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684933>

Question 372

Transgendered individuals are people who

- A) live as the gender opposite of their assigned sex.
- B) express their gender as different from their assigned sex.
- C) reject their gender.
- D) don't identify with people of their assigned gender.

Answer: <https://biology-forums.com/index.php?topic=685266>

Question 373

National statistics suggest that more than half of young adults today will die of cancer or cardiovascular disease during their lifetime.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685473>

Question 374

Older adults taking prescription medications may suffer harmful effects if they combine these with

- A) alcohol.
- B) over-the-counter medications.
- C) supplements.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685801>

Question 375

Noise pollution that can cause hearing loss begins at

- A) 50 decibels.
- B) 60 decibels.
- C) 85 decibels.
- D) 110 decibels.

Answer: <https://biology-forums.com/index.php?topic=685721>

Question 376

On college campuses, obesity is higher in female students than male students.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684942>

Question 377

In Alzheimer's disease, affected nerve cells in the brain are filled with abnormal collections of twisted protein threads called _____ and deposits of apparently toxic protein fragments called amyloid-beta plaques.

Answer: <https://biology-forums.com/index.php?topic=685844>

Question 378

Gangs are involved in which of the following crimes?

- A) Drug trade
- B) Armed robbery
- C) Home invasion
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685614>

Question 379

When relationships end, all of the following are recommended except

- A) keep busy.
- B) talk about it.
- C) focus on what you did wrong.
- D) let your emotions out and allow yourself to cry.

Answer: <https://biology-forums.com/index.php?topic=685167>

Question 380

HPV infection is not a risk factor for cervical cancer.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685492>

Question 381

Candida albicans

- A) is transmitted by pubic lice.
- B) can cause an infection after taking antibiotics.
- C) was once the leading cause of death in the U.S.
- D) is transmitted by contaminated water or food.

Answer: <https://biology-forums.com/index.php?topic=685349>

Question 382

When a country's number of live births and immigrations simply replaces the number of deaths and emigrations, it is said to have achieved _____ population growth.

Answer: <https://biology-forums.com/index.php?topic=685741>

Question 383

All of the following are equivalent to a one ounce serving of a grain except

- A) one slice of whole wheat bread.
- B) one hamburger bun.
- C) one half cup of brown rice.
- D) one half cup of white rice.

Answer: <https://biology-forums.com/index.php?topic=684738>

Question 384

The food pyramid for older adults emphasizes the importance of

- A) calcium and vitamin D.
- B) hydration and physical activity.
- C) fiber and calcium.
- D) weight maintenance.

Answer: <https://biology-forums.com/index.php?topic=685799>

Question 385

Antioxidants work by stabilizing free radicals that can harm cells.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684765>

Question 386

Which of the following is not a water pollutant?

- A) Petroleum products
- B) Ozone
- C) Dioxins
- D) Polychlorinated biphenyls (PCBs)

Answer: <https://biology-forums.com/index.php?topic=685695>

Question 387

Chewing tobacco commonly enters the body through which method of administration?

- A) Injection
- B) Inhalation
- C) Mucosal absorption
- D) Topical administration

Answer: <https://biology-forums.com/index.php?topic=684983>

Question 388

Lactose intolerance is best described as a/an

- A) immune response to milk.
- B) condition that occurs immediately after consuming milk.
- C) inability to digest milk sugar.
- D) food allergy.

Answer: <https://biology-forums.com/index.php?topic=684745>

Question 389

What can you do to help you increase your activity levels and meet the Physical Activity Guidelines for Americans?

Answer: <https://biology-forums.com/index.php?topic=684875>

Question 390

Condoms or _____ dams should be used if a sexual partner has genital herpes.

Answer: <https://biology-forums.com/index.php?topic=685405>

Question 391

What percentage of daily calories should come from carbohydrates?

- A) 20-40
- B) 60-70
- C) 45-65
- D) 12-15

Answer: <https://biology-forums.com/index.php?topic=684714>

Question 392

What is the name of the symbol on a supplement label that means the product meets minimum safety and purity standards?

- A) USP
- B) UPS

- C) FDA
- D) GOV

Answer: <https://biology-forums.com/index.php?topic=685512>

Question 393

Herd immunity offers protection to individuals who are not vaccinated.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685383>

Question 394

The tobacco in one cigar can contain as much tobacco as _____ cigarette(s).

- A) one
- B) half a pack of
- C) a pack of
- D) five

Answer: <https://biology-forums.com/index.php?topic=685092>

Question 395

Refer to Caleb's Student Story in the chapter. What safety precaution did Caleb take that prevented him from sustaining injuries?

- A) He wore a seatbelt.
- B) He swerved his car to avoid the oncoming car.
- C) He had a car with an airbag.
- D) He put on his brakes when he saw the oncoming car.

Answer: <https://biology-forums.com/index.php?topic=685594>

Question 396

All of the following are characteristics of Alzheimer's disease except

- A) it's not life threatening.
- B) it steals memory and concentration.
- C) it affects mood and personality.
- D) it can leave a person depressed and subject to delusions.

Answer: <https://biology-forums.com/index.php?topic=685792>

Question 397

Under the new 2010 healthcare plan, you can stay on your parent's health insurance plan as long as you live with them.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685553>

Question 398

According to Masters and Johnson, the first stage of the human sexual response cycle is

- A) excitement.
- B) plateau.
- C) orgasm.
- D) resolution.

Answer: <https://biology-forums.com/index.php?topic=685251>

Question 399

Sun exposure is necessary for the body to produce vitamin D.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684760>

Question 400

A person with _____ eating disorder will often secretly eat large quantities of food without taking steps to expend the calories consumed.

Answer: <https://biology-forums.com/index.php?topic=684954>

Question 401

The current life expectancy at birth in the U.S. is

- A) 67.7 years.
- B) 72.7 years.

C) 77.7 years.

D) 82.7 years.

Answer: <https://biology-forums.com/index.php?topic=685853>

Question 402

A 1/2 cup serving of ice cream is equivalent in size to

A) 1/2 of a baseball.

B) one baseball.

C) one ping pong ball.

D) 1/2 of a ping pong ball.

Answer: <https://biology-forums.com/index.php?topic=684903>

Question 403

To gain the most information about tests and how to succeed in a course, look at

A) the course syllabus.

B) the schedule of classes.

C) the course web site.

D) both the syllabus and the web site of the course.

Answer: <https://biology-forums.com/index.php?topic=684654>

Question 404

Recall Amanda's Student Story in the chapter. Amanda has regular mammograms and pelvic exams. Which of the following screenings should a female with a family history of reproductive cancer and skin cancer have?

A) Monthly breast self-exams

B) Yearly skin cancer screening

C) HPV screening

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685462>

Question 405

The most popular mind-altering drug in the world is

A) alcohol.

B) nicotine.

C) caffeine.

D) cocaine.

Answer: <https://biology-forums.com/index.php?topic=684998>

Question 406

Stretching performed with a partner who increases the intensity of the stretch by gently applying pressure to your body as it stretches is called _____ stretching.

Answer: <https://biology-forums.com/index.php?topic=684867>

Question 407

The principle that states your fitness level will decline if you don't maintain your physical activity is known as the principle of

A) recuperation.

B) adaptation.

C) reversibility.

D) individuality.

Answer: <https://biology-forums.com/index.php?topic=684808>

Question 408

Different populations perceive stress differently in their lives.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684678>

Question 409

If an alternative treatment, such as an herbal medicine, is labeled "natural" you can be confident it will not cause any harm.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685548>

Question 410

Over-the-counter medications are prescription drugs.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685025>

Question 411

The American College of Sports Medicine recommends a target heart rate zone between

- A) 48 and 76 % of your maximum heart rate.
- B) 56 and 82 % of your maximum heart rate.
- C) 64 and 91 % of your maximum heart rate.
- D) 72 and 99 % of your maximum heart rate.

Answer: <https://biology-forums.com/index.php?topic=684812>

Question 412

Which of the following students is least likely to binge drink?

- A) Athletes
- B) Minorities
- C) Fraternity and sorority members
- D) Sports fans

Answer: <https://biology-forums.com/index.php?topic=685061>

Question 413

Consuming alcohol may lead to dehydration because alcohol is a _____.

Answer: <https://biology-forums.com/index.php?topic=685132>

Question 414

Discuss three reasons why students smoke.

Answer: <https://biology-forums.com/index.php?topic=685146>

Question 415

An example of a chronic stressor is

- A) getting a speeding ticket.
- B) having the flu for 2 weeks.
- C) being on academic probation for a semester.
- D) losing ten dollars.

Answer: <https://biology-forums.com/index.php?topic=684635>

Question 416

The USP symbol means that the product meets minimum safety and purity standards.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685542>

Question 417

What signs can you look for in a friend to be aware he or she is contemplating suicide?

Answer: <https://biology-forums.com/index.php?topic=684618>

Question 418

Carbon monoxide

- A) is easy to detect because it smells like rotten eggs.
- B) causes liver cancer.
- C) can be fatal if inhaled.
- D) is more prevalent in the summer.

Answer: <https://biology-forums.com/index.php?topic=685711>

Question 419

Marie and Rob are no longer intimate and are considering divorce, but are still living in the same house. This type of love is called _____ love.

Answer: <https://biology-forums.com/index.php?topic=685205>

Question 420

Tailgating and abrupt lane changes are examples of _____ driving.

Answer: <https://biology-forums.com/index.php?topic=685658>

Question 421

How does a person's body image affect eating behaviors?

Answer: <https://biology-forums.com/index.php?topic=684962>

Question 422

The risk for Alzheimer's dramatically increases after age

- A) 50.
- B) 60.
- C) 70.
- D) 80.

Answer: <https://biology-forums.com/index.php?topic=685791>

Question 423

Carrie has a two-year-old daughter who weighs 25 pounds. What type of car seat should she use for her?

- A) A rear-facing safety seat
- B) A booster seat
- C) A safety belt strap in an adult seat
- D) A forward-facing safety seat

Answer: <https://biology-forums.com/index.php?topic=685592>

Question 424

It is well established that the MMR vaccine causes autism in children.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685385>

Question 425

Which of the following statements regarding anal intercourse is true?

- A) Anal intercourse is practiced only by homosexual men.
- B) Anal intercourse is safer than vaginal sex for both pregnancy prevention and STI prevention.
- C) Over 1/3 of males and females aged 25-44 have had anal intercourse with a partner of the opposite sex.
- D) Anal intercourse is considered taboo by most young adults.

Answer: <https://biology-forums.com/index.php?topic=685259>

Question 426

Caffeine is not addictive.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685029>

Question 427

If you have a strong internal locus of control, you think that external events are out of your control.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685912>

Question 428

Older adults who smoke a pack of cigarettes a day can expect to die about how many years earlier than nonsmokers?

- A) 2
- B) 5
- C) 10
- D) 25

Answer: <https://biology-forums.com/index.php?topic=685800>

Question 429

Erectile dysfunction not caused from injury or underlying disease can result from

- A) fatigue.
- B) depression.
- C) the use of certain medications.
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685254>

Question 430

Mary is leaving her doctor's office and the office worker asks her for a \$20 co-pay. What is a copayment?

- A) The amount of money that you must pay yourself before the insurance company begins to cover the costs of your medical care.
- B) The amount of money that you pay out-of-pocket at each visit to a health provider.
- C) The amount of money that your employer pays to cover your insurance costs.
- D) The amount of money that you pay to add your children to your health policy.

Answer: <https://biology-forums.com/index.php?topic=685533>

Question 431

Anyone admitted to a drug treatment program will probably face legal charges and spend time in jail.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685036>

Question 432

Men account for the majority of arrests for violent crimes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685644>

Question 433

Which of the following is true regarding progress made as shown by Healthy People 2010 leading indicators?

- A) The target percentage of the population meeting an objective was achieved in most areas.
- B) The target percentage of the population meeting an objective was achieved only for not smoking.
- C) The target percentage of the population meeting an objective was not met for any indicator.
- D) The target percentage for staying within low-risk drinking guidelines was different for males and females.

Answer: <https://biology-forums.com/index.php?topic=685862>

Question 434

More expensive, specialized bike helmets are safer than standard bike helmets.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685637>

Question 435

Rachel is going to a sorority party with her friends. Discuss three ways she can protect herself from risky alcohol-related behaviors.

Answer: <https://biology-forums.com/index.php?topic=685143>

Question 436

Scientists believe that HIV infections in humans can be traced back to _____ in Africa.

Answer: <https://biology-forums.com/index.php?topic=685402>

Question 437

Students view stress as a primary obstacle to their academic achievement.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684673>

Question 438

A chemical that is chemically similar to amphetamine but is even more potent and harmful is called _____.

Answer: <https://biology-forums.com/index.php?topic=685044>

Question 439

Strategies for successful behavior change include all of the following except

- A) learning behaviors by watching others.
- B) breaking a big task into smaller tasks.

C) implementing punishment if change is not sustained.

D) using positive self-talk.

Answer: <https://biology-forums.com/index.php?topic=685887>

Question 440

Which of the following is not a factor in the Health Belief Model of behavior change?

A) Perceived threat

B) Perceived benefit

C) Self-efficacy

D) Access to health care

Answer: <https://biology-forums.com/index.php?topic=685883>

Question 441

What is "nonlove"? Give an example.

Answer: <https://biology-forums.com/index.php?topic=685218>

Question 442

Lean tissue consists of muscle, bone, organs, and water.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684841>

Question 443

Daily physical activity should be built into a nutritional plan.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684768>

Question 444

Malaria is typically transmitted through the bites of infected _____.

Answer: <https://biology-forums.com/index.php?topic=685401>

Question 445

Julie has light skin that burns easily. Which of the following will not increase her risk for skin cancer?

A) Using a tanning bed instead of lying out in the sun

B) Sunning on the beach using tanning lotion with an SFP of 4

C) Wearing sunscreen, a hat, and protective clothing when she is outside

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685463>

Question 446

Which type of health-insurance plan allows you to use any medical provider you choose and then submit a bill to an insurance company that will pay part of the cost, leaving you to cover the rest?

A) Medicare

B) Point-of-service plan

C) Fee-for-service plan

D) Mini-med plan

Answer: <https://biology-forums.com/index.php?topic=685527>

Question 447

The majority of the energy a person utilizes daily goes toward

A) digesting food.

B) regulating body temperature.

C) physical activity expenditure.

D) basal metabolism.

Answer: <https://biology-forums.com/index.php?topic=684890>

Question 448

If the heart gets some but not all the oxygen and nutrients it needs, a painful condition called _____ occurs.

Answer: <https://biology-forums.com/index.php?topic=685499>

Question 449

Explain the following statement: Your genome is not your destiny.

Answer: <https://biology-forums.com/index.php?topic=685582>

Question 450

The relative proportions of fat tissue and lean tissue in your body is called body _____.

Answer: <https://biology-forums.com/index.php?topic=684859>

Question 451

Cigarettes contain chemicals found in gasoline and embalming fluid.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685126>

Question 452

Which of the following types of managed-care plans offers the consumer the most options in seeking a provider?

- A) Health maintenance organization (HMO)
- B) Preferred provider organizations (PPO)
- C) Point-of-service plans (POS)
- D) Mini-med plan

Answer: <https://biology-forums.com/index.php?topic=685523>

Question 453

The motivational component of Sternberg's triangular theory of love is _____.

Answer: <https://biology-forums.com/index.php?topic=685202>

Question 454

Colleges who participate in the Healthy Campus initiative can choose which health issues they want to focus on improving.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685895>

Question 455

Allergies are due to

- A) decreased natural killer-cell numbers.
- B) exposure to certain microbes.
- C) the release of histamine by mast cells.
- D) the production of antibodies by macrophages.

Answer: <https://biology-forums.com/index.php?topic=685326>

Question 456

Scientists can assess chemical exposure in humans through a process called _____.

Answer: <https://biology-forums.com/index.php?topic=685753>

Question 457

Use VaR techniques to determine the cost of insurance on a risky investment. The investment asset has a value of \$150 and pays no dividend. The historical standard deviation of the asset is 20% and the expected return on the asset is 15%. At the 95% confidence level, what is the price of a put option that insures the asset over the next 6 months?

- A) \$0.33
- B) \$1.25
- C) \$2.65
- D) \$6.56

Answer: <https://biology-forums.com/index.php?topic=684521>

Question 458

The depressed or "flat" feeling that drug users may feel when they are not taking a drug is related to

- A) high levels of dopamine being released in the brain.
- B) reduced production of the brain's natural chemical regulators.
- C) the body being primed for repeat stimulation.

D) lower tolerance for the drug.

Answer: <https://biology-forums.com/index.php?topic=684977>

Question 459

Which of the following is not true of antidepressants?

- A) They work by normalizing the levels of the neurotransmitters serotonin, norepinephrine, or dopamine.
- B) Abruptly stopping use of antidepressants can cause withdrawal symptoms.
- C) The same drug that helps one person may not help another person.
- D) They have no side effects.

Answer: <https://biology-forums.com/index.php?topic=684562>

Question 460

The American Psychiatric Association defines homosexuality as

- A) a mental illness.
- B) a biological abnormality.
- C) a normal variant of sexual orientation.
- D) an abnormal variant of sexual orientation.

Answer: <https://biology-forums.com/index.php?topic=685263>

Question 461

An estimated _____ of American children and teenagers between the ages of 12 to 19 are overweight.

- A) 2%
- B) 5%
- C) 10%
- D) 17%

Answer: <https://biology-forums.com/index.php?topic=684880>

Question 462

The use of cell phones or similar electronic devices to send sexually explicit text, photos or videos is called

- A) cyberstalking.
- B) sexting.
- C) blogging.
- D) tweeting.

Answer: <https://biology-forums.com/index.php?topic=685258>

Question 463

Name the two types of acquired immunity and explain how they are acquired.

Answer: <https://biology-forums.com/index.php?topic=685409>

Question 464

Which type of nonverbal communication sends a positive message?

- A) Making good eye contact
- B) Acting passive or indifferent
- C) Keeping your arms crossed
- D) Hunching your shoulders to avoid looking aggressive

Answer: <https://biology-forums.com/index.php?topic=685150>

Question 465

The majority of hate crimes target victims based on their

- A) religious beliefs.
- B) race.
- C) sexual orientation.
- D) ethnicity.

Answer: <https://biology-forums.com/index.php?topic=685618>

Question 466

A BMI of 25 indicates healthful weight.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684946>

Question 467

Which hormone appears to have a protective effect against heart disease?

- A) Testosterone
- B) Androgen
- C) Estrogen
- D) Progesterone

Answer: <https://biology-forums.com/index.php?topic=685449>

Question 468

Which of the following is a likely source of eustress?

- A) Getting a zero for failing to turn in an assignment
- B) Getting in a car accident
- C) Starting a new job
- D) Having an argument with a close friend

Answer: <https://biology-forums.com/index.php?topic=684620>

Question 469

All of the following are true about LSD except

- A) its effects are unpredictable.
- B) it usually takes 30-90 minutes to take effect.
- C) users sometimes have "flashbacks."
- D) users cannot develop a tolerance to the drug.

Answer: <https://biology-forums.com/index.php?topic=685008>

Question 470

Speeding leads to unintentional injuries by

- A) increasing the distance needed to stop in an emergency.
- B) reducing the effectiveness of safety devices like seat belts and airbags.
- C) reducing the amount of time to react to road conditions.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685586>

Question 471

Genetically modifying foods can result in

- A) plants that are more resistant to pests.
- B) meat that is lower in fat.
- C) plants that better tolerate heat and poor soil.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684748>

Question 472

A bond maturing in 5 years has a YTM = 0.065 and an annual yield volatility of 2.0%. Given a \$15 million portfolio, what is the value at risk over 2 weeks at a 95% confidence level?

- A) \$283,917
- B) \$383,917
- C) \$483,917
- D) \$583,917

Answer: <https://biology-forums.com/index.php?topic=684517>

Question 473

Russ was on his way to Florida for spring break when he encountered a hailstorm. What should he have done given the road conditions?

- A) Closely followed the car in front of him so he could see the tail lights
- B) Sped up to get through the storm quickly
- C) Slowed down to adjust for wet pavement and reduced visibility
- D) Made calls from his cell phone to check the storm forecast

Answer: <https://biology-forums.com/index.php?topic=685590>

Question 474

A person with COPD can have

- A) asthma.
- B) chronic bronchitis.
- C) emphysema.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685087>

Question 475

Repetitive strain injuries can result in which of the following?

- A) Pain
- B) Swelling
- C) Permanent nerve damage
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685606>

Question 476

Which of the following are signs of social anxiety disorder?

- A) Cancelling social engagements at the last moment
- B) Having few friends who really know you
- C) Avoiding enjoyable activities because they require social interaction
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684566>

Question 477

A retail clinic, such as a drug store, may provide vaccines and screenings.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685545>

Question 478

What are the benefits of staying single?

Answer: <https://biology-forums.com/index.php?topic=685226>

Question 479

Carbohydrates fuel low, medium, and high intensity activities.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684751>

Question 480

Which of the following mental health professionals has the authority to prescribe medications?

- A) Counselors
- B) Psychologists
- C) Psychiatrists
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684575>

Question 481

Fruits and vegetables are a source of water in the diet.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684763>

Question 482

Having or adopting children can produce dramatic changes in your life. Discuss five important things to consider when thinking about becoming a parent.

Answer: <https://biology-forums.com/index.php?topic=685227>

Question 483

The "Five Wishes" includes key aspects of a health care proxy and

- A) a living will.
- B) a trust.

- C) a DNR order.
- D) an estate plan.

Answer: <https://biology-forums.com/index.php?topic=685807>

Question 484

The ability to perform moderate to vigorous levels of activity and respond to physical demands is known as

- A) exercise.
- B) physical activity.
- C) physical fitness.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684790>

Question 485

A high score on the College Undergraduate Stress Scale would indicate that an individual is at a lower risk of stress due to more positive coping strategies.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684677>

Question 486

What is the main difference between conventional medicine and alternative medicine?

Answer: <https://biology-forums.com/index.php?topic=685578>

Question 487

When taking a test, you should answer

- A) the hard questions first.
- B) the easy questions first.
- C) the questions in the order in which they are presented.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684651>

Question 488

Motorcyclists are _____ times more likely than car riders to die in a crash. (Make sure your answer is a numeral.)

Answer: <https://biology-forums.com/index.php?topic=685660>

Question 489

Saturated fats have all the following characteristics except

- A) they have a long shelf life.
- B) they are stable.
- C) they decrease LDL cholesterol.
- D) they are solid at room temperature.

Answer: <https://biology-forums.com/index.php?topic=684716>

Question 490

Refer to Jenny's Student Story in the chapter. For Jenny, what was the turning point in the relationship?

- A) When her boyfriend refused to go out with her friends
- B) When her boyfriend checked her cell phone messages
- C) When her boyfriend pushed her into a wall
- D) When she had to check in with her boyfriend every day

Answer: <https://biology-forums.com/index.php?topic=685627>

Question 491

There has been a significant increase in unmarried couples living together. This is known as _____.

Answer: <https://biology-forums.com/index.php?topic=685210>

Question 492

College students tend to overestimate how many of their peers are

- A) using alcohol.
- B) smoking.
- C) using illicit drugs.

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685869>

Question 493

What symptoms might a college student with attention-deficit/hyperactivity disorder manifest?

Answer: <https://biology-forums.com/index.php?topic=684617>

Question 494

Which of the following behaviors are most strongly associated with bulimia nervosa?

- A) A refusal to eat, a refusal to maintain a normal body weight, and a distorted body image
- B) A regular pattern of bingeing and purging and an obsession with body weight and shape
- C) Eating only one meal per day
- D) Using food as a reward, eating even when not hungry, and thinking about food throughout the day

Answer: <https://biology-forums.com/index.php?topic=684915>

Question 495

Hepatitis B is most commonly spread through

- A) unprotected sex.
- B) sharing needles.
- C) unclean water.
- D) fecal matter.

Answer: <https://biology-forums.com/index.php?topic=685361>

Question 496

A pregnancy where the embryo implants outside the uterus is called a(n) _____ pregnancy.

Answer: <https://biology-forums.com/index.php?topic=685407>

Question 497

If left untreated, a strep throat can lead to _____ fever or rheumatic fever.

Answer: <https://biology-forums.com/index.php?topic=685397>

Question 498

How does radon enter homes? What are the hazards?

Answer: <https://biology-forums.com/index.php?topic=685766>

Question 499

All of the following are correct about acid rain except

- A) it is created when sulfur dioxide combines with nitrogen oxide in the air.
- B) in the U.S., the West Coast has experienced the most damage.
- C) it can damage monuments.
- D) it is the result of burning fossil fuels.

Answer: <https://biology-forums.com/index.php?topic=685691>

Question 500

What is the cycle of violence that makes it difficult for a victim to escape?

Answer: <https://biology-forums.com/index.php?topic=685672>

Question 501

Postmenopausal women have a greater risk for

- A) osteoporosis.
- B) heart disease.
- C) weight gain.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685782>

Question 502

Excess weight can put pressure on the joints and cause osteoarthritis.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684932>

Question 503

A support network can

- A) help you keep a realistic perspective.
- B) connect you with others who understand your situation and the stresses you face.
- C) give you encouragement when you need it.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684646>

Question 504

Which sexually transmitted infection can cause cancer?

- A) Syphilis
- B) Human papillomavirus
- C) Gonorrhea
- D) Chlamydia

Answer: <https://biology-forums.com/index.php?topic=685363>

Question 505

List five changes that occur in a pregnant woman's body.

Answer: <https://biology-forums.com/index.php?topic=685313>

Question 506

Making sure your bathroom is cleaned often and has good air circulation is recommended to help prevent exposure to

- A) mold.
- B) volatile organic compounds.
- C) formaldehyde.
- D) asbestos.

Answer: <https://biology-forums.com/index.php?topic=685717>

Question 507

List five safe driving practices.

Answer: <https://biology-forums.com/index.php?topic=685670>

Question 508

Which gas forms during metal processing and is linked to numerous health problems?

- A) Ozone
- B) Nitrogen dioxide
- C) Sulfur dioxide
- D) Carbon monoxide

Answer: <https://biology-forums.com/index.php?topic=685681>

Question 509

Violence refers only to the actual use of physical force.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685643>

Question 510

Refer to Michelle's Student Story in the chapter. What did Michelle provide her mother and aunt to help with their grief?

- A) Complicated grief counseling
- B) Social support
- C) Financial support
- D) Social services

Answer: <https://biology-forums.com/index.php?topic=685818>

Question 511

HIV can be transmitted in all the following ways except through

- A) blood.
- B) breast milk.

- C) sharing a cup.
- D) anal intercourse.

Answer: <https://biology-forums.com/index.php?topic=685358>

Question 512

Most digested alcohol is metabolized in the _____.

Answer: <https://biology-forums.com/index.php?topic=685130>

Question 513

The main psychoactive chemical in marijuana is

- A) PCP.
- B) THC.
- C) LSD.
- D) MDMA.

Answer: <https://biology-forums.com/index.php?topic=684993>

Question 514

What daily choices contribute to your carbon footprint?

Answer: <https://biology-forums.com/index.php?topic=685761>

Question 515

Social aging refers to age-related changes in

- A) the body from birth to death.
- B) relationships, career, and income.
- C) cognitive functioning.
- D) mood and emotions.

Answer: <https://biology-forums.com/index.php?topic=685776>

Question 516

Being obese can increase a person's risk for developing sleep apnea.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684929>

Question 517

What is a credit default swap and what function does it serve?

Answer: <https://biology-forums.com/index.php?topic=684544>

Question 518

The 2008 National Survey on Drug Use and Health noted variations in illicit drug use based on educational status. It revealed all of the following except:

- A) Drug use was higher among people without high school degrees.
- B) Drug use was higher among people with college degrees.
- C) College graduates were more likely to have experimented with drugs than people without high school degrees.
- D) The difference in drug use between college graduates and non-high school graduates was about 3%.

Answer: <https://biology-forums.com/index.php?topic=684973>

Question 519

A college undergraduate who has poor sleep quality might be at an increased risk of engaging in risky behaviors such as

- A) drinking.
- B) smoking.
- C) fighting.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684658>

Question 520

Discuss at least five characteristics of a dysfunctional relationship.

Answer: <https://biology-forums.com/index.php?topic=685223>

Question 521

What are the most common characteristics of happy families? Explain your answer.

Answer: <https://biology-forums.com/index.php?topic=685229>

Question 522

Male and female condoms are equally effective in the prevention of both STIs and unplanned pregnancy.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685288>

Question 523

Amenorrhea is clinically defined as having no periods for at least

- A) one month.
- B) six weeks.
- C) two months.
- D) three consecutive months.

Answer: <https://biology-forums.com/index.php?topic=685249>

Question 524

Celibacy is practiced only by older adults or for religious reasons.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685282>

Question 525

The primary difference between dynamic and static muscular endurance is

- A) dynamic endurance requires higher intensity training.
- B) dynamic endurance requires movement.
- C) dynamic endurance does not fatigue a muscle.
- D) static endurance does not fatigue a muscle.

Answer: <https://biology-forums.com/index.php?topic=684794>

Question 526

Adolescents exposed to marital discord in their lives are less likely to have conflict in their own marriages years later.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685178>

Question 527

What is the association between dental health and cardiovascular disease?

- A) Individuals who have poor dental habits are less likely to take measures to prevent cardiovascular disease.
- B) The more cavities a person has, the higher the risk for heart disease.
- C) Pathogens involved in gum disease can cause inflammation, which may contribute to atherosclerosis.
- D) Infections in the teeth can cause rheumatic fever, which may lead to rheumatic heart disease.

Answer: <https://biology-forums.com/index.php?topic=685446>

Question 528

All of the following factors increase a person's risk for developing an eating disorder except

- A) low self-esteem.
- B) being in a healthy relationship.
- C) depression.
- D) participating in a sport that values low body weight.

Answer: <https://biology-forums.com/index.php?topic=684913>

Question 529

Obesity is associated with lower levels of this type of cholesterol.

- A) LDL
- B) Triglycerides
- C) HDL
- D) Saturated

Answer: <https://biology-forums.com/index.php?topic=684883>

Question 530

Methamphetamine use may cause all of the following except

- A) paranoia.
- B) memory loss.
- C) reduced heart rate.
- D) convulsions.

Answer: <https://biology-forums.com/index.php?topic=685007>

Question 531

Children under the age of _____ are especially vulnerable to choking on large pieces of food. (Make sure your answer is a numeral.)

Answer: <https://biology-forums.com/index.php?topic=685661>

Question 532

Jess uses an anti-aging moisturizer. Which of the following ingredients is most likely to help reduce aging?

- A) A phytochemical
- B) A probiotic
- C) A carotenoid
- D) An antioxidant

Answer: <https://biology-forums.com/index.php?topic=684731>

Question 533

The highest rates of suicide are in

- A) African American males over 60.
- B) Caucasian females between 60 and 80.
- C) Asian American males over 80.
- D) Caucasian males over 85.

Answer: <https://biology-forums.com/index.php?topic=685797>

Question 534

The level of effort you exert while exercising is known as _____.

Answer: <https://biology-forums.com/index.php?topic=684863>

Question 535

Homophobia in extreme cases leads to hate crimes against homosexuals.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685287>

Question 536

Which of the following methods of taking cocaine produces the most rapid effect?

- A) Eating it
- B) Drinking it
- C) Inhaling it
- D) Freebasing it

Answer: <https://biology-forums.com/index.php?topic=685001>

Question 537

A sign of a healthy relationship includes all the following except:

- A) You insist on doing everything together.
- B) You engage in activities you both like.
- C) You share decision making.
- D) You confide in each other.

Answer: <https://biology-forums.com/index.php?topic=685165>

Question 538

Bisphenol A, or _____ is found in baby bottles, plastic dinnerware, and plastic beverage containers. (Be sure to use all capital letters.)

Answer: <https://biology-forums.com/index.php?topic=685751>

Question 539

Prescription opioids are used to treat anxiety disorders.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685034>

Question 540

Diabetes shaves 10-15 years off a person's life.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685479>

Question 541

When exercising for stress management, what are some things that you can do to try to maximize the benefit and stay on track with the program?

Answer: <https://biology-forums.com/index.php?topic=684702>

Question 542

What are some health benefits of a vegan diet?

Answer: <https://biology-forums.com/index.php?topic=684787>

Question 543

CVD, or _____ disease, is the leading cause of death in the U.S.

Answer: <https://biology-forums.com/index.php?topic=685497>

Question 544

Staph may cause all of the following except

- A) skin ailments.
- B) cancer.
- C) lung infection.
- D) organ failure.

Answer: <https://biology-forums.com/index.php?topic=685342>

Question 545

The term vulva refers to a woman's

- A) clitoris.
- B) external genitalia collectively.
- C) internal reproductive organs.
- D) vaginal area.

Answer: <https://biology-forums.com/index.php?topic=685230>

Question 546

Whole grains are classified as starches, and processed grains are classified as sugars.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684754>

Question 547

All the following statements describe chronic disease except:

- A) It develops gradually.
- B) It lasts for a long time.
- C) It can easily be spread from one person to another.
- D) It causes either continual symptoms or recurring bouts of illness.

Answer: <https://biology-forums.com/index.php?topic=685420>

Question 548

A muscle that has been overloaded by training needs at least 24 hours of recovery.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684851>

Question 549

Refer to Michelle's Student Story in the chapter. Because Michelle's uncle died unexpectedly and at a young age, she most likely experienced this stage of grief first.

- A) Disbelief
- B) Anger
- C) Acceptance
- D) Yearning

Answer: <https://biology-forums.com/index.php?topic=685817>

Question 550

Use VaR techniques to determine the cost of insurance on a risky investment. The investment asset has a value of \$80 and pays no dividend. The historical standard deviation of the asset is 15% and the expected return on the asset is 8%. At the 95% confidence level, what is the price of a put option that insures the asset over the next year?

- A) \$2.56
- B) \$1.25
- C) \$0.86
- D) \$0.15

Answer: <https://biology-forums.com/index.php?topic=684522>

Question 551

College students in lower socioeconomic positions report _____ rates of overweight and obesity than students in more privileged socioeconomic groups.

- A) lower
- B) higher
- C) identical
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684924>

Question 552

Describe three ways you can reduce your energy consumption.

Answer: <https://biology-forums.com/index.php?topic=685762>

Question 553

The difference between the yield to maturity on a defaultable bond and an otherwise equivalent default-free bond is called the:

- A) Credit risk
- B) Credit spread
- C) Loss given default
- D) Recovery rate

Answer: <https://biology-forums.com/index.php?topic=684528>

Question 554

Which of the following advancements in airbags since 2007 has enhanced automobile safety?

- A) They are no longer a risk to infants and young children riding in the front seat.
- B) They are deployed at a reduced force or shut off completely in a low-speed collision.
- C) They eliminate the need for seatbelts.
- D) They slow down the car's acceleration prior to deploying.

Answer: <https://biology-forums.com/index.php?topic=685591>

Question 555

The majority of preventable accidents in college-aged adults can be attributed to alcohol. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685100>

Question 556

Life expectancy for men is

- A) higher than it is for women by nearly 5 years.
- B) higher than it is for women by nearly 3 years.
- C) lower than it is for women by nearly 5 years.
- D) lower than it is for women by nearly 3 years.

Answer: <https://biology-forums.com/index.php?topic=685775>

Question 557

Brenda is a 19-year-old virgin. According to the ACOG, when should she have her first pelvic exam and pap smear?

- A) Not until she becomes sexually active
- B) By the age of 21
- C) When she shows any symptoms of menstrual irregularities
- D) At age 30

Answer: <https://biology-forums.com/index.php?topic=685233>

Question 558

Pesticides and herbicides would most likely be found in

- A) farm produce.
- B) city dust.
- C) electrical equipment.
- D) preservatives.

Answer: <https://biology-forums.com/index.php?topic=685713>

Question 559

All the following factors increase a person's risk for abusing alcohol except

- A) needing approval.
- B) having low self esteem.
- C) having a low stress level.
- D) being impulsive.

Answer: <https://biology-forums.com/index.php?topic=685071>

Question 560

The ozone layer shields us from excessive UV radiation.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685727>

Question 561

What is the recovery rate?

Answer: <https://biology-forums.com/index.php?topic=684542>

Question 562

An emerging field of psychology that focuses on increasing psychological strengths and improving happiness rather than on psychological problems is

- A) psychodynamic therapy.
- B) positive psychology.
- C) behavioral therapy.
- D) cognitive therapy.

Answer: <https://biology-forums.com/index.php?topic=684581>

Question 563

List at least three steps you can take to reduce household hazardous waste (HHW).

Answer: <https://biology-forums.com/index.php?topic=685764>

Question 564

The most common health problem reported by students in a recent nationwide study was

- A) allergies.
- B) bronchitis.
- C) strep throat.
- D) sinus infection.

Answer: <https://biology-forums.com/index.php?topic=685866>

Question 565

All of the following statements regarding generalized anxiety disorder are true except

- A) Its sufferers feel worry, anxiety and pessimism even when there is little or nothing to provoke it.
- B) Physical symptoms, such as headaches, muscle tension, and difficulty swallowing often accompany the anxiety.
- C) It affects twice as many men as women.

D) It can be diagnosed when the symptoms last six months or more.

Answer: <https://biology-forums.com/index.php?topic=684565>

Question 566

Alternative medical treatments may involve all of the following except

- A) mind.
- B) energy.
- C) scientific method.
- D) meditation.

Answer: <https://biology-forums.com/index.php?topic=685518>

Question 567

The world's population is around

- A) 1 billion.
- B) 4 billion.
- C) 7 billion.
- D) 10 billion.

Answer: <https://biology-forums.com/index.php?topic=685679>

Question 568

Ruth and Tom's only son recently left home for college for the first time. What changes and challenges might they face as they deal with "Empty Nest Syndrome?"

Answer: <https://biology-forums.com/index.php?topic=685850>

Question 569

Which of the following factors may damage the inner linings of the arteries?

- A) High blood pressure
- B) Smoking
- C) Certain types of infection
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685435>

Question 570

What is an "energy vampire"?

- A) A poorly insulated house that leaks home heat
- B) An electric appliance that uses lots of electricity
- C) A device that consumes electricity even when not in use
- D) A faulty electrical wiring system

Answer: <https://biology-forums.com/index.php?topic=685698>

Question 571

Explain how alcohol is absorbed and metabolized in the body.

Answer: <https://biology-forums.com/index.php?topic=685141>

Question 572

Foods high in fat-soluble vitamins need to be consumed more frequently than foods high in water-soluble vitamins.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684759>

Question 573

Alcohol, barbiturates, and benzodiazepines are all examples of a class of drugs known casually as "downers," a slang term for _____.

Answer: <https://biology-forums.com/index.php?topic=685047>

Question 574

All of the following activities can help prevent cognitive decline except

- A) crossword puzzles.
- B) attending religious services.
- C) social networking on the computer.
- D) watching television for a couple of hours per day.

Answer: <https://biology-forums.com/index.php?topic=685803>

Question 575

Justin is seeking the help of a therapist. Which of the following factors should he discuss before his first session?

- A) The cost
- B) The therapist's credentials and approach to therapy
- C) The experience the therapist has in helping others with similar issues
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684578>

Question 576

Health literacy includes the ability to

- A) read, understand, evaluate, and follow medical instructions.
- B) make medical choices based on gut instinct.
- C) decide what medications are actually necessary to treat a condition.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685875>

Question 577

Life _____ systems artificially sustain one or more vital functions.

Answer: <https://biology-forums.com/index.php?topic=685846>

Question 578

Which of the following is predicted to decrease life expectancy in coming years?

- A) Higher rates of smoking
- B) Higher rates of cardiovascular disease
- C) Higher rates of obesity
- D) Higher rates of alcohol abuse

Answer: <https://biology-forums.com/index.php?topic=685772>

Question 579

What have studies found regarding the notion that "opposites attract"?

Answer: <https://biology-forums.com/index.php?topic=685216>

Question 580

Pneumonia can only be caused by bacteria, such as *Streptococcus pneumoniae*.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685389>

Question 581

Current physical activity trends indicate that people may have an increased awareness of the benefits of fitness.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684840>

Question 582

Recall Jasmine's Student Story in the chapter. What benefit might Jasmine perceive as a motivator to changing her current behavior?

- A) Achieving a better financial situation
- B) Getting higher grades in school
- C) Making lasting relationships
- D) Having more time to spend with family

Answer: <https://biology-forums.com/index.php?topic=685885>

Question 583

Anabolic steroids can cause

- A) liver cancer.
- B) fluid retention.
- C) high blood pressure.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684833>

Question 584

- Individuals who are compulsive overeaters
- A) continue to eat even if they aren't hungry.
 - B) eat quickly and often.
 - C) use food as a reward.
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684919>

Question 585

Imagining that you are somewhere relaxing is an example of a _____ technique.

Answer: <https://biology-forums.com/index.php?topic=684697>

Question 586

- The serving size listed on a food label is based on
- A) the amount a 150lb adult should consume.
 - B) the recommended serving size for the food item.
 - C) a standard measuring cup.
 - D) the average of an adult portion and a child portion.

Answer: <https://biology-forums.com/index.php?topic=684735>

Question 587

Children born out of wedlock are more likely to experience a wide range of behavioral and emotional problems than children from married, two-parent families.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685188>

Question 588

Gay and bisexual men are at _____ risk for contracting HIV/AIDS and drug-resistant staphylococcus than other sexual orientation groups.

Answer: <https://biology-forums.com/index.php?topic=685922>

Question 589

All of the following are correct about methane and the environmental effects of cattle grazing except

- A) cows exhale methane.
- B) methane is a powerful greenhouse gas.
- C) methane has less environmental impact per molecule than carbon dioxide.
- D) cows excrete methane in their wastes.

Answer: <https://biology-forums.com/index.php?topic=685688>

Question 590

Discuss 4 highlights of the 2010 Health-Care Reform bill.

Answer: <https://biology-forums.com/index.php?topic=685581>

Question 591

The Epstein-Barr virus causes

- A) herpes.
- B) rabies.
- C) measles.
- D) mononucleosis.

Answer: <https://biology-forums.com/index.php?topic=685336>

Question 592

Victims who stay in abusive relationships are likely to do so for any of the following reasons except

- A) financial dependence on the abuser.
- B) a lack of self-confidence.
- C) cultural or moral prohibitions against family separation.
- D) the desire for revenge.

Answer: <https://biology-forums.com/index.php?topic=685624>

Question 593

Which of the following diseases is transmitted by animals?

- A) Tuberculosis
- B) MRSA
- C) Colds
- D) Influenza

Answer: <https://biology-forums.com/index.php?topic=685316>

Question 594

Factors that have been linked to higher rates of violent crime include all the following except

- A) Poverty
- B) Drugs and alcohol
- C) Aging
- D) Stress

Answer: <https://biology-forums.com/index.php?topic=685612>

Question 595

Getting regular exercise reduces a person's risk for diabetes and other chronic diseases.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685481>

Question 596

Smoking causes one out of every five deaths in the United States.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685122>

Question 597

Recording thoughts and feelings in a journal can stimulate thinking and feeling more positively about yourself.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684679>

Question 598

In 2008, the American Psychological Association ruled that having an abortion posed a significant threat to a woman's psychological health.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685290>

Question 599

Too much _____, a chemical substance found in coffee, can cause symptoms such as jitteriness and worsen your stress.

Answer: <https://biology-forums.com/index.php?topic=684699>

Question 600

An _____ pregnancy occurs when a fertilized egg implants within one of the fallopian tubes.

Answer: <https://biology-forums.com/index.php?topic=685308>

Question 601

Compare and contrast drinking patterns among Caucasians, African Americans, Native Americans, Asian Americans, and Hispanics as reported in a recent national survey conducted by The Substance Abuse and Mental Health Services Administration.

Answer: <https://biology-forums.com/index.php?topic=685139>

Question 602

The unit of measurement used to measure sound intensity is the _____.

Answer: <https://biology-forums.com/index.php?topic=685755>

Question 603

Terrorism is violence that is

- A) premeditated.
- B) politically motivated.

- C) against noncombatant individuals.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685619>

Question 604

According to a 2008 Kaiser Family Foundation study, the ethnic group with the lowest prevalence of obesity is

- A) Caucasian Americans.
- B) Asian Americans.
- C) Hispanic Americans.
- D) African Americans.

Answer: <https://biology-forums.com/index.php?topic=684922>

Question 605

Spelling out every point on your genome is also known as

- A) genome sequencing.
- B) whole genome scanning.
- C) pharmacogenetics.
- D) single-gene testing.

Answer: <https://biology-forums.com/index.php?topic=685536>

Question 606

All of the following statements about illicit drug use in the U.S. are correct except:

- A) Males are more likely to use drugs than females.
- B) Around 8% of Americans use drugs.
- C) Rates of drug use are highest in the South.
- D) Drug use is more common in urban areas.

Answer: <https://biology-forums.com/index.php?topic=684982>

Question 607

Loneliness can cause depression and other health problems.

Answer: <https://biology-forums.com/index.php?topic=684599>

Question 608

Most first year college students gain _____ pounds.

- A) 7-8
- B) 15
- C) 20
- D) 25

Answer: <https://biology-forums.com/index.php?topic=684894>

Question 609

What are the primary health effects of long-term stress?

Answer: <https://biology-forums.com/index.php?topic=684703>

Question 610

Disordered eating is

- A) the same as an eating disorder.
- B) a mental disorder characterized by physiological or psychological disturbances in appetite or food intake.
- C) unhealthful eating habits used to deal with emotional issues that do not warrant a diagnosis of a specific eating disorder.
- D) a condition in which a person's dietary intake may consist mostly of comfort foods.

Answer: <https://biology-forums.com/index.php?topic=684916>

Question 611

Physicians generally prescribe antibiotics to treat a strep throat, because if left untreated, it can lead to

- A) rheumatic fever.
- B) pneumonia.
- C) toxic shock syndrome.
- D) mononucleosis.

Answer: <https://biology-forums.com/index.php?topic=685345>

Question 612

Health disparities among different ethnic groups may be tied to

- A) socioeconomic status.
- B) cultural differences.
- C) biological differences.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685874>

Question 613

Peer pressure is a major factor in student drinking.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685103>

Question 614

Healthy strategies for managing your stress include all of the following except

- A) exercising regularly.
- B) making time for leisure activities.
- C) getting 5 hours of sleep per night.
- D) expressing your feelings.

Answer: <https://biology-forums.com/index.php?topic=684642>

Question 615

Which of the following is true with respect to frequent binge drinking?

- A) It is defined as drinking alcohol once a week.
- B) The incidence has been increasing among college students.
- C) More than half of all college students are frequent binge drinkers.
- D) It's not a problem if limited to a few years.

Answer: <https://biology-forums.com/index.php?topic=684970>

Question 616

Women produce more of the enzyme alcohol dehydrogenase than men.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685110>

Question 617

Which of the following can cause painful intercourse?

- A) Vaginal dryness
- B) Prior injury
- C) Infection or inflammation
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685253>

Question 618

Most Americans use drugs during their lifetime.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685017>

Question 619

Jermaine has a waist measurement of 41 inches, high blood pressure, and elevated triglycerides. This is characteristic of which condition?

- A) Lipidemia
- B) Type 2 diabetes
- C) Coronary heart disease
- D) Metabolic syndrome

Answer: <https://biology-forums.com/index.php?topic=684884>

Question 620

Which of the following is true of men and depression?

- A) Men are more likely than women to seek treatment for depression.

- B) Men do not experience any physical effects of depression.
- C) Men are more likely to turn to drugs and alcohol to deal with depression than women.
- D) Men with depression are less likely to contract heart disease.

Answer: <https://biology-forums.com/index.php?topic=684561>

Question 621

Recall Wilmer's Student Story from the chapter. Wilmer is considering taking Adderall to help him deal with

- A) the pain resulting from a broken leg.
- B) his hyperactive roommate.
- C) his hectic work and school schedule.
- D) withdrawal symptoms from using heroin.

Answer: <https://biology-forums.com/index.php?topic=685004>

Question 622

Which of the following techniques can help increase emotional intelligence?

- A) Recognizing and naming your emotions when you feel them.
- B) Thinking about other people's feelings and motivations in relation to specific situations or actions.
- C) Accepting your own emotions without allowing them to override your priorities.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684549>

Question 623

Jill's point-of-service health plan encourages her to stay within an approved network of providers and does not require obtaining a _____ before making an appointment.

Answer: <https://biology-forums.com/index.php?topic=685567>

Question 624

Environmental factors that contribute to obesity include a decrease in physical activity, a lack of access to healthy foods, and an increased intake of high calorie foods.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684940>

Question 625

Robert has been a smoker for two years. For the past three months he has been coughing up mucus and wheezing. His symptoms suggest he may have

- A) emphysema.
- B) asthma.
- C) chronic bronchitis.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=685089>

Question 626

What is implied volatility?

Answer: <https://biology-forums.com/index.php?topic=684523>

Question 627

Using a _____ provides the single most effective protection against injury or death in a car accident.

Answer: <https://biology-forums.com/index.php?topic=685659>

Question 628

The "eight Americas" analysis of longevity distinguishes between different groups of Americans based on all of the following except

- A) educational factors.
- B) racial factors.
- C) geographic factors.
- D) economic factors.

Answer: <https://biology-forums.com/index.php?topic=685774>

Question 629

Scientists specializing in psychoneuroimmunology study interactions among psychological processes, the nervous system, _____, and the

immune system.

Answer: <https://biology-forums.com/index.php?topic=684691>

Question 630

The purpose of the _____ vesicles is to secrete seminal fluid into the ejaculatory duct.

Answer: <https://biology-forums.com/index.php?topic=685302>

Question 631

A chancre is associated with which disease?

- A) HIV
- B) Human papillomavirus (HPV)
- C) Syphilis
- D) Gonorrhea

Answer: <https://biology-forums.com/index.php?topic=685374>

Question 632

All of the following are symptoms of schizophrenia except

- A) delusions.
- B) hallucinations.
- C) the ability to distinguish what is real from what is imaginary.
- D) inappropriate emotions.

Answer: <https://biology-forums.com/index.php?topic=684570>

Question 633

The length of all menstrual cycles is 28 days.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685280>

Question 634

Asking for clarification before jumping to conclusions is an example of good _____ skills.

Answer: <https://biology-forums.com/index.php?topic=685195>

Question 635

Which of the following types of managed-care plans is sold individually to younger people and carries lower costs but does not cover many services?

- A) Mini-med plan
- B) Preferred provider organizations (PPO)
- C) Point-of-service plans (POS)
- D) Fee-for-service plan

Answer: <https://biology-forums.com/index.php?topic=685525>

Question 636

The bacteria that cause _____ typically attack the lungs, where they create holes and hinder breathing.

Answer: <https://biology-forums.com/index.php?topic=685400>

Question 637

Distilling ethyl alcohol decreases its concentration of alcohol.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685105>

Question 638

Juanita is trying to improve her self-esteem. All of the following suggestions will help her except

- A) relying on others to take care of her responsibilities.
- B) learning something new.
- C) practicing positive self-talk.
- D) eating a healthy diet and exercising.

Answer: <https://biology-forums.com/index.php?topic=684547>

Question 639

All of the following are correct about hepatitis A except

- A) it is transmitted by animals.
- B) it is the most widespread form of hepatitis.
- C) most people make a full recovery from the disease.
- D) there is an effective vaccine to prevent it.

Answer: <https://biology-forums.com/index.php?topic=685339>

Question 640

Recall Beth's Student Story in the chapter. It seems from her story that Beth likely has

- A) anorexia nervosa.
- B) bulimia nervosa.
- C) disordered eating.
- D) binge-eating disorder.

Answer: <https://biology-forums.com/index.php?topic=684917>

Question 641

The cells responsible for producing antibodies are called _____ cells.

Answer: <https://biology-forums.com/index.php?topic=685395>

Question 642

The phase in the human sexual response cycle that precedes orgasm is

- A) plateau.
- B) resolution.
- C) refractory.
- D) excitement.

Answer: <https://biology-forums.com/index.php?topic=685252>

Question 643

Standing with your arms crossed is a type of _____ communication.

Answer: <https://biology-forums.com/index.php?topic=685194>

Question 644

Ozone depletion only affects regions close to the poles, such as Australia.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685728>

Question 645

Beating alcoholism requires all the following except

- A) practice.
- B) substituting alcohol with another drug.
- C) patience.
- D) lifestyle changes.

Answer: <https://biology-forums.com/index.php?topic=685078>

Question 646

Sperm can survive for _____ days in the vagina.

- A) 2
- B) 3
- C) 5
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685270>

Question 647

Spirituality can mean different things to different people.

Answer: <https://biology-forums.com/index.php?topic=684586>

Question 648

The majority of adult males and females in the U.S. identify themselves as

- A) homosexual.

- B) heterosexual.
- C) bisexual.
- D) celibate.

Answer: <https://biology-forums.com/index.php?topic=685262>

Question 649

The highest suicide rates are in this ethnic group.

- A) Hispanics
- B) Asian Americans
- C) Pacific Islanders
- D) Native Americans and Alaskan Natives

Answer: <https://biology-forums.com/index.php?topic=684573>

Question 650

Most Americans will marry during their lifetime.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685180>

Question 651

Which of the following supplements is most popularly used by college students?

- A) Herbal supplements
- B) Vitamins
- C) Performance enhancing supplements
- D) Weight loss pills

Answer: <https://biology-forums.com/index.php?topic=685511>

Question 652

Refer to Rita's Student Story in the chapter. From Rita's student story in the chapter, how would you advise her to avoid intoxication if she decides to drink alcohol again in the future?

Answer: <https://biology-forums.com/index.php?topic=685140>

Question 653

The U.S. Dept. of Homeland Security works to combat terrorism by

- A) negotiating with terrorists.
- B) suspending immigration to the U.S.
- C) reducing terrorists' abilities to win public support.
- D) arming citizen militias.

Answer: <https://biology-forums.com/index.php?topic=685620>

Question 654

What is the difference between bioaccumulation and biomagnification?

Answer: <https://biology-forums.com/index.php?topic=685765>

Question 655

Researchers theorize that physical activity allows the body to complete the fight-or-_____ response by actually doing what it has been prepared to do.

Answer: <https://biology-forums.com/index.php?topic=684694>

Question 656

All of the following increase a person's risk for colon cancer except

- A) having a family history of polyps.
- B) having Crohn's disease.
- C) having a diet that is high in fiber.
- D) being over 50.

Answer: <https://biology-forums.com/index.php?topic=685468>

Question 657

The majority of adults who regularly smoke began smoking

- A) after graduating from college.

- B) at 21 years of age.
- C) at 19 years of age or younger.
- D) at middle age.

Answer: <https://biology-forums.com/index.php?topic=685084>

Question 658

MDMA, GHB, Rohypnol, and Ketamine are known as _____ drugs.

Answer: <https://biology-forums.com/index.php?topic=685046>

Question 659

Which of the following would be most helpful in keeping everyday stressors from becoming overwhelming?

- A) Setting goals high enough that they can't be attained
- B) Focusing on times that you failed to accomplish what you wanted to
- C) Accepting that you can't control certain things in your life
- D) Trying to avoid stressful events such as writing a research paper due at the end of the semester

Answer: <https://biology-forums.com/index.php?topic=684665>

Question 660

De-oxygenated blood returns to the heart via the arteries.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685483>

Question 661

Pushing against a wall as part of resistance training is an example of

- A) isometric exercise.
- B) isotonic exercise.
- C) isokinetic exercise.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684818>

Question 662

Name and describe the components of the FITT principle.

Answer: <https://biology-forums.com/index.php?topic=684873>

Question 663

Obese individuals have a lower life expectancy than people who are a healthful weight.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684931>

Question 664

Social anxiety disorder can lead a person to isolation.

Answer: <https://biology-forums.com/index.php?topic=684606>

Question 665

A licensed professional who specializes in the care of the feet, is known as a _____.

Answer: <https://biology-forums.com/index.php?topic=685561>

Question 666

The hormone associated with stimulating the release of an ovum is

- A) progesterone.
- B) estrogen.
- C) LH.
- D) FSH.

Answer: <https://biology-forums.com/index.php?topic=685245>

Question 667

Discuss four important questions to ask someone prior to having sex.

Answer: <https://biology-forums.com/index.php?topic=685415>

Question 668

Oral sex is a safe alternative to intercourse because pregnancy and STIs are not concerns associated with this practice.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685283>

Question 669

In Sternberg's terminology, love with intimacy, passion, and commitment is known as _____ love.

Answer: <https://biology-forums.com/index.php?topic=685204>

Question 670

What is the hygiene hypothesis?

Answer: <https://biology-forums.com/index.php?topic=685411>

Question 671

If Davis has high blood pressure, high blood glucose, and low levels of good cholesterol, which diagnosis will his physician most likely give?

- A) Diabetes
- B) Cardiovascular disease
- C) Metabolic syndrome
- D) Pre-diabetic

Answer: <https://biology-forums.com/index.php?topic=685428>

Question 672

What defines clinical death?

- A) A cessation of cellular respiration
- B) A lack of heartbeat
- C) A lack of all brain activity
- D) A combination of medical criteria

Answer: <https://biology-forums.com/index.php?topic=685804>

Question 673

Listening attentively to calming music has been found to

- A) increase stress.
- B) decrease blood pressure.
- C) decrease blood glucose.
- D) activate the fight-or-flight response.

Answer: <https://biology-forums.com/index.php?topic=684662>

Question 674

Joe needs to know where Jessica is every minute of the day. This is

- A) a sign of a healthy relationship.
- B) a sign of normal jealousy.
- C) a sign of a dysfunctional relationship.
- D) what happens when people cohabit.

Answer: <https://biology-forums.com/index.php?topic=685166>

Question 675

Compare the functioning of the pancreas in a healthy individual, an individual with Type 1 diabetes, and an individual with Type 2 diabetes.

Answer: <https://biology-forums.com/index.php?topic=685503>

Question 676

What is "hooking up"?

Answer: <https://biology-forums.com/index.php?topic=685219>

Question 677

Identify four factors that raise your risk of acquiring an STI.

Answer: <https://biology-forums.com/index.php?topic=685414>

Question 678

The cost of providing health care for an older person in the U.S. is about three to five times higher than it is for someone under 65. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685822>

Question 679

Yelling, screaming, or fighting a sexual attacker may be effective in all of the following situations except when

- A) you know your attacker.
- B) your attacker is unarmed.
- C) your attacker is a stranger.
- D) you are in a location where you may be able to escape by temporarily disabling or distracting your attacker.

Answer: <https://biology-forums.com/index.php?topic=685632>

Question 680

Toxic shock syndrome is caused by

- A) using tampons.
- B) using a particular brand of tampons.
- C) low-absorbency tampons
- D) bacteria that grow in the vagina when a tampon is worn for a prolonged period of time.

Answer: <https://biology-forums.com/index.php?topic=685250>

Question 681

Biological aging refers to the psychological changes a person undergoes as a consequence of aging.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685825>

Question 682

Physical activity is bodily movement that substantially increases _____ expenditure.

Answer: <https://biology-forums.com/index.php?topic=684858>

Question 683

Poor quality or inadequate periods of sleep affect the

- A) physical dimension of wellness.
- B) psychological dimension of wellness.
- C) social dimension of wellness.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684655>

Question 684

Wastewater treatment does not eliminate pharmaceuticals in the water.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685732>

Question 685

Discarded cell phones, televisions, and computers are all examples of e-waste.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685737>

Question 686

The effects of HIV are most damaging to which body system?

- A) Digestive system
- B) Immune system
- C) Respiratory system
- D) Reproductive system

Answer: <https://biology-forums.com/index.php?topic=685356>

Question 687

A "green burial" involves

- A) using a plywood box in lieu of a casket.
- B) wrapping a body in cloth and burying it in the ground.
- C) cremating a body and spreading the ashes.
- D) burying a body on the family member's property.

Answer: <https://biology-forums.com/index.php?topic=685814>

Question 688

Children from single-parent households are less likely to have a child outside of marriage themselves.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685192>

Question 689

Learning how to deal with and resolve disagreements is known as _____ resolution.

Answer: <https://biology-forums.com/index.php?topic=685197>

Question 690

Electronic Stability Control works by

- A) keeping the car properly aligned in its lane.
- B) maintaining proper wheel balance on rough roads.
- C) using sensors and computers to recognize what the driver is doing.
- D) adjusting the cruise control system when necessary.

Answer: <https://biology-forums.com/index.php?topic=685595>

Question 691

What is the best choice to safely gain more muscle mass without gaining excess fat?

- A) Eating empty calorie foods such as pizza, burgers and fries
- B) Regularly doing strength training and consuming more calories from a variety of healthful foods
- C) Taking dietary supplements
- D) Eating three very large meals every day

Answer: <https://biology-forums.com/index.php?topic=684910>

Question 692

The body would respond physiologically the same whether you were attending your college graduation ceremony or getting stopped by the police for speeding.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684672>

Question 693

According to Anne's Student Story in your text, what issue is she struggling with that is creating a barrier to her becoming more physically fit?

- A) Lack of knowledge of how to train
- B) Lack of time
- C) Lack of money
- D) Lack of a safe place to work out

Answer: <https://biology-forums.com/index.php?topic=684834>

Question 694

Radiation can travel in which of the following forms?

- A) Rays
- B) Waves
- C) Particles
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685722>

Question 695

Which of the following lifestyle factors increase a person's risk for Alzheimer's disease?

- A) Having high cholesterol
- B) Being sedentary
- C) Consuming a diet high in fat

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685793>

Question 696

Of the two types of radiation, _____ radiation is the more harmful.

Answer: <https://biology-forums.com/index.php?topic=685756>

Question 697

The majority of health care expenses in the U.S. can be attributed to chronic diseases.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685475>

Question 698

The risk of bone fractures is significantly increased in older adults with _____.

Answer: <https://biology-forums.com/index.php?topic=685843>

Question 699

Better training of health providers about health diversity among groups can result in better care for their patients.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685906>

Question 700

Describe four things you can do to reduce water pollution.

Answer: <https://biology-forums.com/index.php?topic=685763>

Question 701

Which of the following occupations is most likely to cause carpal tunnel syndrome?

A) Using a computer keyboard regularly

B) Driving a truck

C) Operating large machinery

D) Working in a mine

Answer: <https://biology-forums.com/index.php?topic=685605>

Question 702

The most common anxiety disorder is schizophrenia.

Answer: <https://biology-forums.com/index.php?topic=684607>

Question 703

Medicaid is offered to low-income families to pay for healthcare.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685552>

Question 704

Having a regular doctor or place of care is associated with better health care.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685900>

Question 705

The FTO gene appears to _____ a person's risk of obesity by 30% to 70%.

Answer: <https://biology-forums.com/index.php?topic=684952>

Question 706

Women store fat that may be used for pregnancy and breast feeding.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684939>

Question 707

Refer to Jenny's Student Story in the chapter. What was the first sign of control that Jenny's boyfriend demonstrated?

- A) He pushed her into a wall.
- B) He didn't want her to go out with her friends.
- C) He checked her cell phone messages.
- D) He made her check in with him every day.

Answer: <https://biology-forums.com/index.php?topic=685626>

Question 708

Barbiturates and benzodiazepines are both

- A) "date rape drugs."
- B) "club drugs."
- C) depressants.
- D) stimulants.

Answer: <https://biology-forums.com/index.php?topic=685014>

Question 709

The main symptom of scabies is

- A) blindness.
- B) itching.
- C) blisters.
- D) dementia.

Answer: <https://biology-forums.com/index.php?topic=685376>

Question 710

Couples who cohabitated before marriage

- A) experience lower rates of depression.
- B) experience higher rates of infidelity.
- C) experience higher rates of marital satisfaction.
- D) experience lower rates of divorce.

Answer: <https://biology-forums.com/index.php?topic=685169>

Question 711

All of the following factors contribute to first-year college student weight gain except

- A) being less physically active after starting college.
- B) consuming more calories.
- C) being overweight before starting college.
- D) becoming involved in student life activities.

Answer: <https://biology-forums.com/index.php?topic=684895>

Question 712

When Meghan's grandmother died, the family had a traditional religious service during which they said prayers and consoled one another. It concluded with a eulogy from her grandmother's pastor. What type of service was this?

- A) A wake
- B) A memorial
- C) A funeral
- D) A processional

Answer: <https://biology-forums.com/index.php?topic=685815>

Question 713

Ryan plays violent video games. According to research this will most likely cause him to

- A) commit a violent crime in the future.
- B) be a victim of a violent crime.
- C) develop paranoia.
- D) perceive that violence is normal.

Answer: <https://biology-forums.com/index.php?topic=685613>

Question 714

The term _____ was coined from the words "smoke" and "fog."

Answer: <https://biology-forums.com/index.php?topic=685744>

Question 715

The 1984 Federal Uniform Drinking Age Act has had all the following positive effects on health and safety except

- A) decreasing alcohol consumption in minors.
- B) decreasing the availability of alcohol nationally in retail stores.
- C) decreasing alcohol-related traffic fatalities.
- D) decreasing suicides.

Answer: <https://biology-forums.com/index.php?topic=685057>

Question 716

When divorced people with children remarry and bring their families together, these families are known as _____ families.

Answer: <https://biology-forums.com/index.php?topic=685212>

Question 717

According to a recent national survey, college students tend to greatly underestimate the percentage of their peers who regularly smoke.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685124>

Question 718

For some, _____ (refraining from alcohol use altogether) is ultimately the only way to keep alcohol from disrupting their lives.

Answer: <https://biology-forums.com/index.php?topic=685137>

Question 719

Moderate underage drinking can permanently impair memory and _____.

Answer: <https://biology-forums.com/index.php?topic=685135>

Question 720

Health risks of tanning include increased risk of _____ cancer.

Answer: <https://biology-forums.com/index.php?topic=685757>

Question 721

Aside from lung cancer, smoking also increases a person's risk of which of the following cancers?

- A) Pancreatic
- B) Colorectal
- C) Oral cancer
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685466>

Question 722

When a person quits drinking alcohol and experiences physical symptoms such as nausea, sweating, shakiness, and anxiety, this is called

- A) tolerance.
- B) withdrawal.
- C) alcohol abuse.
- D) binge drinking.

Answer: <https://biology-forums.com/index.php?topic=685069>

Question 723

Women with gestational diabetes are at a higher risk for Type 2 diabetes later in life.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685478>

Question 724

Being overweight does not increase a person's risk for diabetes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685480>

Question 725

Which of the following can interrupt the menstrual cycle?

- A) Excessive exercise
- B) Illness
- C) Excessive dieting
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685239>

Question 726

Back injuries on the job are most often the result of

- A) a fall.
- B) improperly lifting heavy objects.
- C) not wearing a lifting belt.
- D) repetitively lifting small objects.

Answer: <https://biology-forums.com/index.php?topic=685608>

Question 727

Diabetes is now one of the most common serious illnesses in the United States.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685476>

Question 728

After witnessing a fatal automobile accident, Marisela developed this disorder that causes her to feel depressed and emotionally numb. She has also has reoccurring nightmares about the accident scene. Her symptoms are characteristic of

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

Answer: <https://biology-forums.com/index.php?topic=684568>

Question 729

The principles of fitness training are overload, specificity, reversibility, and _____.

Answer: <https://biology-forums.com/index.php?topic=684862>

Question 730

A person with an external locus of control has higher self-efficacy than someone with an internal locus of control.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685910>

Question 731

A type of managed care plan in which all health care must be managed by a primary care physician is known as a

- A) health maintenance organization plan (HMO).
- B) preferred provider organization plan (PPO).
- C) point-of-service plan (POS).
- D) mini-med plan.

Answer: <https://biology-forums.com/index.php?topic=685524>

Question 732

Before the 1970's, which chemical was found in housing insulation materials and is now known to cause lung cancer?

- A) Asbestos
- B) Volatile organic compounds
- C) Radon
- D) Phthalates

Answer: <https://biology-forums.com/index.php?topic=685719>

Question 733

People abuse drugs for all of the following reasons except

- A) pleasure.
- B) escape.
- C) medical needs.
- D) social pressure.

Answer: <https://biology-forums.com/index.php?topic=684968>

Question 734

Twelve-step programs are designed to help alcoholics and drug addicts by

- A) taking them through a process of self-growth.
- B) getting them to admit they have no control over their addiction.
- C) having them make amends to the people they have harmed.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685016>

Question 735

What are some of the health concerns surrounding long-term marijuana use?

Answer: <https://biology-forums.com/index.php?topic=685053>

Question 736

The best way to decrease sodium intake is to avoid using salt at the dinner table.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684769>

Question 737

Testicular cancer primarily affects males in which age range?

- A) 20-39
- B) 12-18
- C) 50-65
- D) Over 65

Answer: <https://biology-forums.com/index.php?topic=685470>

Question 738

As the body breaks foods down, it distinguishes between foods naturally containing sugars and foods containing added sugars.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684753>

Question 739

Which of the following ethnicities has the highest life expectancy?

- A) African Americans
- B) Asian Americans
- C) Caucasians
- D) Hispanics

Answer: <https://biology-forums.com/index.php?topic=685773>

Question 740

What is the AQI, and why does it matter?

Answer: <https://biology-forums.com/index.php?topic=685760>

Question 741

The act of intentionally and unjustifiably killing another person is called _____, which is a form of homicide.

Answer: <https://biology-forums.com/index.php?topic=685663>

Question 742

A biologically based practice relies on substances found in nature, such as vitamins and _____.

Answer: <https://biology-forums.com/index.php?topic=685564>

Question 743

The short-term adaptive response that helps the body deal with the challenges of stress is called _____.

Answer: <https://biology-forums.com/index.php?topic=684690>

Question 744

Performing 15 minutes of aerobic exercise 5 days per week will meet the aerobic guidelines outlined in the Physical Activity Guidelines for Americans.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684854>

Question 745

Which of the following causes of unintentional injuries results in the most deaths among young people?

- A) Work accidents
- B) Bicycling accidents
- C) Motorcycle accidents
- D) Automobile accidents

Answer: <https://biology-forums.com/index.php?topic=685585>

Question 746

Colds can't be treated with antibiotics because

- A) it is not known what causes colds.
- B) antibiotics don't kill viruses.
- C) the bacteria that cause colds are resistant to antibiotics.
- D) antibiotics only work before symptoms appear.

Answer: <https://biology-forums.com/index.php?topic=685328>

Question 747

Ballistic stretching is performed by

- A) holding a stretch for 30 seconds.
- B) using a partner to apply pressure.
- C) bouncing gently while stretching.
- D) working the entire body through a series of quiet, fluid motions.

Answer: <https://biology-forums.com/index.php?topic=684825>

Question 748

Psychoneuroimmunology is the study of the interaction of psychological processes with

- A) the nervous system, hormones, and the immune system.
- B) the nervous system, the cardiovascular system, and the digestive system.
- C) the respiratory system, the immune system, and panic attacks.
- D) hormones, white blood cells, and hemoglobin.

Answer: <https://biology-forums.com/index.php?topic=684632>

Question 749

Joe and Jean have been married for 35 years. They are in love and remain passionate toward each other. This is an example of

- A) consummate love.
- B) companionate love.
- C) romantic love.
- D) fatuous love.

Answer: <https://biology-forums.com/index.php?topic=685160>

Question 750

Janet wants to reduce her PMS symptoms naturally without using any prescription or over-the-counter medications. Which of the following lifestyle changes may be beneficial?

- A) Reducing her intake of foods high in sugar and salt
- B) Avoiding alcohol and tobacco
- C) Exercising regularly
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685244>

Question 751

A 20 year old male with a resting heart rate of 70 beats per minute would have a predicted maximum heart rate of

- A) 160 beats per minute.
- B) 177 beats per minute.
- C) 194 beats per minute.
- D) 200 beats per minute.

Answer: <https://biology-forums.com/index.php?topic=684813>

Question 752

Maslow's hierarchy of needs pyramid includes all of the following except

- A) physiological health
- B) safety and security
- C) self-esteem
- D) need for entertainment

Answer: <https://biology-forums.com/index.php?topic=684546>

Question 753

The fight-or-flight mechanism causes all of the following except

- A) the speeding up of digestion.
- B) the increasing of blood pressure.
- C) the releasing of adrenaline.
- D) sweating.

Answer: <https://biology-forums.com/index.php?topic=684622>

Question 754

Teens moving away from home and going to college for the first time may be more vulnerable to intimate partner violence.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685648>

Question 755

Being respected by coworkers is one sign of occupational health.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685894>

Question 756

What are the side effects of using birth control pills?

Answer: <https://biology-forums.com/index.php?topic=685312>

Question 757

Based on David's Student Story, which is about cardiorespiratory fitness, he is having trouble when he runs because he has

- A) had a previous injury that makes difficult to run.
- B) not adequately trained his cardiorespiratory system.
- C) not been physically active for the past several years.
- D) not done enough repetitions when lifting weights.

Answer: <https://biology-forums.com/index.php?topic=684809>

Question 758

Which type of indoor air pollution is the second leading cause of lung cancer?

- A) Mold spores
- B) Fireplace smoke
- C) Lead dust
- D) Radon

Answer: <https://biology-forums.com/index.php?topic=685709>

Question 759

Name 3 home screening kits currently available.

Answer: <https://biology-forums.com/index.php?topic=685574>

Question 760

Complaints about Facebook include all of the following except:

- A) It has more than 400 million active members.
- B) It promotes superficial communication between people.
- C) It can be a powerful distraction from other activities.
- D) It may violate users' privacy.

Answer: <https://biology-forums.com/index.php?topic=685156>

Question 761

Helen went to France for spring break. While there, she met Jacques and had a passionate affair, but then returned to college to finish her degree.

- This is an example of
- A) companionate love.
 - B) consummate love.
 - C) empty love.
 - D) fatuous love.

Answer: <https://biology-forums.com/index.php?topic=685161>

Question 762

The "percent daily values" on a food label give estimates of how much a serving of the food contributes to the daily intake of the listed nutrients. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684767>

Question 763

The psychological tendency to have a positive interpretation of life's events is called

- A) intimacy.
- B) optimism.
- C) pessimism.
- D) self-actualization.

Answer: <https://biology-forums.com/index.php?topic=684548>

Question 764

Janet's mom has an infection caused by MRSA. All of the following are correct about MRSA except

- A) it can cause serious skin infections.
- B) it is a type of Staphylococcus.
- C) it is treatable with a variety of antibiotics.
- D) it is transmitted by skin-to-skin contact.

Answer: <https://biology-forums.com/index.php?topic=685344>

Question 765

The study of this DNA-drug interaction is known as _____.

Answer: <https://biology-forums.com/index.php?topic=685572>

Question 766

Which disease causes the lymph nodes and tonsils to become enlarged?

- A) Mononucleosis
- B) Lyme disease
- C) Meningitis
- D) Pneumonia

Answer: <https://biology-forums.com/index.php?topic=685332>

Question 767

Martha has osteoarthritis. Which of the following activities should she avoid?

- A) Swimming
- B) Walking
- C) Jogging
- D) Tai chi

Answer: <https://biology-forums.com/index.php?topic=685786>

Question 768

Pharmacogenetics allows doctors to take a person's genetic makeup into consideration when prescribing certain medications.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685557>

Question 769

The feeling of closeness in loving relationships is called

- A) intimacy.

- B) passion.
- C) commitment.
- D) honesty.

Answer: <https://biology-forums.com/index.php?topic=685155>

Question 770

The herpes virus stays dormant in _____ cells until the next recurrence.

Answer: <https://biology-forums.com/index.php?topic=685406>

Question 771

All of the following are correct about single parents except

- A) they are most often female.
- B) they generally suffer from economic hardships.
- C) their children tend to do as well in life as children born to two parents.
- D) their children are more likely to have a child out of wedlock themselves.

Answer: <https://biology-forums.com/index.php?topic=685173>

Question 772

When excess _____-density lipoproteins degrade, they can leave cholesterol in the bloodstream that builds up inside of blood vessels.

Answer: <https://biology-forums.com/index.php?topic=685500>

Question 773

Gaseous combinations of hydrogen and carbon are called _____.

Answer: <https://biology-forums.com/index.php?topic=685743>

Question 774

All of the following statements regarding vitamin supplementation are true except

- A) Excessive consumption of vitamin supplements can be toxic.
- B) Women of child-bearing age should consume 400mcg of folic acid daily.
- C) Everyone should take vitamin supplements.
- D) Anyone who doesn't get enough sun exposure should supplement with vitamin D.

Answer: <https://biology-forums.com/index.php?topic=684724>

Question 775

Fiber helps prevent all the following except

- A) high blood pressure.
- B) constipation.
- C) hemorrhoids.
- D) high blood cholesterol.

Answer: <https://biology-forums.com/index.php?topic=684728>

Question 776

Treatment for Type 1 diabetes requires several daily injections with a needle and syringe.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685482>

Question 777

Divorce rates are higher for people who have attended college.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685183>

Question 778

The overall amount of violent crimes in the U.S. has increased over the past two decades.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685641>

Question 779

A behavior change contract should include a list of the resources you have available to help you with the change.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685913>

Question 780

According to the Centers for Disease Control and Prevention, obesity

- A) affects over 60% of U.S. adults.
- B) is considered a national epidemic.
- C) is spreading globally.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684879>

Question 781

Bike helmets are more than 85% effective at mitigating or preventing head injuries.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685636>

Question 782

Jess and her mother are at a restaurant when they see a woman at a nearby table violently coughing after choking on food. What should they do?

- A) One of them should call 911 while the other performs the Heimlich maneuver.
- B) One of them should pat the woman's back while the other raises the woman's arms above her head.
- C) They should instruct the woman on how to lean over her chair and expel the object.
- D) They should do nothing as long as the woman is able to cough.

Answer: <https://biology-forums.com/index.php?topic=685602>

Question 783

Long-term use of combination HRT has been linked to an elevated risk of _____ cancer and cardiovascular disease in some women.

Answer: <https://biology-forums.com/index.php?topic=685842>

Question 784

The majority of all fire deaths occur at worksites.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685638>

Question 785

The majority of violent crimes in the U.S. are

- A) murders.
- B) rapes.
- C) aggravated assaults.
- D) robberies.

Answer: <https://biology-forums.com/index.php?topic=685609>

Question 786

Jorge has a blood pressure reading of 120/80. This classifies him as having

- A) normal blood pressure.
- B) prehypertension.
- C) Stage 1 hypertension.
- D) Stage 2 hypertension.

Answer: <https://biology-forums.com/index.php?topic=685438>

Question 787

The body's fight or flight response to eustress does not produce the increases in heart rate and breathing that are triggered during a state of distress.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684671>

Question 788

The incidence of allergies has increased in recent years due to all of the following except

- A) increased exposure to microbes.
- B) smaller family size.
- C) less exposure to animals.

D) use of antibiotics and vaccines to prevent diseases.

Answer: <https://biology-forums.com/index.php?topic=685325>

Question 789

The process of decoding and spelling out every point on your genome, is called _____ sequencing.

Answer: <https://biology-forums.com/index.php?topic=685573>

Question 790

You fly across the Atlantic Ocean and then offset the carbon emission by making a donation to a program that saves the rainforest. Your action conforms to the practice of

- A) reuse.
- B) sustainability.
- C) recycling.
- D) downsizing.

Answer: <https://biology-forums.com/index.php?topic=685678>

Question 791

What percentage of college students have no health insurance?

- A) 20%
- B) 30%
- C) 40%
- D) 50%

Answer: <https://biology-forums.com/index.php?topic=685532>

Question 792

All of the following statements regarding lung cancer are true except

- A) Being exposed to radon can cause lung cancer even in non-smokers.
- B) Lung cancer is very easy to detect in its early stages.
- C) Non-smokers exposed to second-hand smoke are at increased risk for lung cancer.
- D) Chest pain can be a symptom of advanced lung cancer.

Answer: <https://biology-forums.com/index.php?topic=685467>

Question 793

The major contributing causes of obesity in college students are increased caloric consumption and decreased physical activity. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684943>

Question 794

Chris is trying to reduce his fat intake. Which of the following changes should he make?

- A) Replace ice cream with sorbet or sherbet.
- B) Bake or broil meat instead of frying.
- C) Choose baked potatoes instead of fries.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684721>

Question 795

Recall Corey's Student Story in the chapter. Corey is the student who has a large scar from surgery to correct a skeletal condition. Based on his story, he is

- A) at the low end of the wellness continuum.
- B) at the high end of the wellness continuum.
- C) moving in a negative direction in the wellness continuum.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=685858>

Question 796

Explain why an overweight person in college should be concerned about his or her weight now, rather than believing that the problem should be addressed when they get older. Provide two strategies an overweight person can incorporate to lose the extra weight.

Answer: <https://biology-forums.com/index.php?topic=684956>

Question 797

Unsafe bike riding habits include all of the following except

- A) riding with traffic.
- B) riding against traffic.
- C) running stop lights.
- D) weaving in and out of traffic.

Answer: <https://biology-forums.com/index.php?topic=685597>

Question 798

Married people tend to be happier and more satisfied with their lives than unmarried people.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685181>

Question 799

Sleep debt refers to

- A) getting more sleep than you need on weekends and less during the week.
- B) getting less sleep than is needed.
- C) getting more sleep than the average person requires.
- D) being unable to sleep when you are stressed.

Answer: <https://biology-forums.com/index.php?topic=684656>

Question 800

Chronic stress syndrome may affect the body's

- A) cardiovascular system.
- B) immune system.
- C) mental health.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684629>

Question 801

Waist-to-hip ratio assesses a person's

- A) percentage of body fat.
- B) disease risk based on where they carry fat.
- C) body mass index.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684897>

Question 802

Exercise can prevent type 2 _____ by increasing the body's ability to use insulin.

Answer: <https://biology-forums.com/index.php?topic=684861>

Question 803

All of the following are true about marijuana use in the U.S. except

- A) more than 10% of Americans over the age of 12 use marijuana.
- B) use at college is more common among males than females.
- C) marijuana is often rolled and smoked as a cigarette.
- D) it is the most commonly used illegal drug.

Answer: <https://biology-forums.com/index.php?topic=684992>

Question 804

No matter what your level of fitness, you should stop exercising immediately if you experience

- A) soreness in your legs.
- B) thirst.
- C) cold sweats.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684832>

Question 805

Which of the following groups is LEAST likely to use smokeless tobacco?

- A) Caucasian males
- B) Female college students
- C) Intercollegiate athletes
- D) College students in rural areas or small towns

Answer: <https://biology-forums.com/index.php?topic=685094>

Question 806

Psychological health encompasses which of the following dimensions of health?

- A) Spiritual
- B) Mental
- C) Emotional
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684514>

Question 807

The _____ subtype of alcoholic are typically middle-aged smokers who have stable jobs, families, good incomes, and are well educated.

Answer: <https://biology-forums.com/index.php?topic=685136>

Question 808

A person's belief in a particular therapy may influence a patient's response.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685547>

Question 809

Clove cigarettes pose fewer risks to long-term health than conventional cigarettes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685129>

Question 810

When Colin was 6, his father died from alcohol poisoning. Colin started drinking and using marijuana at the age of 12. As an adult Colin has been diagnosed with bipolar disorder. What subtype is Colin?

- A) Intermediate family subtype
- B) Young adult subtype
- C) Functional subtype
- D) Young antisocial subtype

Answer: <https://biology-forums.com/index.php?topic=685073>

Question 811

The majority of college students surveyed reported using _____ for contraception.

- A) female condoms
- B) male condoms
- C) spermicides
- D) withdrawal

Answer: <https://biology-forums.com/index.php?topic=685274>

Question 812

All of the following communication strategies are recommended when having an argument with someone except

- A) resist antagonizing the person.
- B) look for a win-win solution.
- C) walk away and try to avoid the subject.
- D) listen effectively.

Answer: <https://biology-forums.com/index.php?topic=685149>

Question 813

Mutated genes called _____ encourage the uncontrolled cell division that results in cancer.

Answer: <https://biology-forums.com/index.php?topic=685501>

Question 814

Research shows that obese and overweight individuals have higher rates of psychological disorders than normal weight individuals.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684941>

Question 815

Not reusing plastic bottles will help reduce your exposure to

- A) mold.
- B) volatile organic compounds.
- C) bisphenol A.
- D) asbestos.

Answer: <https://biology-forums.com/index.php?topic=685707>

Question 816

Sexual _____ is a form of discrimination that violates federal civil rights law.

Answer: <https://biology-forums.com/index.php?topic=685667>

Question 817

Judson is not sure how to read a food label and doesn't understand why he should bother. What information can he find on a food label? Why is this information helpful?

Answer: <https://biology-forums.com/index.php?topic=684783>

Question 818

A pinworm infection is most commonly found in

- A) drug abusers.
- B) young children.
- C) sexually active teens.
- D) homosexual men.

Answer: <https://biology-forums.com/index.php?topic=685353>

Question 819

What does the term body burden mean, and how can it be assessed?

Answer: <https://biology-forums.com/index.php?topic=685768>

Question 820

In psychodynamic therapy the therapist and patient explore

- A) the patient's conscious behaviors.
- B) unresolved issues buried in the unconscious.
- C) incorporating positive ideas.
- D) how to identify distorted, negative thinking.

Answer: <https://biology-forums.com/index.php?topic=684582>

Question 821

After age 26, you may be able to extend your health insurance coverage under your parent's plan with a program called

- A) COBRA.
- B) Medicare.
- C) Medicaid.
- D) Health Savings Account.

Answer: <https://biology-forums.com/index.php?topic=685534>

Question 822

Targeted public health awareness campaigns serve to make specific subgroups of the population more aware of specific health risks.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685904>

Question 823

Beth's physician warned her to quit smoking when she learned she was pregnant because of which of the following risks?

- A) Low birth weight
- B) Sudden infant death syndrome
- C) Miscarriage

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685090>

Question 824

Water from an underground source may be any of the following except

- A) artesian water.
- B) distilled water.
- C) spring water.
- D) groundwater.

Answer: <https://biology-forums.com/index.php?topic=685699>

Question 825

The two most common types of bacteria that cause meningitis are *Neisseria meningitidis* and

- A) *Streptococcus pneumoniae*.
- B) *Staphylococcus aureus*.
- C) *Mycobacterium tuberculosis*.
- D) *Chlamydia trachomatis*.

Answer: <https://biology-forums.com/index.php?topic=685341>

Question 826

Anne exercises 2 hours a day, eats only one meal most days, is 5'5" and weighs 90 pounds, and is terrified of gaining weight. Her behavior is characteristic of someone suffering from

- A) anorexia nervosa.
- B) bulimia nervosa.
- C) binge eating disorder.
- D) binge and purge disorder.

Answer: <https://biology-forums.com/index.php?topic=684912>

Question 827

Drinking alcohol during pregnancy can cause

- A) birth defects.
- B) mental retardation.
- C) developmental disabilities.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685068>

Question 828

Having an optimistic outlook has been associated with all of the following except

- A) carrying less anger.
- B) a decreased likelihood of getting sick with serious or minor illness.
- C) a higher likelihood of developing diabetes.
- D) a better ability to cope with the ups and downs of illness.

Answer: <https://biology-forums.com/index.php?topic=684551>

Question 829

PCP was originally developed as

- A) a diet drug.
- B) a hallucinogen.
- C) an anesthetic.
- D) a sedative.

Answer: <https://biology-forums.com/index.php?topic=685009>

Question 830

Key behavioral guidelines that have a profound ability to influence personal health include all of the following except

- A) be physically active.
- B) eat nutritiously.
- C) take a daily vitamin.
- D) do not drink alcohol excessively.

Answer: <https://biology-forums.com/index.php?topic=685872>

Question 831

People meditate for which of the following reasons?

- A) To develop creativity and self-awareness.
- B) To reach a higher level of consciousness.
- C) To be more relaxed.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684552>

Question 832

Infections due to _____ are the most common worm infections in the U.S.

Answer: <https://biology-forums.com/index.php?topic=685403>

Question 833

Being able to move quickly and fluidly through a range of motion is known as

- A) static flexibility.
- B) dynamic flexibility.
- C) core flexibility.
- D) progressive flexibility.

Answer: <https://biology-forums.com/index.php?topic=684821>

Question 834

All of the following are benefits of marriage except

- A) better mental health.
- B) reduced life expectancy.
- C) improved financial health.
- D) better physical health.

Answer: <https://biology-forums.com/index.php?topic=685168>

Question 835

Newer treatments for cancer rely on

- A) using surgery to remove tumors.
- B) using drugs to shrink malignant tumors.
- C) using drugs that disrupt a tumor's ability to grow.
- D) using radiation to kill cancerous cells.

Answer: <https://biology-forums.com/index.php?topic=685472>

Question 836

X-rays are a form of ionizing radiation.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685740>

Question 837

What distinguishes conventional medicine from complementary and alternative medicine (CAM)?

Answer: <https://biology-forums.com/index.php?topic=685577>

Question 838

Minor injuries to muscles and joints should be treated with the RICE protocol. This involves Rest, Ice, Compression and Elevation.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684856>

Question 839

The most widely abused opioid is _____.

Answer: <https://biology-forums.com/index.php?topic=685048>

Question 840

All of the following statements regarding bidis are true except

- A) They are safer than regular cigarettes.

- B) They have more nicotine than regular cigarettes.
C) Bidi smokers have a higher cancer risk.
D) Bidis may appeal to smokers who like the exotic flavors not available in regular cigarettes.

Answer: <https://biology-forums.com/index.php?topic=685093>

Question 841

Good flexibility can decrease the risk of

- A) joint pain.
B) muscle tension.
C) back pain.
D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684796>

Question 842

Which of the following statements regarding sexuality and aging is true?

- A) Sexual activity and sexual desire both decrease with age.
B) An active sex life may help to increase longevity.
C) Sexuality is not important as men and women age.
D) High sexual self-esteem has little relevance to womens' sexual activity later in life.

Answer: <https://biology-forums.com/index.php?topic=685784>

Question 843

Showing a correlation between drinking coffee and increased productivity is the same thing as proving that coffee consumption directly leads to increased productivity.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685918>

Question 844

Few people in the United States suffer from protein deficiencies.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684758>

Question 845

The psychological response to the sight, smell, thought, or taste of food that prompts or postpones eating is called

- A) satiety.
B) appetite.
C) hunger.
D) energy balance.

Answer: <https://biology-forums.com/index.php?topic=684905>

Question 846

According to national surveys, slightly more than _____ of the adults in the U.S. drink alcohol.

- A) 50%
B) 60%
C) 70%
D) 80%

Answer: <https://biology-forums.com/index.php?topic=685056>

Question 847

Deforestation leads to

- A) a decrease in carbon dioxide levels.
B) an increase in carbon dioxide levels.
C) a decrease in the ozone level.
D) increased benzene in the water.

Answer: <https://biology-forums.com/index.php?topic=685684>

Question 848

In a _____ partnership, an unmarried couple lives together in a long-term, committed relationship and has some of the legal rights of a married couple.

Answer: <https://biology-forums.com/index.php?topic=685211>

Question 849

Lipids have all the following characteristics except

- A) they are not soluble in water.
- B) they have fewer calories per gram than carbohydrates or proteins.
- C) they help the body absorb fat-soluble vitamins.
- D) they help to cushion and insulate organs.

Answer: <https://biology-forums.com/index.php?topic=684715>

Question 850

The first onset of menstruation in females is called

- A) menopause.
- B) menarche.
- C) the proliferative phase.
- D) the secretory phase.

Answer: <https://biology-forums.com/index.php?topic=685238>

Question 851

Infectious disease is a global health concern because

- A) airplane travel provides a means of spreading the diseases.
- B) countries with more economic development face diseases that have been eradicated from other areas.
- C) HIV/AIDS is increasing in more developed countries.
- D) there are no international organizations working on the problem.

Answer: <https://biology-forums.com/index.php?topic=685870>

Question 852

Paint containing lead was commonly used in the U.S. until what year?

- A) 1935
- B) 1955
- C) 1978
- D) 2000

Answer: <https://biology-forums.com/index.php?topic=685718>

Question 853

Being thin is as protective as good cardiorespiratory fitness at lowering disease risk.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684843>

Question 854

Jim eats a slice of cantaloupe or watermelon every morning. These fruits are good sources of which type of phytochemical?

- A) Organosulfur compounds
- B) Flavonoids
- C) Carotenoids
- D) Soy compounds

Answer: <https://biology-forums.com/index.php?topic=684730>

Question 855

The "feel good" neurotransmitter in the brain that produces the euphoria associated with drug use is called _____.

Answer: <https://biology-forums.com/index.php?topic=685038>

Question 856

Discuss three options available for people trying to quit smoking.

Answer: <https://biology-forums.com/index.php?topic=685148>

Question 857

John and Rhonda can discuss their feelings and share information that is very personal. This is known as self-_____.

Answer: <https://biology-forums.com/index.php?topic=685193>

Question 858

Seventy percent of bicycle accident deaths are attributed to

- A) head injuries.
- B) neck injuries.
- C) spinal injuries.
- D) abdominal injuries.

Answer: <https://biology-forums.com/index.php?topic=685596>

Question 859

When Bob smokes, he feels a sense of pleasure. This is likely due to the release of large amounts of

- A) nicotine.
- B) tar.
- C) dopamine.
- D) carcinogens.

Answer: <https://biology-forums.com/index.php?topic=685081>

Question 860

All of the following are characteristics of over-the-counter medications except

- A) they have benefits that outweigh the risks.
- B) they have high potential for misuse.
- C) they can be used for self-diagnosed illnesses.
- D) they do not require consultation with a health practitioner.

Answer: <https://biology-forums.com/index.php?topic=685510>

Question 861

The intent of palliative care is to

- A) relieve pain and suffering in terminally ill individuals.
- B) provide terminally ill individuals with alternative treatment options.
- C) prolong life for terminally ill individuals.
- D) provide assisted-suicide options for terminally ill individuals.

Answer: <https://biology-forums.com/index.php?topic=685810>

Question 862

Aging has no effect on a person's body weight.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684947>

Question 863

Normal age-related changes include difficulty learning new information.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685830>

Question 864

All of the following are characteristics of the alcoholic young adult subtype except

- A) having a family history of alcoholism.
- B) being free of mental disorders.
- C) being unlikely to seek help for alcoholism.
- D) being alcoholic by age 21.

Answer: <https://biology-forums.com/index.php?topic=685072>

Question 865

How is VaR used in credit risk scenarios?

Answer: <https://biology-forums.com/index.php?topic=684526>

Question 866

A debilitating symptom of panic disorder is the dread of the next panic attack.

Answer: <https://biology-forums.com/index.php?topic=684605>

Question 867

Some researchers are concerned that obesity will reduce life expectancy in the future.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685824>

Question 868

A yeast infection is an inflammation of the vagina that is also known as

- A) pelvic inflammatory disease.
- B) vulvovaginal candidiasis.
- C) human papillomavirus.
- D) bacterial vaginitis.

Answer: <https://biology-forums.com/index.php?topic=685234>

Question 869

The side effects of prescription weight loss drugs may include

- A) increased blood pressure.
- B) sleepiness.
- C) headaches, cramping, or diarrhea.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684908>

Question 870

The Superfund gives money to other countries that want to reduce pollution.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685738>

Question 871

In a pregnant woman, hormonal changes can result in symptoms of nausea and vomiting.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685293>

Question 872

Fruit is classified as a complex carbohydrate.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684752>

Question 873

Most age-related hearing loss is a result of

- A) listening to loud music.
- B) increased fluid in the inner ear.
- C) damage to microscopic hair cells in the inner ear.
- D) damage to the outer ear.

Answer: <https://biology-forums.com/index.php?topic=685777>

Question 874

Telling yourself "I can train and run a 10K road race" is an example of "shaping."

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685911>

Question 875

Empty Nest Syndrome describes

- A) how a child feels when leaving home.
- B) how parents feel when their last child leaves home.
- C) how people feel when they are away from home.
- D) how people feel when a loved one dies.

Answer: <https://biology-forums.com/index.php?topic=685794>

Question 876

The most commonly used illicit drug is cocaine.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685018>

Question 877

All of the following behaviors can reduce a person's risk for cardiovascular disease except

- A) not smoking.
- B) limiting alcohol intake.
- C) managing stress.
- D) keeping LDL cholesterol levels high.

Answer: <https://biology-forums.com/index.php?topic=685447>

Question 878

Which of the following illicit drugs is most popularly used in the U.S.?

- A) Cocaine
- B) Hallucinogens
- C) Marijuana
- D) Heroin

Answer: <https://biology-forums.com/index.php?topic=684971>

Question 879

Which of the following health issues can affect college achievement?

- A) Stress
- B) Sexual health
- C) Tobacco use
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685865>

Question 880

Refer to Bruce's Student Story in the chapter. Which of the following best describes Bruce's perspective on aging?

- A) He is afraid of growing old.
- B) He wants to live to an old age.
- C) He believes that he inevitably will inherit his grandfather's health condition.
- D) He wants to hold on to his youth.

Answer: <https://biology-forums.com/index.php?topic=685796>

Question 881

Being physically active can benefit anyone at any age.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684842>

Question 882

Based on David's Student Story, which is about cardiorespiratory fitness, he needs to adjust his exercise routine in order to improve his cardiorespiratory fitness. Which of the following principles of fitness training should he pay particular attention to when making changes to increase his cardiorespiratory fitness?

- A) Principle of specificity
- B) Principle of reversibility
- C) Principle of individuality
- D) Principle of overload

Answer: <https://biology-forums.com/index.php?topic=684810>

Question 883

Which of the following would be an indicator of static muscular endurance?

- A) The number of pushups you can do in a minute
- B) The maximum amount of weight you can bench press
- C) The amount of time you can hold your body weight suspended from a pull-up bar
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684793>

Question 884

An article about the results of the latest study on the health effects of vitamin B12 is more credible if it is

- A) carried out by an individual organization that sells a B12 product.
- B) the first study showing a health benefit for taking vitamin B12.
- C) supported by other researchers who have replicated the same results.
- D) lacking information about how the study was funded.

Answer: <https://biology-forums.com/index.php?topic=685890>

Question 885

Recall Betty's Student Story in the chapter. What does Betty consider to be advantageous about birth control pills over other methods of contraception?

- A) They lessen PMS and cramping.
- B) They help menstrual periods to be more predictable.
- C) They are effective at preventing pregnancy.
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685278>

Question 886

Jennifer wants to consume more fiber. What are four foods that are high in fiber? How will fiber help her digestive health?

Answer: <https://biology-forums.com/index.php?topic=684780>

Question 887

Jason suffers from test anxiety. When feeling anxious during a test, what should he do?

- A) Remind himself that some anxiety is normal.
- B) Concentrate on the fear and emotional response he is experiencing.
- C) Accept that he is not in control of the situation.
- D) Take rapid, deep breaths.

Answer: <https://biology-forums.com/index.php?topic=684649>

Question 888

Miguel is on a budget, but he is concerned about pesticide residue and wants to buy more organic produce. Which of the following foods should he purchase from the organic section based on pesticide absorption?

- A) Corn
- B) Onions
- C) Broccoli
- D) Strawberries

Answer: <https://biology-forums.com/index.php?topic=684747>

Question 889

Water plays a role in

- A) digestion.
- B) nutrient absorption.
- C) regulating body temperature.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684726>

Question 890

An example of a good test-taking skill is:

- A) getting enough sleep.
- B) eating a large meal so that you feel full during the test.
- C) arriving a few minutes late so that others won't distract you.
- D) working on the difficult questions first.

Answer: <https://biology-forums.com/index.php?topic=684650>

Question 891

Hardened and ruptured artery plaque may result in

- A) plaque breaking off and moving through the bloodstream.

- B) a clot in the artery that can cause a sudden heart attack or stroke.
C) blood flow being shunted to nearby arteries.
D) elevated blood pressure.

Answer: <https://biology-forums.com/index.php?topic=685436>

Question 892

The My Pyramid online feature provides an individualized nutritional plan for male and female children and adults. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684771>

Question 893

- A will allows a person to
- A) name an estate executor.
 - B) list possessions in detail and specify who should inherit them.
 - C) detail any funeral arrangements.
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685809>

Question 894

Brain _____ is a person's ability to meet the cognitive requirements and demands of daily life, such as problem solving and memory recall.

Answer: <https://biology-forums.com/index.php?topic=685845>

Question 895

Fewer than 10% of college students have never tried alcohol. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685101>

Question 896

Single-gene testing can tell you whether you carry DNA variants known to be linked to particular health conditions. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685556>

Question 897

Withdrawal symptoms occur as a result of

- A) psychological dependence.
- B) physical dependence.
- C) drug tolerance.
- D) drug overdose.

Answer: <https://biology-forums.com/index.php?topic=684980>

Question 898

PTSD stands for post-traumatic _____ disorder.

Answer: <https://biology-forums.com/index.php?topic=684692>

Question 899

Leah is pregnant. Which of the following foods should she avoid to reduce her risk of foodborne illness?

- A) Sushi containing raw seafood
- B) Unpasteurized apple juice
- C) Raw milk
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684740>

Question 900

Emotional issues associated with stress overload include

- A) eustress.
- B) mood swings.
- C) stooped posture.
- D) migraine headaches.

Answer: <https://biology-forums.com/index.php?topic=684631>

Question 901

Kara wants to start jogging for exercise, has just bought a pair of shoes and workout clothes, and has signed up to join a jogging group. Based on this information, what stage in the Stages of Change model is Kara in?

- A) Contemplation
- B) Preparation
- C) Action
- D) Maintenance

Answer: <https://biology-forums.com/index.php?topic=685881>

Question 902

Most chronic diseases are a natural consequence of aging regardless of a person's lifestyle behaviors.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685474>

Question 903

To motivate yourself to exercise to relieve stress, you should consider

- A) enrolling in an exercise class.
- B) getting a friend to work out with you.
- C) making exercise a regular part of your schedule.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684652>

Question 904

Which of the following is an example of rescission?

- A) Sue pays for a doctor that is on an approved list.
- B) Bill is disabled and is enrolled in Medicare.
- C) Carla's health insurance provider cuts off her coverage when Carla becomes sick with gallstones.
- D) Jame's son, Kyle, can automatically join his parents HMO.

Answer: <https://biology-forums.com/index.php?topic=685530>

Question 905

All of the following are reasons young adults start smoking except that

- A) they have never heard that smoking can kill you.
- B) they do it as an act of rebellion.
- C) their friends smoke.
- D) one or both of their parents smoke.

Answer: <https://biology-forums.com/index.php?topic=685079>

Question 906

All stress is harmful.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684684>

Question 907

What dietary behaviors reduce a person's risk of Type 2 diabetes?

Answer: <https://biology-forums.com/index.php?topic=685504>

Question 908

Crystal and her partner have decided to use a non-hormonal form of contraception that is effective at preventing pregnancy and STI transmission.

Which of the following would serve their needs?

- A) Birth control pills
- B) Morning-after pill
- C) Condoms
- D) Spermicide

Answer: <https://biology-forums.com/index.php?topic=685268>

Question 909

Depending on severity, coronary heart disease can cause all the following except

- A) angina.
- B) sudden cardiac arrest.
- C) high cholesterol.
- D) heart attack.

Answer: <https://biology-forums.com/index.php?topic=685439>

Question 910

When the calories you consume equal the calories you expend, you have achieved

- A) weight loss.
- B) weight gain.
- C) energy balance.
- D) thermogenesis.

Answer: <https://biology-forums.com/index.php?topic=684888>

Question 911

What portion of deaths in the U.S. every year are caused by cardiovascular disease and cancer?

- A) More than a quarter
- B) More than a third
- C) More than half
- D) More than two thirds

Answer: <https://biology-forums.com/index.php?topic=685421>

Question 912

Manufactured hallucinogens can be more potent than those derived from plants.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685031>

Question 913

Psychological health is a broad category that encompasses all of the following except

- A) mental health.
- B) physical fitness.
- C) aspects of spiritual health.
- D) a person's moods and feelings.

Answer: <https://biology-forums.com/index.php?topic=685857>

Question 914

All of the following are normal age-related changes that occur in the brain except

- A) difficulty in multitasking.
- B) difficulty with problem-solving skills.
- C) difficulty recalling names of people and places.
- D) difficulty learning new information quickly.

Answer: <https://biology-forums.com/index.php?topic=685788>

Question 915

Activities that improve flexibility include

- A) yoga.
- B) Pilates.
- C) tai chi.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684827>

Question 916

Which of the following causes the most deaths in the U.S.?

- A) Tobacco
- B) Alcohol abuse
- C) HIV
- D) Illegal drug use

Answer: <https://biology-forums.com/index.php?topic=685083>

Question 917

Members of ethnic minorities are as likely to have health coverage as the general population.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685903>

Question 918

According to research on student behaviors, most students smoke marijuana.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685897>

Question 919

Ideas about aging in American culture are being transformed.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685819>

Question 920

All of the following are problems associated with ozone depletion except

- A) increased skin cancer.
- B) disruption of aquatic plant life.
- C) increased cataracts.
- D) damage to tall buildings.

Answer: <https://biology-forums.com/index.php?topic=685690>

Question 921

All of the following are true regarding phytochemicals except the statement that they

- A) are naturally occurring chemicals in plants.
- B) have health effects.
- C) are essential nutrients.
- D) are found in legumes, nuts, seeds, and grains.

Answer: <https://biology-forums.com/index.php?topic=684729>

Question 922

Stretching prevents injury.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684855>

Question 923

By practicing personal safety individuals can reduce their risk of _____ and death.

Answer: <https://biology-forums.com/index.php?topic=685654>

Question 924

Financial stress can be lessened by examining your lifestyle and distinguishing luxuries from necessities. All of the following are luxuries that can increase budget expenses except

- A) magazine subscriptions.
- B) money for rent.
- C) sodas.
- D) a new cell phone.

Answer: <https://biology-forums.com/index.php?topic=684637>

Question 925

When Raquel is working on a computer, which of the following should she do to avoid RSI?

- A) Angle the screen so that it faces direct sunlight.
- B) Stop and stretch every 30 to 45 minutes.
- C) Use a chair that reclines significantly.
- D) Keep wrists bent and resting on the keyboard.

Answer: <https://biology-forums.com/index.php?topic=685607>

Question 926

Osteoporosis can be the result of an inadequate intake of _____ and vitamin D.

Answer: <https://biology-forums.com/index.php?topic=684777>

Question 927

Holding in angry feelings can be as physiologically damaging as expressing anger or rage.

Answer: <https://biology-forums.com/index.php?topic=684609>

Question 928

Emotional intelligence is the same thing as intellectual intelligence.

Answer: <https://biology-forums.com/index.php?topic=684591>

Question 929

Supplements are chemical compounds taken for a perceived health benefit.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685539>

Question 930

Long-term adverse effects of birth control pills include all the following except

- A) post pill amenorrhea up to six months.
- B) increased risk for ovarian and endometrial cancers.
- C) increased risk for cervical and liver cancers.
- D) increased risk for cardiovascular disease.

Answer: <https://biology-forums.com/index.php?topic=685277>

Question 931

Long-term exposure to cortisol can lead to all of the following except

- A) increased inflammatory response.
- B) increased fluid retention.
- C) weight gain.
- D) muscle breakdown.

Answer: <https://biology-forums.com/index.php?topic=684634>

Question 932

Not everyone with a tuberculosis infection will become ill from it.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685391>

Question 933

Body temperature and blood sugar level may drop dangerously in a person with alcohol _____.

Answer: <https://biology-forums.com/index.php?topic=685133>

Question 934

Unintentional injuries are also referred to as accidents.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685633>

Question 935

Students whose parents allowed them to drink in high school have no desire to drink by the time they enter college.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685104>

Question 936

Raymond wants to find an intellectually stimulating activity to help him reduce his risk for dementia. The key to the activity he chooses is that it include

- A) a mathematical component.
- B) an interactive component.
- C) a problem-solving component.

D) a puzzle or game.

Answer: <https://biology-forums.com/index.php?topic=685802>

Question 937

James is practicing this technique when he enjoys the experience of fishing with his son instead of thinking about his problems.

- A) Mindfulness
- B) Meditation
- C) Solitude
- D) Altruism

Answer: <https://biology-forums.com/index.php?topic=684550>

Question 938

What are the greatest challenges single mothers face? Are the challenges different from those faced by single fathers? Explain your answer.

Answer: <https://biology-forums.com/index.php?topic=685228>

Question 939

Amanda engages in several health-risk behaviors, including smoking, lack of physical activity, and poor diet. If she chooses to change only one of these behaviors, which change will have the biggest impact on reducing her risk of developing a chronic disease?

- A) Inactivity
- B) Smoking
- C) Poor diet
- D) Each will have the same impact.

Answer: <https://biology-forums.com/index.php?topic=685424>

Question 940

Which is not a factor that contributes to global warming?

- A) Tree planting
- B) Meat production
- C) Fossil fuel emissions
- D) Deforestation

Answer: <https://biology-forums.com/index.php?topic=685686>

Question 941

Kate is a healthy 65-year-old female who is interested in increasing her physical activity. Which of the following workouts would meet the minimum recommendations for her age group?

- A) Doing a 30-minute walk on the treadmill four days per week
- B) Doing strength-training exercises twice a week
- C) Doing a combination of strength-training exercises twice a week and walking 30 minutes a day five times a week
- D) Doing a 20-minute jog twice a week and stretching twice a week

Answer: <https://biology-forums.com/index.php?topic=685798>

Question 942

Who funds the Superfund?

- A) The general public
- B) The meat industry
- C) The chemical and petroleum industries
- D) The state lotteries

Answer: <https://biology-forums.com/index.php?topic=685704>

Question 943

To eat well when stressed it is important to

- A) drink caffeine to stay alert throughout your waking hours.
- B) drink sugared sodas rather than juices, which take longer to digest.
- C) eat larger meals at night when you are hungrier.
- D) keep healthy snacks with you to eat when you're on the go.

Answer: <https://biology-forums.com/index.php?topic=684645>

Question 944

The only way to avoid getting West Nile Virus is to avoid

- A) unwashed vegetables.
- B) undercooked meat.
- C) mosquito bites.
- D) unprotected sex.

Answer: <https://biology-forums.com/index.php?topic=685352>

Question 945

Lyme disease

- A) is transmitted by contaminated water.
- B) can last for years if untreated.
- C) will usually go away by itself.
- D) is commonly referred to as MRSA.

Answer: <https://biology-forums.com/index.php?topic=685347>

Question 946

Sudden feelings of terror that strike without warning are characteristic of

- A) generalized anxiety disorder.
- B) depression.
- C) a panic attack.
- D) seasonal affective disorder.

Answer: <https://biology-forums.com/index.php?topic=684564>

Question 947

All of the following are true about herpes except:

- A) Most infected people do not realize they have the virus.
- B) Oral sex can pass both HSV-1 and HSV-2 back and forth between the mouth and genitals.
- C) You can spread the virus to someone else only when you have visible blisters.
- D) It can be fatal to newborns.

Answer: <https://biology-forums.com/index.php?topic=685362>

Question 948

Finding humor in a situation can reduce stress by helping you to

- A) build problem-solving skills.
- B) put your stressors and their relative importance into perspective.
- C) increase social skills.
- D) decide what matters in the long term.

Answer: <https://biology-forums.com/index.php?topic=684668>

Question 949

The theory that a person progresses through six stages of change before achieving sustained behavior change is known as the

- A) stress-diathesis model.
- B) transtheoretical model.
- C) health belief model.
- D) general adaptation syndrome model.

Answer: <https://biology-forums.com/index.php?topic=685880>

Question 950

Male or female sexual dysfunction may have a psychological cause.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685281>

Question 951

To get a better night's sleep you should

- A) turn up the thermostat so that the warmth will help you go to sleep.
- B) have a glass of wine before bedtime.
- C) go to bed at roughly the same time each night.
- D) exercise within 2 hours before bedtime.

Answer: <https://biology-forums.com/index.php?topic=684659>

Question 952

Mother-to-child transmission of HIV can occur in all of the following ways except

- A) kissing the baby.
- B) breastfeeding the baby.
- C) during childbirth.
- D) during pregnancy.

Answer: <https://biology-forums.com/index.php?topic=685359>

Question 953

Inhalants include

- A) solvents.
- B) ketamine.
- C) opioids.
- D) benzodiazepines.

Answer: <https://biology-forums.com/index.php?topic=685012>

Question 954

Oral cancers are more common in drinkers than nondrinkers.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685116>

Question 955

Arrests for assaults among teens have risen dramatically since the late 1990s.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685646>

Question 956

Discuss three strategies for overcoming a bad mood.

Answer: <https://biology-forums.com/index.php?topic=684614>

Question 957

The systolic reading in blood pressure measurement records the resting phase of the heart.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685485>

Question 958

Anaerobic exercises build your body's ability to deliver long bursts of energy over an extended period of time.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684850>

Question 959

To reduce water pollution, you should do all of the following except

- A) bring outdated medicines to a drop-off site.
- B) dump old soaps and lotions in the trash.
- C) take used motor oil to a disposal site.
- D) wash your dirty car yourself.

Answer: <https://biology-forums.com/index.php?topic=685700>

Question 960

What are the two ways that the payoff conditional on default can be expressed?

Answer: <https://biology-forums.com/index.php?topic=684540>

Question 961

The physiological sensation caused by a lack of food is called

- A) satiety.
- B) appetite.
- C) hunger.

D) volumetrics.

Answer: <https://biology-forums.com/index.php?topic=684904>

Question 962

Which of the following is the deadliest form of skin cancer?

- A) Malignant melanoma
- B) Basal cell carcinoma
- C) Myeloma
- D) Lymphoma

Answer: <https://biology-forums.com/index.php?topic=685464>

Question 963

Old paint may contain toxic levels of _____.

Answer: <https://biology-forums.com/index.php?topic=685752>

Question 964

You can acquire an infectious disease by doing all of the following except

- A) sharing food.
- B) looking at someone who is sick.
- C) swimming in a lake.
- D) sitting near a sick person.

Answer: <https://biology-forums.com/index.php?topic=685317>

Question 965

When Janet pours herself a glass of wine at home, she fills a wine glass that can hold 8 ounces to the top. This is equivalent to one serving of wine. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685108>

Question 966

The two small organs that sit atop your kidneys and produce stress hormones are called the _____ glands

Answer: <https://biology-forums.com/index.php?topic=684687>

Question 967

The term "carbon footprint" refers to

- A) the total greenhouse gas emissions for which you are personally responsible.
- B) the balance of miles you drive every year minus the miles you walk.
- C) the world's total carbon emissions in one year.
- D) the number of carbon-emitting vehicles in a specific country.

Answer: <https://biology-forums.com/index.php?topic=685687>

Question 968

Which of the following distracted driving behaviors is the most dangerous?

- A) Texting
- B) Talking on a cell phone
- C) Turning the radio dials
- D) Eating

Answer: <https://biology-forums.com/index.php?topic=685587>

Question 969

Circumcision is the surgical removal of the

- A) glans.
- B) vas deferens.
- C) foreskin.
- D) scrotum.

Answer: <https://biology-forums.com/index.php?topic=685235>

Question 970

All of the following groups of people are disproportionately infected with HIV in the United States except

- A) African Americans.

- B) IV drug users.
- C) homosexual men.
- D) immigrants.

Answer: <https://biology-forums.com/index.php?topic=685355>

Question 971

Being physically inactive contributes to a lower basal _____ rate.

Answer: <https://biology-forums.com/index.php?topic=684950>

Question 972

People who commit self-injury usually do so for all of the following reasons except

- A) to deal with negative or overwhelming emotions.
- B) to get attention.
- C) to kill themselves.
- D) to punish themselves.

Answer: <https://biology-forums.com/index.php?topic=684571>

Question 973

Recall Andrew's Student Story in the chapter. Which type of diabetes does Andrew's father have?

- A) Type 1
- B) Type 2
- C) Type 1.5
- D) Gestational

Answer: <https://biology-forums.com/index.php?topic=685429>

Question 974

Which of the following was found to be the most common risk factor for congestive heart failure?

- A) Tachycardia
- B) Coronary heart disease
- C) Bradycardia
- D) Hypertension

Answer: <https://biology-forums.com/index.php?topic=685441>

Question 975

List and describe three types of phytochemicals, sources of each, and their benefits.

Answer: <https://biology-forums.com/index.php?topic=684781>

Question 976

All of the following are important components of effective alcohol-counseling programs except

- A) offering empathy.
- B) including heavy confrontation.
- C) strengthening motivation.
- D) providing concrete ways to change drinking behavior.

Answer: <https://biology-forums.com/index.php?topic=685075>

Question 977

Menopause officially begins

- A) when a woman turns 50.
- B) twelve months after a woman's last period.
- C) when a woman begins to experience hot flashes, vaginal dryness, and night sweats.
- D) when a woman's menstrual cycle slows down.

Answer: <https://biology-forums.com/index.php?topic=685781>

Question 978

Although dangerous, human growth hormone has been shown to improve performance.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684857>

Question 979

List five short-term effects of alcohol.

Answer: <https://biology-forums.com/index.php?topic=685142>

Question 980

A _____ drug produces feelings of detachment from a person's surroundings.

Answer: <https://biology-forums.com/index.php?topic=685045>

Question 981

During menstruation, women may become deficient in the mineral _____.

Answer: <https://biology-forums.com/index.php?topic=684776>

Question 982

Which of the following would be the most effective way to help a friend you suspect of having an eating disorder?

- A) Tell the friend about trained professionals and support groups that might help change the friend's self-perceptions and habits.
- B) Constantly talk to your friend about his or her dieting, weight, or body size.
- C) Angrily accuse your friend of not taking care of himself/herself.
- D) Wait until your friend's behavior results in a medical problem.

Answer: <https://biology-forums.com/index.php?topic=684921>

Question 983

Which of the following is not considered an emerging disease?

- A) H1N1 influenza
- B) Rabies
- C) SARS
- D) Hantavirus

Answer: <https://biology-forums.com/index.php?topic=685351>

Question 984

As more countries adopt Westernized eating habits, obesity becomes more of a global epidemic.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684945>

Question 985

Only 67% of children in 2009 lived with two married, biological parents.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685184>

Question 986

Which of these complementary and alternative treatments originated in India?

- A) Ayurveda
- B) Naturopathy
- C) Chiropractic
- D) Homeopathy

Answer: <https://biology-forums.com/index.php?topic=685521>

Question 987

Which of the following habits can result in premature aging?

- A) Smoking
- B) Poor eating habits
- C) Drinking alcohol excessively
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685854>

Question 988

Amino acids build and repair which of the following body proteins?

- A) Antibodies
- B) Enzymes
- C) Hormones
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684722>

Question 989

- A possible outcome of pelvic inflammatory disease (PID) is
- A) cancer.
 - B) infertility.
 - C) rheumatic fever.
 - D) opportunistic diseases.

Answer: <https://biology-forums.com/index.php?topic=685372>

Question 990

- A person with obsessive-compulsive disorder concerned about germs may
- A) be embarrassed about his or her repeated rituals.
 - B) perform hand washing more than 100 times per day.
 - C) get brief relief by repeating a ritual.
 - D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684567>

Question 991

- Life expectancy in the U.S. is highest for
- A) Hispanics.
 - B) African Americans.
 - C) Asian Americans.
 - D) Native Americans.

Answer: <https://biology-forums.com/index.php?topic=685876>

Question 992

- Short-term effects of alcohol consumption include all the following except
- A) decreased urination.
 - B) lightheadedness.
 - C) sleep disturbances.
 - D) indigestion.

Answer: <https://biology-forums.com/index.php?topic=685065>

Question 993

The 1973 the Roe vs. Wade court decision legalized abortions up to the end of a woman's first trimester. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685289>

Question 994

- All of the following are good strategies of coping with financial stress except
- A) using a credit card to pay your tuition.
 - B) developing a budget and keeping track of expenditures.
 - C) cutting back on items you truly don't need.
 - D) talking to a financial aid advisor.

Answer: <https://biology-forums.com/index.php?topic=684636>

Question 995

Compare and contrast treatment options for alcoholism.

Answer: <https://biology-forums.com/index.php?topic=685145>

Question 996

- What percentage of the Earth's water supply is accessible?
- A) 1%
 - B) 10%
 - C) 25%
 - D) 50%

Answer: <https://biology-forums.com/index.php?topic=685694>

Question 997

Which of the following activities can reduce stress levels?

- A) Cross-country skiing
- B) Hiking
- C) Playing basketball
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684802>

Question 998

Explain three factors that help determine the physiological response to a drug.

Answer: <https://biology-forums.com/index.php?topic=685052>

Question 999

Which of the following is considered a drug?

- A) Blood pressure medication
- B) Headache pills
- C) Caffeinated energy drink
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684967>

Question 1000

Side effects of cocaine include all of the following except

- A) higher blood pressure.
- B) hunger.
- C) blurred vision.
- D) increased respiration.

Answer: <https://biology-forums.com/index.php?topic=685002>

Question 1001

For people over 15 most drownings occur

- A) in swimming pools.
- B) in natural water settings.
- C) in hot tubs.
- D) in boating accidents.

Answer: <https://biology-forums.com/index.php?topic=685604>

Question 1002

Essential nutrients are nutrients produced by the body.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684750>

Question 1003

Visualization techniques can be used to

- A) remove yourself from a stressful situation.
- B) mentally practice a task and develop confidence.
- C) handle the pressures of competition.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684664>

Question 1004

Under the federal health insurance reforms passed in 2010, young people are able to be covered by their parent's health insurance until age _____. (Make sure your answer is a numeral)

Answer: <https://biology-forums.com/index.php?topic=685571>

Question 1005

The cycle of domestic partner abuse begins with

- A) tension building.
- B) acute battering.

C) remorse.

D) pity.

Answer: <https://biology-forums.com/index.php?topic=685625>

Question 1006

A person's attitude toward screening to detect diseases can be a predisposing factor that influences health behavior.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685907>

Question 1007

All of the following are true about heroin except

A) it is fast-acting.

B) it is classed as a depressant.

C) it is highly addictive.

D) it is typically injected into a vein.

Answer: <https://biology-forums.com/index.php?topic=685015>

Question 1008

Images of celebrities in magazines cannot be altered to encourage people to buy a product or take their advice.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685916>

Question 1009

When her boyfriend is feeling slighted over an event that occurred at work, Meghan feels that she is at fault for his negative feelings. This is an example of

A) overgeneralization.

B) personalization.

C) emotional reasoning.

D) mental filtering.

Answer: <https://biology-forums.com/index.php?topic=684583>

Question 1010

A managed-care health plan generally offers you more choices at a lower price.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685550>

Question 1011

Among college students, women, minorities, and married students have lower rates of drinking than students in other categories.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685102>

Question 1012

According to Robert Sternberg, the three primary components of healthy, loving relationships are all of the following except

A) intimacy.

B) passion.

C) financial security.

D) commitment.

Answer: <https://biology-forums.com/index.php?topic=685154>

Question 1013

A person is most likely to get an infection during the _____ stage of the general adaptation syndrome.

Answer: <https://biology-forums.com/index.php?topic=684689>

Question 1014

Most students need around 7 to _____ hours of sleep to get a full night's rest. (Write your answer as a numeral rather than as a spelled-out word.)

Answer: <https://biology-forums.com/index.php?topic=684695>

Question 1015

Chronic stress directly or indirectly relates to the risk of heart disease or heart attack by

- A) raising blood pressure.
- B) damaging internal organs.
- C) increasing the likelihood of obesity.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684628>

Question 1016

A sense of positive self-regard, resulting in elevated levels of self-respect, self-worth, self-confidence, and self-satisfaction is called

- A) realism.
- B) assertiveness.
- C) autonomy.
- D) self-esteem.

Answer: <https://biology-forums.com/index.php?topic=684545>

Question 1017

Katie only drinks on the weekend, and she typically consumes 4-5 mixed drinks during the first two hours that she is out with her friends. This drinking pattern is called

- A) social drinking.
- B) alcoholism.
- C) teetotaling.
- D) binge drinking.

Answer: <https://biology-forums.com/index.php?topic=685058>

Question 1018

Discuss five communication skills that may be helpful when dealing with conflict or other uncomfortable situations.

Answer: <https://biology-forums.com/index.php?topic=685214>

Question 1019

Homosexual men experience more domestic violence than women.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685649>

Question 1020

A health issue that existed prior to enrollment in an insurance plan, is called a _____ condition.

Answer: <https://biology-forums.com/index.php?topic=685566>

Question 1021

Lymphocytes are a type of

- A) antigen.
- B) macrophage.
- C) white blood cell.
- D) antibody.

Answer: <https://biology-forums.com/index.php?topic=685321>

Question 1022

African American males are more likely to be diagnosed with prostate cancer and are more likely to have an aggressive form.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685491>

Question 1023

This question refers to Chase's Student Story in the chapter. As Chase's homesickness largely consists of loneliness, what two or three strategies might help him overcome his homesickness?

Answer: <https://biology-forums.com/index.php?topic=684613>

Question 1024

Gastric bypass surgery works by

- A) permanently reducing the size of the stomach.
- B) partitioning off part of the stomach with an adjustable band.

C) cutting the nerves in the stomach that control appetite.
D) partitioning off part of the intestines with an adjustable band.
Answer: <https://biology-forums.com/index.php?topic=684909>

Question 1025

A depressive disorder caused by experiencing fewer hours of daylight during the winter months is called
A) bipolar disorder.
B) seasonal affective disorder.
C) attention deficit disorder.
D) social anxiety disorder.
Answer: <https://biology-forums.com/index.php?topic=684560>

Question 1026

Implantation occurs when
A) the sperm penetrates the egg.
B) the blastocyst becomes a zygote.
C) the egg is released into the fallopian tubes.
D) the blastocyst lodges in the uterus.
Answer: <https://biology-forums.com/index.php?topic=685267>

Question 1027

What does a transition matrix indicate about a bond's future credit risk?
Answer: <https://biology-forums.com/index.php?topic=684541>

Question 1028

To stay hydrated you should drink water
A) before your workout.
B) during your workout.
C) after your workout.
D) All of the answers are correct.
Answer: <https://biology-forums.com/index.php?topic=684830>

Question 1029

Binge drinking is most common in this age group.
A) Under 18
B) Over 25
C) 18-24
D) 25-30
Answer: <https://biology-forums.com/index.php?topic=685059>

Question 1030

Risk factors for lung cancer include all the following except
A) exposure to second-hand smoke.
B) a history of smoking.
C) exposure to asbestos.
D) a family history of allergies and asthma.
Answer: <https://biology-forums.com/index.php?topic=685465>

Question 1031

Which of the following methods of contraception has the lowest failure rate?
A) IUD
B) Male condoms
C) Transdermal patch
D) Female condoms
Answer: <https://biology-forums.com/index.php?topic=685272>

Question 1032

Heavy drinking increases a woman's risk for being a victim of sexual assault.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685119>

Question 1033

A consumer-controlled account that is usually offered through employers and that uses pre-tax dollars to cover approved health care costs is also called a point-of-service plan (POS).

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685551>

Question 1034

Extreme dieters display all the following signs except

- A) weight loss that would categorize them as anorexic.
- B) a preoccupation with eating as a potential source of weight gain.
- C) frequent use of over-the-counter pills to control weight.
- D) a preoccupation with burning off calories.

Answer: <https://biology-forums.com/index.php?topic=684920>

Question 1035

The highest incidence of alcohol dependence is in the age group of 24-34.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685099>

Question 1036

Mental health is the component of psychological health that pertains to a person's feelings and emotions.

Answer: <https://biology-forums.com/index.php?topic=684585>

Question 1037

According to Anne's Student Story in your text, she is reluctant to try to fit exercise in to her schedule because she believes it will make her

- A) less efficient at work.
- B) more stressed.
- C) feel embarrassed about her low fitness level.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684835>

Question 1038

Discuss three ways to build self-esteem.

Answer: <https://biology-forums.com/index.php?topic=684611>

Question 1039

Why is the burning of fossil fuels problematic?

Answer: <https://biology-forums.com/index.php?topic=685759>

Question 1040

What is "infatuation"? Give an example.

Answer: <https://biology-forums.com/index.php?topic=685217>

Question 1041

Madeline used MyPyramid Tracker to analyze her diet for a week. What is her next step in creating a personalized nutritional plan?

- A) Identify her dietary drawbacks
- B) Start an exercise program
- C) Plan her diet for the following week
- D) Identify potential obstacles

Answer: <https://biology-forums.com/index.php?topic=684749>

Question 1042

A _____ symbol on the label indicates that the product meets minimum safety and purity standards. (Be sure to use all capital letters.)

Answer: <https://biology-forums.com/index.php?topic=685559>

Question 1043

What is meant by the phrase "tranche" when referring to collateralized debt obligations?

Answer: <https://biology-forums.com/index.php?topic=684543>

Question 1044

Discuss the three stages of syphilis.

Answer: <https://biology-forums.com/index.php?topic=685419>

Question 1045

All of the following are correct about cohabitation except:

- A) Couples who cohabit cannot collect social security benefits after the death of a partner.
- B) Couples who cohabit in the U.S. report the highest levels of wealth among household types.
- C) Couples who cohabit have lower self-esteem.
- D) Couples who cohabit have higher relational dependency.

Answer: <https://biology-forums.com/index.php?topic=685170>

Question 1046

To exercise safely you should

- A) make sure you are medically healthy enough to exercise.
- B) include a 15-minute warm up and cool down in your program.
- C) learn proper techniques for exercise.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684829>

Question 1047

Osteoarthritis is usually caused by

- A) genetic factors.
- B) repetitive motion.
- C) effects of injury.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685785>

Question 1048

"Love at first sight" is also known as empty love.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685175>

Question 1049

The challenges our bodies face in defending cells against mutations include all the following except

- A) Some are more severe than the body can fix.
- B) The frequency of the encounter with the carcinogen can overwhelm the body's defenses.
- C) The body's defenses become inactive in response to the carcinogen.
- D) In some people other features of their DNA diminish their body's ability to protect and repair cells.

Answer: <https://biology-forums.com/index.php?topic=685451>

Question 1050

Destiny does not eat any red meat, poultry, or fish. However, she does consume dairy products and eggs. What type of vegetarian is she?

- A) Vegan
- B) Lacto
- C) Lacto Ovo
- D) Semi

Answer: <https://biology-forums.com/index.php?topic=684743>

Question 1051

Driving at excessive _____ is a factor in 31% of fatal car accidents.

Answer: <https://biology-forums.com/index.php?topic=685656>

Question 1052

Cognitive therapy focuses on changing

- A) unconscious sources for a person's behavior.

- B) negative and distorted thoughts.
- C) a person's level of optimism.
- D) a person's response to medication.

Answer: <https://biology-forums.com/index.php?topic=684577>

Question 1053

Fats should constitute _____% of daily caloric intake.

- A) 10-20
- B) 15-17
- C) 20-35
- D) 40-55

Answer: <https://biology-forums.com/index.php?topic=684720>

Question 1054

How is substance dependence defined by the American Psychiatric Association?

Answer: <https://biology-forums.com/index.php?topic=685050>

Question 1055

Healthy Campus is an offshoot of the Healthy People initiative, specifically geared toward _____ students.

Answer: <https://biology-forums.com/index.php?topic=685921>

Question 1056

A substantial number of older adults remain sexually active.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685828>

Question 1057

"Falling off the wagon" is a term to describe

- A) alcoholism.
- B) rehabilitation.
- C) abstinence.
- D) relapse.

Answer: <https://biology-forums.com/index.php?topic=685077>

Question 1058

The term "eight Americas" refers to differences in life-expectancy projections among eight groups of Americans based on a variety of racial, ethnic, economic, and _____ factors.

Answer: <https://biology-forums.com/index.php?topic=685840>

Question 1059

Unprotected oral sex can lead to the transmission of

- A) herpes.
- B) syphilis.
- C) Hepatitis B.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685257>

Question 1060

Age increases a person's basal metabolic rate.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684936>

Question 1061

The National Center for Complementary and Alternative Medicine places Chinese medicine under which domain?

- A) Biologically based practices
- B) Mind-body medicine
- C) Manipulative and body-based medicine
- D) Whole medical systems

Answer: <https://biology-forums.com/index.php?topic=685517>

Question 1062

What type of damage can BPA cause?

- A) It can damage the nervous system.
- B) It can cause cancer.
- C) It can cause allergic reactions.
- D) It can interfere with the endocrine system.

Answer: <https://biology-forums.com/index.php?topic=685715>

Question 1063

What percentage of the Earth's surface is covered by water?

- A) 25%
- B) 50%
- C) 75%
- D) 95%

Answer: <https://biology-forums.com/index.php?topic=685692>

Question 1064

A blood _____ level of 100-125 indicates prediabetes.

Answer: <https://biology-forums.com/index.php?topic=685496>

Question 1065

Blake finds that he becomes intoxicated quicker when he drinks rum and cola than when he drinks rum and pineapple juice. This is because the carbon dioxide in the cola increases the rate of absorption.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685109>

Question 1066

Which communication style is most typical of women?

- A) Finishing a topic before going on to the next one
- B) Speaking with fewer words
- C) Making requests bluntly
- D) Thinking aloud

Answer: <https://biology-forums.com/index.php?topic=685151>

Question 1067

A person who is overweight is more likely to have high blood pressure than an average weight person for all the following reasons except

- A) an increased capacity of the blood vessels to transport blood.
- B) a higher blood volume.
- C) a higher heart rate.
- D) a reduced capacity of the blood vessels to transport blood.

Answer: <https://biology-forums.com/index.php?topic=684881>

Question 1068

De-oxygenated blood enters the heart via the

- A) superior and inferior vena cava.
- B) aorta.
- C) right atrium.
- D) left atrium.

Answer: <https://biology-forums.com/index.php?topic=685432>

Question 1069

What does it mean to talk honestly about sex? Do you think this is important? Why or why not?

Answer: <https://biology-forums.com/index.php?topic=685310>

Question 1070

The EPA recommends avoiding consumption of all of the following fish except

- A) flounder.
- B) swordfish.

- C) king mackerel.
- D) shark.

Answer: <https://biology-forums.com/index.php?topic=685720>

Question 1071

Long-term effects of marijuana use may include all of the following except

- A) chronic cough and phlegm production.
- B) bronchitis and other respiratory problems.
- C) enhanced immune system function.
- D) impaired cognitive ability.

Answer: <https://biology-forums.com/index.php?topic=684995>

Question 1072

Because nicotine acts as an appetite suppressant, some young adults smoke to help then lose weight.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685125>

Question 1073

An individual with a predicted maximum heart rate of 180 would have a target heart range of

- A) 100 to 148 beats per minute.
- B) 115 to 164 beats per minute.
- C) 120 to 170 beats per minute.
- D) 130 to 180 beats per minute.

Answer: <https://biology-forums.com/index.php?topic=684814>

Question 1074

Pubic lice can infect beards, eyelashes, and mustaches.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685393>

Question 1075

The cognitive component of Sternberg's triangular theory of love is _____.

Answer: <https://biology-forums.com/index.php?topic=685201>

Question 1076

Discuss the benefits of marriage.

Answer: <https://biology-forums.com/index.php?topic=685225>

Question 1077

Nonspecific immunity involves all of the following except

- A) T cells.
- B) neutrophils.
- C) macrophages.
- D) natural killer cells.

Answer: <https://biology-forums.com/index.php?topic=685320>

Question 1078

What are the potential medical complications of HPV?

Answer: <https://biology-forums.com/index.php?topic=685417>

Question 1079

The key to making organ donation effective is

- A) to choose the organs you want to donate.
- B) to only register if you're healthy.
- C) to inform family members of your decision.
- D) to include your decision in your living will.

Answer: <https://biology-forums.com/index.php?topic=685813>

Question 1080

One of the key contributing factors to a hangover is the amount of congeners the drink has.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685113>

Question 1081

Intensity of training can be defined as

- A) how high your heart rate goes when running.
- B) how much weight you can lift.
- C) how many times you can do a curl-up.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684806>

Question 1082

Type _____ diabetes accounts for 90-95% of all adult diabetes cases. (Make sure your answer is a numeral.)

Answer: <https://biology-forums.com/index.php?topic=685495>

Question 1083

Compare and contrast eating disorders in males and females.

Answer: <https://biology-forums.com/index.php?topic=684964>

Question 1084

A _____ diet does not contain any meat, fish, dairy, or eggs.

Answer: <https://biology-forums.com/index.php?topic=684778>

Question 1085

Recall Abbey's Student Story from the chapter. From Abbey's point of view, what does it mean to talk honestly about sex with a partner?

- A) Tell your partner if you have an STI before becoming sexually active.
- B) Ask your partner if he or she has ever had an STI.
- C) Discuss sexual histories with your partner.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685237>

Question 1086

Separate groups of repetitions are called _____.

Answer: <https://biology-forums.com/index.php?topic=684866>

Question 1087

Karen has been working out in the heat and is beginning to feel fatigued and nauseated. It is likely that Karen is developing

- A) hypothermia.
- B) heat exhaustion.
- C) heatstroke.
- D) muscle cramps.

Answer: <https://biology-forums.com/index.php?topic=684831>

Question 1088

All of the following statements are true regarding the ovaries except

- A) the ovaries are where the ova are stored.
- B) midway through a woman's cycle, she ovulates.
- C) during ovulation an egg forms in one of the ovaries.
- D) the ovaries produce estrogen.

Answer: <https://biology-forums.com/index.php?topic=685231>

Question 1089

Endometriosis is a condition in which endometrial tissue grows in areas _____ the uterus.

- A) inside
- B) outside

- C) in the walls of
- D) deep within

Answer: <https://biology-forums.com/index.php?topic=685248>

Question 1090

Explain the relationship between optimism and health.

Answer: <https://biology-forums.com/index.php?topic=684612>

Question 1091

Common causes of stress include all of the following except

- A) financial issues.
- B) supportive social networks.
- C) daily hassles.
- D) living in an unsafe neighborhood.

Answer: <https://biology-forums.com/index.php?topic=684638>

Question 1092

The mini pill is a/an _____ form of contraception.

Answer: <https://biology-forums.com/index.php?topic=685307>

Question 1093

Having a BAC of _____ or greater will qualify you for a DWI arrest.

- A) .02%
- B) .05%
- C) .06%
- D) .08%

Answer: <https://biology-forums.com/index.php?topic=685070>

Question 1094

All of the following statements regarding pancreatic cancer are true except

- A) signs rarely appear until the cancer is advanced.
- B) being a diabetic increases a person's risk.
- C) survival rates are low.
- D) standard screening guidelines call for yearly checkups.

Answer: <https://biology-forums.com/index.php?topic=685469>

Question 1095

The primary cause of Type 1 diabetes is consuming too many carbohydrates.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685477>

Question 1096

The values a person has as an adult are developed shortly after birth and remain unchanged.

Answer: <https://biology-forums.com/index.php?topic=684594>

Question 1097

Men who hold low opinions of women are more likely to show higher levels of sexual aggression.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685651>

Question 1098

Life expectancy in the U.S. has decreased over the last century.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685823>

Question 1099

Most cancer deaths in women are attributed to breast cancer.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685488>

Question 1100

Mass shootings at Columbine High School and Virginia Tech have led to all the following except

- A) increased crime rates on elementary, middle, and high school campuses since 2004.
- B) new emergency response plans and procedures on campuses.
- C) upgraded communication systems on campuses.
- D) new safety services for students, faculty, and staff.

Answer: <https://biology-forums.com/index.php?topic=685616>

Question 1101

Any type of regular, sustained physical activity can be beneficial.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684845>

Question 1102

Ovulation occurs at the end of the _____ phase of the menstrual cycle.

- A) menstrual
- B) proliferative
- C) secretory
- D) pre-menstrual

Answer: <https://biology-forums.com/index.php?topic=685241>

Question 1103

The number-one killer of young adults in the U.S. is

- A) cardiovascular disease.
- B) unintentional or intentional injuries.
- C) cancer.
- D) diabetes.

Answer: <https://biology-forums.com/index.php?topic=685583>

Question 1104

Minerals are manufactured by the body.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684762>

Question 1105

The mixture of sperm and seminal fluid is called

- A) semen.
- B) urethra.
- C) the prostate gland.
- D) seminal vesicles.

Answer: <https://biology-forums.com/index.php?topic=685236>

Question 1106

What is herd immunity and why is it important?

Answer: <https://biology-forums.com/index.php?topic=685410>

Question 1107

Regions lower in _____ and status have higher rates of crime.

Answer: <https://biology-forums.com/index.php?topic=685662>

Question 1108

Parenthood is often associated with an increase in marital satisfaction.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685186>

Question 1109

Mark is 80 years old and lost his wife last year. He marries a woman who lives nearby who lost her husband several years ago. They sleep in separate rooms but enjoy each other's company. This is an example of

- A) empty love.
- B) companionate love.
- C) romantic love.
- D) fatuous love.

Answer: <https://biology-forums.com/index.php?topic=685159>

Question 1110

Under the new 2010 healthcare plan, employers can no longer place a lifetime cap on the insurance benefits you receive. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685554>

Question 1111

A female should have her first gynecological visit when she is

- A) between the ages of 13-15.
- B) at age 18.
- C) at age 21.
- D) at age 24.

Answer: <https://biology-forums.com/index.php?topic=685232>

Question 1112

Only 10% of college students consider themselves shy.

Answer: <https://biology-forums.com/index.php?topic=684597>

Question 1113

Native Americans have the lowest rates of diabetes in the world.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685905>

Question 1114

Physical dependence on a drug leads to drug tolerance.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685019>

Question 1115

Panic disorder can lead to agoraphobia.

Answer: <https://biology-forums.com/index.php?topic=684604>

Question 1116

Low carbohydrate diets work by causing an initial loss of _____ weight.

Answer: <https://biology-forums.com/index.php?topic=684953>

Question 1117

The effect of coffee on a hangover is

- A) a reversal of symptoms associated with a hangover.
- B) an increase in dehydration and worsening of a hangover.
- C) a shortened duration of a hangover due to the stimulant effects of coffee.
- D) a worsening of a hangover due to coffee providing additional hydration.

Answer: <https://biology-forums.com/index.php?topic=685066>

Question 1118

Your friend Jenny has decided to begin eating healthier, but doesn't want to give up eating at fast food restaurants. What are three suggestions you have for your friend so she can choose healthy fast-food options?

Answer: <https://biology-forums.com/index.php?topic=684785>

Question 1119

John just came back from a camping trip and noticed a bull's-eye-shaped skin rash on his arm. Which disease does John probably have?

- A) MRSA skin infection
- B) Toxic shock syndrome
- C) Mononucleosis
- D) Lyme disease

Answer: <https://biology-forums.com/index.php?topic=685346>

Question 1120

Diets lacking nutrients cause all the following except

- A) a decreased sense of well being.
- B) an increased energy level.
- C) an increased risk for chronic diseases such as heart disease and diabetes.
- D) an increased risk for obesity.

Answer: <https://biology-forums.com/index.php?topic=684706>

Question 1121

All of the following statements about over-the-counter medicines are correct except:

- A) They may interact with herbal supplements.
- B) They may not be safe for pregnant women.
- C) They include allergy pills and cold medicines.
- D) They do not present any of the challenges associated with prescription drugs.

Answer: <https://biology-forums.com/index.php?topic=684990>

Question 1122

With specific prevention interventions, the risk of mother-to-child transmission of HIV can be reduced to less than 5%.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685392>

Question 1123

At least 10-15% of pregnancies end in miscarriage.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685297>

Question 1124

You can resistance train on consecutive days as long as

- A) you work different muscle groups from day to day.
- B) you do a low to moderate intensity workout.
- C) you allow each muscle 96 hours of recovery time.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684820>

Question 1125

The theory that the type of relationship we have with others when we are young strongly influences our behavior in later relationships is known as the

- A) attachment theory.
- B) self-esteem theory.
- C) intimacy theory.
- D) assortative mating theory.

Answer: <https://biology-forums.com/index.php?topic=685153>

Question 1126

Which chemical agents found in paint strippers, paints, glues, permanent markers, and office supplies are known to cause cancer?

- A) Phthalates
- B) Volatile organic compounds
- C) Formaldehyde
- D) Mercury

Answer: <https://biology-forums.com/index.php?topic=685712>

Question 1127

Which type of alternative medicine is based on incorporating traditional therapies and techniques from all over the world, with an emphasis on supporting health rather than treating disease?

- A) Ayurveda
- B) Naturopathy
- C) Chiropractic
- D) Energy therapies

Answer: <https://biology-forums.com/index.php?topic=685522>

Question 1128

The typical American lifestyle promotes physical activity.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684839>

Question 1129

Everyone experiences grieving as a five-stage process, with each stage lasting one to two months.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685837>

Question 1130

Which of the following would be considered drug misuse?

- A) Taking aspirin for an ankle sprain
- B) Buying allergy medicine online with a prescription
- C) Taking one of your mother's prescription sleeping pills to fall asleep
- D) Doubling the standard dosage of pain medication on a doctor's recommendation

Answer: <https://biology-forums.com/index.php?topic=684974>

Question 1131

Talking on a cell phone while driving is an example of _____ driving.

Answer: <https://biology-forums.com/index.php?topic=685657>

Question 1132

Alcohol is associated with three forms of liver disease.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685118>

Question 1133

The following precautions are recommended for online dating except:

- A) Do not have the new date pick you up at home.
- B) Make sure not to introduce your new date to your friends in case you don't get along.
- C) Tell a friend where you are meeting the new date.
- D) Trust your gut feelings.

Answer: <https://biology-forums.com/index.php?topic=685164>

Question 1134

Discuss five health behaviors that reduce a person's risk for cardiovascular disease.

Answer: <https://biology-forums.com/index.php?topic=685506>

Question 1135

Crimes fueled by bias against another person's race, ethnicity, religion, national origin, sexual orientation, or disability are known as _____ crimes.

Answer: <https://biology-forums.com/index.php?topic=685664>

Question 1136

Allopathic or Western medicine is also known as _____ medicine and is the predominant type of care in the United States.

Answer: <https://biology-forums.com/index.php?topic=685560>

Question 1137

Distinguish between the two types of stress and give an example of each.

Answer: <https://biology-forums.com/index.php?topic=684700>

Question 1138

Which of the following methods of drug administration is the slowest way for a chemical to reach the brain?

- A) Ingestion
- B) Inhalation
- C) Mucosal absorption
- D) Topical administration

Answer: <https://biology-forums.com/index.php?topic=684984>

Question 1139

Explain the differences between disordered eating and eating disorders.

Answer: <https://biology-forums.com/index.php?topic=684963>

Question 1140

Today, the definition of "hooking up" means

- A) meeting someone at a bar and having dinner.
- B) drinking excessively.
- C) hanging out at someone's house and playing video games.
- D) having a casual physical encounter with someone.

Answer: <https://biology-forums.com/index.php?topic=685163>

Question 1141

All of the following are safe alternatives to intercourse except

- A) oral sex.
- B) masturbation.
- C) outercourse.
- D) abstinence.

Answer: <https://biology-forums.com/index.php?topic=685256>

Question 1142

According to the EPA, what are four ways consumers can reduce their exposure to pesticides?

Answer: <https://biology-forums.com/index.php?topic=684788>

Question 1143

When seeing a health professional for help in dealing with stress, it is

- A) important to withhold information from your doctor that may be embarrassing.
- B) unnecessary to mention the herbal supplements you are taking.
- C) important to talk about any drugs or medication you are taking.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684670>

Question 1144

Why is having health insurance so important?

Answer: <https://biology-forums.com/index.php?topic=685579>

Question 1145

Which of the following correctly lists the items from smallest to largest?

- A) DNA, genome, chromosome, gene
- B) Genome, gene, DNA, chromosome
- C) DNA, gene, chromosome, genome
- D) Gene, genome, DNA, chromosome

Answer: <https://biology-forums.com/index.php?topic=685535>

Question 1146

Phytochemicals are one of the six major nutrients.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684764>

Question 1147

What are some strategies you can use to maintain a fitness program?

Answer: <https://biology-forums.com/index.php?topic=684878>

Question 1148

Toxic relationships in which neither partner is happy are referred to as _____ relationships.

Answer: <https://biology-forums.com/index.php?topic=685209>

Question 1149

Homosexuality is a sexual orientation seen only in the U.S.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685286>

Question 1150

Using electronic devices to send sexually explicit texts, pictures, or videos is called _____.

Answer: <https://biology-forums.com/index.php?topic=685306>

Question 1151

Members of which ethnicity are most likely to rate their health as excellent or good?

- A) Asian Americans
- B) African Americans
- C) Native Americans
- D) Hispanics

Answer: <https://biology-forums.com/index.php?topic=685770>

Question 1152

Chronic stress causes ulcers.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684685>

Question 1153

The 2009 H1N1 flu virus started in which animal?

- A) Rats
- B) Chickens
- C) Cattle
- D) Pigs

Answer: <https://biology-forums.com/index.php?topic=685335>

Question 1154

Working out one day a week will prevent muscle atrophy.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684852>

Question 1155

Societal pressures can undermine the emotional wellness of gay, lesbian, and transgender adults.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685901>

Question 1156

Which form of alternative medicine is based on the assumption that "like cures like"?

- A) Ayurveda
- B) Naturopathy
- C) Biofield therapies
- D) Homeopathy

Answer: <https://biology-forums.com/index.php?topic=685520>

Question 1157

Looking back over your test when finished can improve your test-taking by allowing you to

- A) complete or change an answer because you remembered something.
- B) make sure you didn't skip any questions.
- C) change the answer to a question you initially misread.

D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684648>

Question 1158

Four key behaviors that are closely linked to the development of chronic disease are excessive _____ intake, smoking, poor diet and inactivity.

Answer: <https://biology-forums.com/index.php?topic=685494>

Question 1159

Binge drinking is associated with legal, behavioral, and health risks.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685098>

Question 1160

Which of the following factors indicate that health conditions for older adults have not improved?

- A) They report having about 5 physically unhealthy days per month.
- B) Most have at least one chronic health condition.
- C) They report mental distress about 2 days per month.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685771>

Question 1161

High blood pressure is twice as common in obese adults.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684926>

Question 1162

Approximately 12.5% of the U.S. population is over the age of 65.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685820>

Question 1163

All of the following are correct about bacteria except

- A) they can live independently in nature.
- B) some produce harmful toxins.
- C) they are single-celled microorganisms.
- D) most types of bacteria are harmful.

Answer: <https://biology-forums.com/index.php?topic=685340>

Question 1164

In 2008, which type of violent crime involved a gun in over half the cases?

- A) Murder
- B) Robbery
- C) Aggravated assault
- D) Rape

Answer: <https://biology-forums.com/index.php?topic=685610>

Question 1165

Strength training can improve the ability to resolve conflict.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684836>

Question 1166

Dysmenorrhea is characterized by

- A) painful menstruation.
- B) a lack of periods.
- C) debilitating PMS.
- D) anxiety and sadness.

Answer: <https://biology-forums.com/index.php?topic=685247>

Question 1167

An assertive person uses anger and hostility to make a point.

Answer: <https://biology-forums.com/index.php?topic=684588>

Question 1168

Psychoactive drugs intoxicate the brain and cause

- A) physical changes.
- B) psychological changes.
- C) behavioral changes.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684981>

Question 1169

You can build muscle by using

- A) weight machines.
- B) resistance bands.
- C) your body weight.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684817>

Question 1170

Women are at greater risk for violence than men.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685640>

Question 1171

Which of these continents is experiencing the greatest population growth?

- A) Asia
- B) North America
- C) Africa
- D) Europe

Answer: <https://biology-forums.com/index.php?topic=685680>

Question 1172

Nicotine activates the pleasure center of the brain and raises levels of a neurotransmitter called

- A) acetylcholine.
- B) glutamate.
- C) GABA.
- D) dopamine.

Answer: <https://biology-forums.com/index.php?topic=685096>

Question 1173

Which is correct about sexually transmitted infections?

- A) They are not very common.
- B) There are more than 30 different causes.
- C) Women are at less risk than men.
- D) People under the age of 25 are less vulnerable.

Answer: <https://biology-forums.com/index.php?topic=685354>

Question 1174

During pregnancy, a woman needs to consume an additional 500-1000 calories to sustain fetal growth.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685296>

Question 1175

When stretching you should

- A) warm up for at least 10 minutes before stretching.
- B) hold static stretches for at least 2 minutes.

C) stretch to the point that the muscle feel tight but not to the point of discomfort.

D) hold your breath as you move into the stretch.

Answer: <https://biology-forums.com/index.php?topic=684826>

Question 1176

The first relationship we ever experience is the _____ relationship.

Answer: <https://biology-forums.com/index.php?topic=685200>

Question 1177

Which of the following has been shown to be most effective in lowering type II diabetes risk?

A) Exercise

B) Exercise and healthy diet

C) Prescription diabetes medication

D) Vitamins and regular physical activity

Answer: <https://biology-forums.com/index.php?topic=684798>

Question 1178

Which of the following foods is least likely to cause an allergic reaction?

A) Milk

B) Soy

C) Corn

D) Nuts

Answer: <https://biology-forums.com/index.php?topic=684742>

Question 1179

Although trans fats are unhealthy to consume, they are a better option than saturated fats.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684757>

Question 1180

Acute stress increases your risk of chronic diseases.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684675>

Question 1181

Physical activity has been shown to reduce the risk of

A) breast cancer.

B) colorectal cancer.

C) ovarian cancer.

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684799>

Question 1182

Small tumor-like growths called gummas may appear when which disease goes untreated for years?

A) HIV

B) Rabies

C) Streptococcal pneumonia

D) Syphilis

Answer: <https://biology-forums.com/index.php?topic=685375>

Question 1183

Most divorced adults go on to remarry.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685189>

Question 1184

In 2009, around one-fourth of all children in the U.S. lived in single-parent households.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685191>

Question 1185

Which indoor pollutant leaches into a home from rocks and soil under the foundation?

- A) Radon
- B) Mold spores
- C) Lead dust
- D) Rodent droppings

Answer: <https://biology-forums.com/index.php?topic=685708>

Question 1186

Men are more likely to read food labels, choose low calorie meals, and be concerned about having a healthy diet than women.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684937>

Question 1187

All of the following points should be covered in a health care proxy except

- A) whether to start or continue life support.
- B) whether to end life at home or in a care facility.
- C) whether to refuse or agree to certain treatments.
- D) whether to be buried or cremated.

Answer: <https://biology-forums.com/index.php?topic=685806>

Question 1188

Life _____ is the amount of time a person can expect to live.

Answer: <https://biology-forums.com/index.php?topic=685839>

Question 1189

Which of the following, consumed in excess, is/are stored as fat in the body?

- A) Carbohydrates
- B) Fat
- C) Alcohol
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684710>

Question 1190

Major depressive disorder is diagnosed when a person experiences

- A) five or more depressive symptoms for at least two weeks straight.
- B) occasional loss of interest in things that were once important.
- C) mild chronic depressive symptoms for two or more years.
- D) apprehension in social situations.

Answer: <https://biology-forums.com/index.php?topic=684557>

Question 1191

Fertility awareness methods involve the tracking of

- A) a woman's menstrual cycle.
- B) the consistency of cervical mucus.
- C) a woman's body temperature.
- D) All the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685273>

Question 1192

Drug users develop _____ to a drug over time, which means they need more of the drug to produce the same effect.

Answer: <https://biology-forums.com/index.php?topic=685039>

Question 1193

Although Jenna has a 3.8 GPA, she doesn't believe she is a good student. What type of cognitive distortion is this?

- A) Disqualifying the positive
- B) Overgeneralization
- C) Minimizing

D) Catastrophizing

Answer: <https://biology-forums.com/index.php?topic=684580>

Question 1194

Anxiety disorders are the most common mental health problems among American adults.

Answer: <https://biology-forums.com/index.php?topic=684603>

Question 1195

Which statement is incorrect about viruses?

- A) They can multiply outside a host.
- B) They hijack a cell once they enter.
- C) They can only be seen with a microscope.
- D) There are vaccines available to prevent many viral diseases.

Answer: <https://biology-forums.com/index.php?topic=685330>

Question 1196

Intellectual health is characterized by

- A) being physically active.
- B) an openness to new ideas and skills and a capacity to think critically.
- C) the ability to perceive reality accurately.
- D) satisfying interactions with friends and family.

Answer: <https://biology-forums.com/index.php?topic=685856>

Question 1197

The _____ principle states that your fitness level will decline if you don't maintain your physical activity.

Answer: <https://biology-forums.com/index.php?topic=684864>

Question 1198

Which couple is at increased risk of divorce?

- A) Jon and Helen, who earn an annual income of \$85,000
- B) Eileen and Rick, who married when they were both 20
- C) Bonnie and Mitch, who both have parents who are still married
- D) Jill and David, who have two children

Answer: <https://biology-forums.com/index.php?topic=685172>

Question 1199

Explain the importance of consuming foods high in antioxidants.

Answer: <https://biology-forums.com/index.php?topic=684782>

Question 1200

Meningitis is an infection of the meninges. The meninges are the thin membranes that

- A) surround the spinal cord and brain.
- B) surround the heart.
- C) line the heart, including the valves.
- D) line the urinary tract.

Answer: <https://biology-forums.com/index.php?topic=685337>

Question 1201

Long-term, life-changing stressors are called _____ stressors.

Answer: <https://biology-forums.com/index.php?topic=684693>

Question 1202

"Club drugs" such as Ecstasy are growing rapidly in popularity.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685032>

Question 1203

Probiotics are substances that should be avoided because they accelerate the growth of bacterial infections.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684766>

Question 1204

Research has shown that we tend to be happiest when we pick partners who are a lot like us in many ways.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685176>

Question 1205

Which cell is incorrectly matched with its function?

- A) B cells—produce antibodies
- B) Regulatory T cells—kill virus-infected cells
- C) Helper T cells—activate B cells
- D) Macrophages—gobble up bacteria

Answer: <https://biology-forums.com/index.php?topic=685319>

Question 1206

Seventy percent of adults regularly engage in vigorous activity.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684935>

Question 1207

Lynn switched to light cigarettes. Which of the following is true?

- A) There is no evidence that "light" cigarettes provide any health benefits.
- B) She will inhale fewer hazardous chemicals than she did with regular cigarettes.
- C) She will have a greater chance of quitting.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685088>

Question 1208

The capacity to make informed, un-coerced decisions is called

- A) autonomy.
- B) assertiveness.
- C) realism.
- D) self-esteem.

Answer: <https://biology-forums.com/index.php?topic=684515>

Question 1209

All of the following are true about herpes except:

- A) Treatment helps alleviate symptoms.
- B) There is no cure for the disease.
- C) Condoms prevent the spread of herpes.
- D) Herpes can leave the body vulnerable to other STIs.

Answer: <https://biology-forums.com/index.php?topic=685364>

Question 1210

"Media" includes books, magazines, newspapers, television, the internet, and advertising.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685914>

Question 1211

Your health is determined by a combination of your genetics, behavior, and environment.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685555>

Question 1212

The genetic link that is associated with risk for cancer can be attributed to

- A) a cancerous gene being passed through the family blood line.
- B) a weaker version of a protective gene passed through the family blood line.

C) similar hormonal levels evident in family members of the same sex.
D) behaviors such as smoking that may affect genetic predisposition through the family blood line.
Answer: <https://biology-forums.com/index.php?topic=685453>

Question 1213

Jan refuses to discuss how mad she is with John about their money issues. Jan is demonstrating conflict _____.
Answer: <https://biology-forums.com/index.php?topic=685198>

Question 1214

Physical activity encompasses
A) exercise.
B) climbing stairs.
C) playing sports.
D) All of the answers are correct.
Answer: <https://biology-forums.com/index.php?topic=684789>

Question 1215

Which of the following factors can increase a person's risk for obesity?
A) Having obese parents
B) Having a long car commute
C) Having a specific variety of an FTO gene
D) All of the answers are correct.
Answer: <https://biology-forums.com/index.php?topic=684892>

Question 1216

Using food as a reward, eating quickly and often, and thinking often about food throughout the day are signs of being a _____ overeater.
Answer: <https://biology-forums.com/index.php?topic=684955>

Question 1217

Health literacy is the ability to evaluate and understand health information and make informed choices for your own health care.
Is this statement TRUE or FALSE?
Answer: <https://biology-forums.com/index.php?topic=685899>

Question 1218

Hepatitis A is closely linked to liver cancer.
Is this statement TRUE or FALSE?
Answer: <https://biology-forums.com/index.php?topic=685490>

Question 1219

Based on the 2008 American Psychological Association national survey on stress,
A) men reported higher levels of stress than women.
B) more Americans aged 30-43 reported "extreme" levels of stress compared to younger adults.
C) Americans reported overall that their stress levels had decreased since the previous year.
D) Americans living in the North reported the highest levels of stress overall compared to other regions.
Answer: <https://biology-forums.com/index.php?topic=684640>

Question 1220

Single mothers, on average, have higher levels of education than other women.
Is this statement TRUE or FALSE?
Answer: <https://biology-forums.com/index.php?topic=685190>

Question 1221

Describe the body's physiological changes to the fight-or-flight stress response.
Answer: <https://biology-forums.com/index.php?topic=684701>

Question 1222

Your friend is trying to gain weight. What tips can you provide to help him gain weight healthily?
Answer: <https://biology-forums.com/index.php?topic=684961>

Question 1223

Diabetes is associated with all the following complications except

- A) increased nerve sensitivity caused by hypoglycemia.
- B) increased risk of heart attack and stroke.
- C) decreased ability of the body to heal.
- D) increased risk for blindness.

Answer: <https://biology-forums.com/index.php?topic=685427>

Question 1224

Most contaminants in the human body must be present at a certain level before they exert any clear health effects.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685739>

Question 1225

You have sleep _____ when the amount of sleep you are getting is less than you need.

Answer: <https://biology-forums.com/index.php?topic=684698>

Question 1226

The terms reuse and recycle basically mean the same thing.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685735>

Question 1227

The body tries to restore homeostasis in the resistance stage of the general adaptation syndrome.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684674>

Question 1228

Compare and contrast the definitions of death.

Answer: <https://biology-forums.com/index.php?topic=685852>

Question 1229

Which of the following factors contributes to healthy blood pressure?

- A) Having narrowed arteries
- B) Having arteries that stretch and recoil
- C) Having soft plaque buildup
- D) Having sclerotic arteries

Answer: <https://biology-forums.com/index.php?topic=685437>

Question 1230

Anaphylaxis is a

- A) beneficial response to rid the body of pathogens.
- B) drop in blood pressure and constriction of airways due to an allergic response.
- C) type of passive immunity after a vaccination.
- D) complication of tertiary syphilis.

Answer: <https://biology-forums.com/index.php?topic=685327>

Question 1231

Where is the ozone layer found?

- A) Deep in the ocean
- B) On the surface of large bodies of water
- C) In the stratosphere
- D) In the rainforest canopy

Answer: <https://biology-forums.com/index.php?topic=685685>

Question 1232

One of the two primary goals of Healthy People 2010 was to

- A) increase immunizations.
- B) decrease substance abuse.
- C) eliminate significant health disparities.
- D) help people improve mental health.

Answer: <https://biology-forums.com/index.php?topic=685861>

Question 1233

An example of the overload principle would be

- A) increasing the amount of weight you bench press from 80 to 85 lbs to continue improving.
- B) suffering from tendonitis because you increased your workout program too quickly.
- C) trying to manage your stress by exercising regularly.
- D) stressing the body too much by working more than one component of fitness at the same time.

Answer: <https://biology-forums.com/index.php?topic=684803>

Question 1234

Rohypnol can make people vulnerable to sexual assault because it can cause

- A) unconsciousness.
- B) restlessness.
- C) paranoia.
- D) nausea.

Answer: <https://biology-forums.com/index.php?topic=685011>

Question 1235

What are the limitations of using BMI as an indicator of healthful weight?

- A) It is not a reliable indicator for athletes with large amounts of lean muscle mass.
- B) It can underestimate the total body fat in older people who have lost muscle.
- C) It is not always a reliable indicator of health for young adults.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684899>

Question 1236

Industrialized nations have a larger ecological footprint than less developed countries.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685725>

Question 1237

Studies show that optimists live longer.

Answer: <https://biology-forums.com/index.php?topic=684595>

Question 1238

MRSA is a staph bacteria resistant to _____.

Answer: <https://biology-forums.com/index.php?topic=685398>

Question 1239

Although denial of _____ may feel life-affirming, it can actually be life-threatening if it causes you to engage in risk-taking behaviors.

Answer: <https://biology-forums.com/index.php?topic=685847>

Question 1240

The _____ is largely responsible producing the female orgasm.

Answer: <https://biology-forums.com/index.php?topic=685300>

Question 1241

Which of the following vitamins and minerals may be low in a vegan diet?

- A) Zinc
- B) Vitamin B12
- C) Iron
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684744>

Question 1242

Which of the following is true with respect to cardiorespiratory exercise?

- A) It requires the use of oxygen.
- B) It makes your heart, lungs and entire circulatory system stronger.
- C) Benefits are maximized when you exercise within your target heart rate range.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684811>

Question 1243

The difference between distress and eustress is that

- A) the body does not respond to eustress.
- B) the body responds differently to distress and eustress.
- C) only eustress produces harmful effects on the body.
- D) distress is caused by negative stressors and eustress is caused by positive stressors.

Answer: <https://biology-forums.com/index.php?topic=684621>

Question 1244

How does methamphetamine differ from amphetamines?

- A) It is more potent.
- B) It is less potent.
- C) It has fewer side effects.
- D) It is more commonly prescribed by doctors.

Answer: <https://biology-forums.com/index.php?topic=685006>

Question 1245

To treat his fear of heights, Michael underwent systematic desensitization. Which of the following was/were likely components of his treatment?

- A) Climbing stairs or taking an elevator to gradually increasing heights
- B) Talking to a therapist about the anxiety he feels
- C) Having the assistance of a therapist while dealing with the anxiety accompanying his ascent
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684569>

Question 1246

All of the following guidelines are important for a healthy fat intake except:

- A) Cut trans fats from the diet.
- B) Consume more good fats, such as olive oil.
- C) Fats should comprise 45% of your daily caloric intake.
- D) Include a little fat with each meal to provide satiety.

Answer: <https://biology-forums.com/index.php?topic=684906>

Question 1247

A _____ is a condition or event that causes stress.

Answer: <https://biology-forums.com/index.php?topic=684686>

Question 1248

All of the following statements are true regarding date rape drugs except

- A) they cause the victim to become weak or confused.
- B) they include the club drugs Ketamine and GHB.
- C) they are typically administered to an intoxicated victim via a needle and syringe.
- D) they can make it difficult for the victim to remember what happened.

Answer: <https://biology-forums.com/index.php?topic=685631>

Question 1249

What is a default swap and what is its use?

Answer: <https://biology-forums.com/index.php?topic=684527>

Question 1250

All of the following strategies for lowering cancer risk will also lower a person's risk for cardiovascular disease except

- A) not smoking.
- B) limiting alcohol consumption.
- C) checking for the presence of radon in the home.
- D) eating a variety of fresh fruits and vegetables.

Answer: <https://biology-forums.com/index.php?topic=685455>

Question 1251

Which of the following is among the four top goals of Healthy People 2020?

- A) Eliminating preventable disease
- B) Establishing a different set of goals and objectives from those of Healthy People 2010
- C) Promoting healthy behaviors exclusively within the oldest group in the population
- D) Supporting research that studies the underlying causes of health, disease, and disability

Answer: <https://biology-forums.com/index.php?topic=685863>

Question 1252

The Gardasil vaccine is recommended to prevent

- A) herpes.
- B) chlamydia.
- C) human papillomavirus.
- D) gonorrhea.

Answer: <https://biology-forums.com/index.php?topic=685371>

Question 1253

What is an opportunistic disease? Give an example.

Answer: <https://biology-forums.com/index.php?topic=685416>

Question 1254

Having a negative body image can affect

- A) a person's risk for developing an eating disorder.
- B) the way a person eats.
- C) the way a person feels.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684911>

Question 1255

Jason has been exercising for four weeks and is ready to increase the time he spends on the stationary bike. If he is currently exercising for 15 minutes, which of the following times may he increase to while staying within the recommended guidelines?

- A) 22 minutes
- B) 30 minutes
- C) 40 minutes
- D) 50 minutes

Answer: <https://biology-forums.com/index.php?topic=684816>

Question 1256

Fred is a 60-year-old male who is obese and physically inactive. He was recently diagnosed with diabetes by his physician, but he is not taking supplemental insulin. Which type of diabetes does he likely have?

- A) Type 1
- B) Type 2
- C) Type 1.5
- D) Gestational

Answer: <https://biology-forums.com/index.php?topic=685426>

Question 1257

The initial release of stress hormones triggered by a stressor occurs in the _____ stage of the general adaptation syndrome.

- A) alarm
- B) resistance
- C) exhaustion
- D) homeostatic

Answer: <https://biology-forums.com/index.php?topic=684624>

Question 1258

An urgent care center offers the same type of care as an emergency room.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685546>

Question 1259

The rate of motorcyclists injured in crashes almost doubled during the period 1998-2008.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685635>

Question 1260

Why are unrefined grains a better choice for carbohydrates than refined grains?

- A) They have fewer calories per serving.
- B) They are lower in fat.
- C) They have more fiber and nutrients.
- D) They are less filling.

Answer: <https://biology-forums.com/index.php?topic=684713>

Question 1261

The younger people are when they start smoking, the higher the likelihood that they will become adult smokers.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685123>

Question 1262

The development of microbes resistant to antibiotics is a growing concern because of the way the livestock industry deals with animal sewage.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685733>

Question 1263

Which of the following supplies the most energy?

- A) A food that contains 10g of fat, 3g of protein, and 10g of carbohydrate
- B) A food that contains 10g of carbohydrate, 10g of protein, and 3g of fat
- C) A multivitamin with 600mg of calcium and B-complex
- D) A 120-calorie protein drink

Answer: <https://biology-forums.com/index.php?topic=684708>

Question 1264

Rewarding yourself for successfully quitting smoking would be an example of a(n)

- A) predisposing factor in behavior change.
- B) enabling factor in behavior change.
- C) reinforcing factor in behavior change.
- D) self-efficacy factor in behavior change.

Answer: <https://biology-forums.com/index.php?topic=685879>

Question 1265

All of the following may raise a woman's risk of contracting PID except

- A) having a pelvic exam.
- B) douching.
- C) having an IUD inserted.
- D) having multiple sex partners.

Answer: <https://biology-forums.com/index.php?topic=685373>

Question 1266

Which of the following triggers an end of menstruation around day 6?

- A) Estrogen reaching the uterus
- B) Progesterone reaching the uterus
- C) A decrease in FSH
- D) Ovulation

Answer: <https://biology-forums.com/index.php?topic=685240>

Question 1267

All of the following factors put women at higher risk than men for osteoporosis except

- A) testosterone in males helps maintain bone mass in men as they age.
- B) women live an average of five years longer than men, and bone loss increases with age.
- C) falling estrogen levels after menopause accelerate bone loss.
- D) many women strive to stay thin and keep their body weight low in their youth, which can result in lower bone density.

Answer: <https://biology-forums.com/index.php?topic=685787>

Question 1268

Which of the following is true with respect to health?

- A) It encompasses multiple aspects or dimensions of a person's life.
- B) It is not merely the absence of disease or infirmity.
- C) It is influenced by lifestyle choices.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685855>

Question 1269

In _____ interactions, the effect of one drug is diminished when combined with another drug.

Answer: <https://biology-forums.com/index.php?topic=685042>

Question 1270

A molecule of _____ produces more than 20 times the warming of a molecule of carbon dioxide and remains in the atmosphere for up to 15 years.

Answer: <https://biology-forums.com/index.php?topic=685745>

Question 1271

All of the following are correct about influenza except

- A) there is an inhaled vaccine available to prevent it.
- B) up to 20 percent of the U.S. population get the flu every year.
- C) flu cannot lead to pneumonia.
- D) animals are a reservoir for flu viruses.

Answer: <https://biology-forums.com/index.php?topic=685329>

Question 1272

Recall Jasmine's Student Story in the chapter. Jasmine is the night owl who is a college freshman. Based on her story in your text, what does Jasmine need to work on changing?

- A) Social relationships
- B) Sleep habits
- C) Eating habits
- D) Work schedule

Answer: <https://biology-forums.com/index.php?topic=685884>

Question 1273

Specificity of training refers to

- A) performing exercises that will specifically address your goal for improvement.
- B) performing exercises at a rate that will maintain your training level.
- C) the body's unique response to demands placed on it during training.
- D) how your body responds to reduced demand.

Answer: <https://biology-forums.com/index.php?topic=684807>

Question 1274

Obesity increases a person's risk of having a stroke.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684928>

Question 1275

All of the following are correct about vaccines except:

- A) They can be prepared from weakened pathogens.

- B) They can cause autism.
- C) They allow the body to develop immunity to a pathogen without being ill.
- D) They induce active immunity.

Answer: <https://biology-forums.com/index.php?topic=685324>

Question 1276

Sean was injected with a radioactive substance to see how blood flowed through his arteries during this test.

- A) Echocardiogram
- B) Exercise thallium test
- C) EKG
- D) Coronary angiography

Answer: <https://biology-forums.com/index.php?topic=685444>

Question 1277

What are five key points to consider when choosing athletic shoes?

Answer: <https://biology-forums.com/index.php?topic=684876>

Question 1278

Public health experts get involved with all of the following except

- A) waste disposal.
- B) water safety.
- C) air pollution.
- D) road safety.

Answer: <https://biology-forums.com/index.php?topic=685675>

Question 1279

A drug is a chemical substance that alters the body physically or mentally for a _____ purpose.

- A) nutritional
- B) non-nutritional
- C) non-psychoactive
- D) None of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684965>

Question 1280

Ecstasy's negative effects are similar to those of

- A) LSD.
- B) amphetamines.
- C) barbiturates.
- D) alcohol.

Answer: <https://biology-forums.com/index.php?topic=685010>

Question 1281

Refer to Caleb's Student Story in the chapter. What circumstance led to Caleb's accident?

- A) Driving under the influence
- B) Being in a hurry
- C) Texting while driving
- D) Being fatigued

Answer: <https://biology-forums.com/index.php?topic=685593>

Question 1282

When a person uses digital and online communications to make repeated, unwanted contact with someone, the behavior is called _____.

Answer: <https://biology-forums.com/index.php?topic=685666>

Question 1283

Water beneath the Earth's surface is called _____.

Answer: <https://biology-forums.com/index.php?topic=685746>

Question 1284

If you do not get enough sleep during the week, you can make up your sleep debt by napping on weekends.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684681>

Question 1285

Disparities in obesity rates among persons of various ethnicities, levels of socioeconomic class, and race may be due to

- A) cultural differences.
- B) socioeconomic differences in patterns of fast food consumption.
- C) inequalities in access to healthy food.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684923>

Question 1286

Which is not a type of fungus?

- A) Mold
- B) Mildew
- C) Yeast
- D) Helminths

Answer: <https://biology-forums.com/index.php?topic=685350>

Question 1287

If Eric eats anything that contains peanuts, he has difficulty breathing. Which of the following conditions does he have?

- A) A food intolerance
- B) A nut allergy
- C) A foodborne illness
- D) A food additive allergy

Answer: <https://biology-forums.com/index.php?topic=684741>

Question 1288

Flexibility is determined by

- A) the movement of muscles around a joint.
- B) the ability of connective tissue to stretch.
- C) the range of motion of a joint.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684795>

Question 1289

Which type of hepatitis is the primary reason for liver transplants in the United States?

- A) Hepatitis A
- B) Hepatitis B
- C) Hepatitis C
- D) Hepatitis D

Answer: <https://biology-forums.com/index.php?topic=685338>

Question 1290

Painful urination, a greenish-yellow vaginal discharge, and itching are symptoms of

- A) gonorrhea.
- B) pubic lice.
- C) trichomoniasis.
- D) syphilis.

Answer: <https://biology-forums.com/index.php?topic=685377>

Question 1291

A toxin that commonly accumulates in fish is _____.

Answer: <https://biology-forums.com/index.php?topic=685750>

Question 1292

Cells called _____ survey our bodies and gobble up bacteria and wounded and dead cells.

Answer: <https://biology-forums.com/index.php?topic=685396>

Question 1293

Sleeping late on weekends to "catch up" on sleep can alleviate sleep problems.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684682>

Question 1294

Which of the following ethnicities is at greatest risk of dying from cancer?

- A) Asian Americans
- B) Caucasians
- C) Hispanics
- D) African Americans

Answer: <https://biology-forums.com/index.php?topic=685450>

Question 1295

Justin consumed too much alcohol at a friend's party and awoke with a hangover. Which of the following is the best way for him to treat his hangover?

- A) Drinking additional alcohol the next morning
- B) Taking a pain reliever immediately after drinking
- C) Drinking water or a sports drink the next morning
- D) Drinking coffee the next morning

Answer: <https://biology-forums.com/index.php?topic=685067>

Question 1296

Fiber can lower blood _____ levels in diabetics.

Answer: <https://biology-forums.com/index.php?topic=684774>

Question 1297

The Healthy Campus initiative is

- A) a federal initiative to facilitate broad, positive health changes in the U.S. population.
- B) an initiative adapted from Healthy People 2010 for college campuses.
- C) a mandatory high school program focused on decreasing alcohol and drug abuse.
- D) a program outlining college campus progress towards meeting Healthy People 2020 goals.

Answer: <https://biology-forums.com/index.php?topic=685864>

Question 1298

The best program for building muscular endurance would be one that consists of

- A) at least 20 minutes of aerobic exercise.
- B) exercises performed in sets of 12 repetitions with high amounts of resistance.
- C) exercises performed in sets of 20 repetitions with low amounts of resistance.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684819>

Question 1299

According to a recent study, students report using the internet as a health resource more often than consulting their parents.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685917>

Question 1300

A mental health professional with a doctoral degree but not a medical degree describes which of the following?

- A) A psychiatrist
- B) A psychologist
- C) A counselor
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684576>

Question 1301

Which type of cancer is most often associated with exposure to the sun?

- A) Sarcoma
- B) Lymphoma

- C) Leukemia
- D) Carcinoma

Answer: <https://biology-forums.com/index.php?topic=685458>

Question 1302

What is bootstrapping and what is its use?

Answer: <https://biology-forums.com/index.php?topic=684525>

Question 1303

Describe the five basic ways that people self-administer drugs, and explain their effects.

Answer: <https://biology-forums.com/index.php?topic=685051>

Question 1304

You are caring for the environment if you have a large carbon footprint.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685726>

Question 1305

Which of the following is true with respect to gender differences in health outcomes?

- A) Women tend to live about 4 years longer than men.
- B) Women have lower rates of disabling health problems such as arthritis.
- C) Women are more likely to experience high blood pressure.
- D) Women have higher rates of cancer.

Answer: <https://biology-forums.com/index.php?topic=685873>

Question 1306

Self-care includes all of the following except

- A) eating well.
- B) getting enough sleep.
- C) getting enough exercise.
- D) drinking alcohol to help deal with stress.

Answer: <https://biology-forums.com/index.php?topic=684574>

Question 1307

The contraceptive sponge increases a woman's risk for all the following except

- A) urinary tract infection.
- B) contracting an STI.
- C) hormonal side effects.
- D) toxic shock syndrome.

Answer: <https://biology-forums.com/index.php?topic=685276>

Question 1308

Which of the following is not a behavioral warning sign of stress overload?

- A) Having an asthma attack
- B) Overreacting after making a B on a quiz
- C) Drinking alcohol to try to relax
- D) Withdrawing from a group of friends

Answer: <https://biology-forums.com/index.php?topic=684630>

Question 1309

The average American today eats more pounds of food per year than the average American of 1970.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684934>

Question 1310

Because bad moods are the result of external, uncontrollable factors, they are out of a person's control.

Answer: <https://biology-forums.com/index.php?topic=684601>

Question 1311

Weight loss pills are the supplements most commonly used by college students.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685541>

Question 1312

In Alzheimer's disease, nerve cells in the brain stop functioning and

- A) fuse together.
- B) disconnect from each other.
- C) disappear.
- D) swell to abnormal size.

Answer: <https://biology-forums.com/index.php?topic=685790>

Question 1313

Student health influences whether a college meets its goal of providing the best education possible.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685896>

Question 1314

Most inhalants slow down the body's function, much like anesthetics.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685033>

Question 1315

By the year 2025, about _____ million people are likely to face water scarcity on a regular basis. (Be sure your answer is a numeral.)

Answer: <https://biology-forums.com/index.php?topic=685747>

Question 1316

The following are all examples of enabling factors that influence health behavior except

- A) the financial ability to afford health care.
- B) the availability of fresh produce in your local grocery store.
- C) strong personal motivation and willpower.
- D) a history of cancer in your family.

Answer: <https://biology-forums.com/index.php?topic=685878>

Question 1317

To significantly lower your risk of premature death, you must exercise at least ten hours per week.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684837>

Question 1318

The genetic disease cystic fibrosis is most commonly found among

- A) Hispanics.
- B) African Americans.
- C) Native Americans.
- D) Caucasians.

Answer: <https://biology-forums.com/index.php?topic=685877>

Question 1319

Shyness is a result of genetics and cannot be altered by a person's environment.

Answer: <https://biology-forums.com/index.php?topic=684598>

Question 1320

Injuries that occur without intent to cause harm are _____ injuries.

Answer: <https://biology-forums.com/index.php?topic=685655>

Question 1321

Alcoholics and alcohol abusers have drinking habits that continue even though they cause distress or harm.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685121>

Question 1322

Smoking is a key risk factor for

- A) coronary heart disease.
- B) stroke.
- C) abdominal aortic aneurysm.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=685086>

Question 1323

According to the new Health-Care Reform bill, how long can young people stay on their parents' insurance plan?

- A) As long as they want
- B) Until they have their own children
- C) Until age 21
- D) Until age 26

Answer: <https://biology-forums.com/index.php?topic=685531>

Question 1324

Men and boys account for about 70% of the total costs of injuries in the U.S.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685647>

Question 1325

Who is most at risk for contracting pneumonia?

Answer: <https://biology-forums.com/index.php?topic=685413>

Question 1326

What differentiates PMDD from PMS?

- A) PMDD is less severe than PMS.
- B) PMS affects a woman psychologically; PMDD affects a woman physiologically.
- C) PMDD is more severe than PMS and affects a woman's daily functioning and social relationships.
- D) PMDD is more common than PMS but both have similar symptoms.

Answer: <https://biology-forums.com/index.php?topic=685246>

Question 1327

For what purpose do college students most often take over-the-counter medications?

- A) To relieve constipation
- B) To relieve allergies
- C) To aid in sleep
- D) To relieve pain

Answer: <https://biology-forums.com/index.php?topic=685509>

Question 1328

Which of the following home health tests would better be taken at a clinic or hospital where on-site counseling is available?

- A) Pregnancy test
- B) Cholesterol test
- C) Blood sugar test
- D) HIV test

Answer: <https://biology-forums.com/index.php?topic=685513>

Question 1329

Basal metabolic rate and resting metabolic rate measure _____ output.

Answer: <https://biology-forums.com/index.php?topic=684951>

Question 1330

A woman who is trying to become pregnant should not be concerned with making lifestyle changes (like avoiding alcohol and drugs) before she

actually becomes pregnant.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685292>

Question 1331

Reaching towards your toes while seated (with your legs out straight) and holding the stretch would be an example of

- A) static stretching.
- B) passive stretching.
- C) dynamic stretching.
- D) Pilates.

Answer: <https://biology-forums.com/index.php?topic=684822>

Question 1332

Flu symptoms are worse than the symptoms of the common cold, but no one dies from the flu.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685386>

Question 1333

If a person is thinking about making a behavior change in the next few months, he/she has entered the precontemplation phase of the Transtheoretical Model.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685909>

Question 1334

Chlorofluorocarbons (CFCs) are found in all of the following except

- A) foam containers.
- B) computers.
- C) air conditioning units.
- D) spray propellants.

Answer: <https://biology-forums.com/index.php?topic=685689>

Question 1335

The primary difference between overload and progressive overload is

- A) overload produces greater gains in endurance.
- B) progressive overload requires multiple modes of training.
- C) progressive overload seeks to avoid injury.
- D) None of the answers is correct.

Answer: <https://biology-forums.com/index.php?topic=684805>

Question 1336

Middle-aged drivers are more vulnerable than younger drivers to the dangers of distracted driving.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685634>

Question 1337

The fetus gains most of its weight during the second trimester.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685295>

Question 1338

As of 2008, incidence of this chronic disease had more than doubled over the previous fifteen years.

- A) Cancer
- B) Cardiovascular disease
- C) Diabetes
- D) Osteoporosis

Answer: <https://biology-forums.com/index.php?topic=685425>

Question 1339

Which of the following age groups is the most likely to be a victim of a fatal or nonfatal fall?

- A) 0-19
- B) 19-24
- C) 25-40
- D) Over 65

Answer: <https://biology-forums.com/index.php?topic=685598>

Question 1340

The Genetic Information Nondiscrimination Act, would prevent which of the following situations?

- A) Judy turns 27 and can no longer be under her parent's medical insurance.
- B) Joe works full time but has to be covered under Medicaid.
- C) Cindy does not get a new job because the boss finds out she has a high genetic risk for developing breast cancer.
- D) Everyone working at the furniture store pays the same premium for health care.

Answer: <https://biology-forums.com/index.php?topic=685537>

Question 1341

Omega six fatty acids are found in fish and flaxseed oil.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684756>

Question 1342

Which stage of the general adaptation syndrome is characterized by the body's attempt to restore homeostasis?

- A) Alarm
- B) Resistance
- C) Exhaustion
- D) Homeostatic

Answer: <https://biology-forums.com/index.php?topic=684626>

Question 1343

Which of the following ethnic groups has the highest rate of smoking?

- A) African Americans
- B) Native Americans
- C) Hispanics
- D) Asian Americans

Answer: <https://biology-forums.com/index.php?topic=685080>

Question 1344

Recall Addison's Student Story in the chapter. Addison is trying to quit smoking again, something he has tried numerous times to do before. What stage of behavior change is he in?

- A) Precontemplation
- B) Contemplation
- C) Action
- D) Maintenance

Answer: <https://biology-forums.com/index.php?topic=685085>

Question 1345

Health _____ is the ability to understand and evaluate health information and to make informed choices for health care.

Answer: <https://biology-forums.com/index.php?topic=685923>

Question 1346

Which is an example of ionizing radiation?

- A) Radio waves
- B) Microwaves
- C) Ultraviolet light
- D) Visible light

Answer: <https://biology-forums.com/index.php?topic=685723>

Question 1347

Children are twice as likely to be poisoned by household chemicals than medications.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685639>

Question 1348

Jeff has diabetes. He wants to exercise but he also wants to make sure he does so safely. What are some things Jeff can do to reduce his risk and ensure an effective workout?

Answer: <https://biology-forums.com/index.php?topic=684877>

Question 1349

A _____ is an involuntarily contracted muscle that does not relax and that causes pain.

Answer: <https://biology-forums.com/index.php?topic=684870>

Question 1350

Stress contributes to the development of depression.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684676>

Question 1351

Discuss five characteristics of a psychologically healthy person.

Answer: <https://biology-forums.com/index.php?topic=684610>

Question 1352

All of the following are correct about tuberculosis except

- A) symptoms include weight loss, fatigue, and a persistent cough.
- B) a ten-day course of medication is the recommended treatment.
- C) infection rates are highest in the U.S. among immigrants and minorities.
- D) latent TB does not cause symptoms.

Answer: <https://biology-forums.com/index.php?topic=685348>

Question 1353

Quitting smoking can cause _____ symptoms that are unpleasant and make it more difficult to stop.

Answer: <https://biology-forums.com/index.php?topic=685138>

Question 1354

List five suggestions from the Dietary Guidelines for Americans for a better dietary intake.

Answer: <https://biology-forums.com/index.php?topic=684784>

Question 1355

Penny is a 45-year-old female who is experiencing changes in her menstrual cycle, mood swings, and vaginal dryness. Her symptoms are most likely due to

- A) menopause.
- B) premenstrual syndrome.
- C) PMDD.
- D) perimenopause.

Answer: <https://biology-forums.com/index.php?topic=685780>

Question 1356

Smoking marijuana has none of the long-term health effects of smoking tobacco.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685027>

Question 1357

Discuss two reasons why women may be more prone to depression than men.

Answer: <https://biology-forums.com/index.php?topic=684616>

Question 1358

The USDA's MyPyramid recommends which of the following?

- A) Make half your grains whole.
- B) Consume only low fat dairy.

C) Eat fewer processed vegetables.

D) Drink more fruit juice.

Answer: <https://biology-forums.com/index.php?topic=684737>

Question 1359

Nearly half of surveyed students reported having their sleep and/or studying affected by someone else's drinking.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685106>

Question 1360

The top three causes of death in the U.S. are lifestyle-related diseases.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685891>

Question 1361

Attention-deficit/hyperactivity disorder can cause which of the following?

A) Impulsivity

B) Inattention

C) Fidgeting

D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684563>

Question 1362

Obesity statistics from 2007 showed that every state in the U.S. had an obesity rate of 15% or more.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684944>

Question 1363

Abuse in a family or intimate relationship arises from the abuser's need for

A) intimacy.

B) control.

C) sexual fulfillment.

D) love.

Answer: <https://biology-forums.com/index.php?topic=685622>

Question 1364

A realist is able to perceive reality as it is.

Answer: <https://biology-forums.com/index.php?topic=684590>

Question 1365

When lifting weights, you should breathe out as you lift the weight.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684853>

Question 1366

Fraudulent financial schemes designed to steal an older adult's retirement savings are a form of elder abuse.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685652>

Question 1367

Smoking brings on earlier menopause and increases hot flashes.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685827>

Question 1368

Susan is a bit worried that her son, Max, only wants to eat tuna fish every day for lunch. She is concerned because tuna is known to contain

A) phthalates.

B) volatile organic compounds.

C) formaldehyde.

D) mercury.

Answer: <https://biology-forums.com/index.php?topic=685706>

Question 1369

Discuss racial disparities in the incidences of chronic diseases in African Americans, Hispanics, and Native Americans.

Answer: <https://biology-forums.com/index.php?topic=685507>

Question 1370

Only _____ provides 100% protection from STIs.

Answer: <https://biology-forums.com/index.php?topic=685404>

Question 1371

The amount of money that you must pay before your insurer will cover most health costs is known as a _____.

Answer: <https://biology-forums.com/index.php?topic=685568>

Question 1372

The initials LGB refer to people who are lesbian, gay, or _____.

Answer: <https://biology-forums.com/index.php?topic=685207>

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