

Question 1

Describe at least three techniques to improve time management.

Answer: <https://biology-forums.com/index.php?topic=334153>

Question 2

The characteristics of spiritual well-being include

- A) avoiding close relationships.
- B) having strong personal values.
- C) needing no real sense of purpose in life.
- D) praying for extended periods of time.

Answer: <https://biology-forums.com/index.php?topic=334056>

Question 3

When a person who is used to consuming a lot of caffeine abstains, a number of withdrawal symptoms occur. List three common withdrawal symptoms.

Answer: <https://biology-forums.com/index.php?topic=334832>

Question 4

The two types of air pollutants are naturally occurring and

- A) anthropogenic.
- B) industrial.
- C) carcinogenic.
- D) gaseous.

Answer: <https://biology-forums.com/index.php?topic=335332>

Question 5

A pregnant woman with syphilis can pass the disease to her unborn child. How early must the disease be treated to reduce the chances of the fetus being infected?

- A) Within the first 6 weeks of pregnancy
- B) Before the 8th week of pregnancy
- C) Within the first trimester
- D) Before the end of the second trimester

Answer: <https://biology-forums.com/index.php?topic=334882>

Question 6

Both prescription drugs and over-the-counter (OTC) drugs can be abused. Describe the three groups of OTC drugs that are commonly abused.

Answer: <https://biology-forums.com/index.php?topic=334830>

Question 7

List at least three factors in a college student's life that make him or her less likely to use drugs.

Answer: <https://biology-forums.com/index.php?topic=334834>

Question 8

List the six routes of disease transmission.

Answer: <https://biology-forums.com/index.php?topic=334887>

Question 9

During which phase of sexual response do rhythmic contractions occur through the genital regions?

- A) Excitement/arousal
- B) Plateau
- C) Orgasmic
- D) Resolution

Answer: <https://biology-forums.com/index.php?topic=334292>

Question 10

Paul awoke every morning this week with excruciating pain around his left eye. He remembers having the same symptoms for a few weeks last year and worries that he may have a serious disease. These symptoms and the pattern characterize

- A) epilepsy.
- B) cluster headaches.
- C) migraine headaches.
- D) tension headaches.

Answer: <https://biology-forums.com/index.php?topic=335124>

Question 11

The cycle of addiction begins when a person

- A) seeks to escape from unpleasant feelings or situations.
- B) is unable to control a behavior that has been harmless in the past.
- C) deals with the negative consequences of a behavior or substance.
- D) repeatedly denies that a problem exists, despite negative consequences.

Answer: <https://biology-forums.com/index.php?topic=334604>

Question 12

In the last three years, Nathan has experienced a failed marriage, the loss of a job, and bankruptcy. When he develops a serious health problem, he seems to have completely given up and is making little effort to follow his doctor's instructions to get well. Nathan has developed a pattern known as

- A) learned helplessness.
- B) learned optimism.
- C) introversion.
- D) extroversion.

Answer: <https://biology-forums.com/index.php?topic=334008>

Question 13

Maria has noticed that she can't see as well with her glasses as she used to, so she suspects she needs a new prescription. Which type of specialist is she likely to see?

- A) Optometrist
- B) Otolaryngologist
- C) Osteopath
- D) Orthopedist

Answer: <https://biology-forums.com/index.php?topic=335190>

Question 14

You want to improve your health by initiating an exercise program. Describe at least three ways you can maintain your motivation for regular exercise.

Answer: <https://biology-forums.com/index.php?topic=333990>

Question 15

Bob is a 62-year-old male who had chicken pox as a child. This increases his risk for the virus to reoccur in the form of

- A) shingles.
- B) smallpox.
- C) measles.
- D) mumps.

Answer: <https://biology-forums.com/index.php?topic=334862>

Question 16

Process addictions are addictions to some type of behavior. List at least four common process addictions.

Answer: <https://biology-forums.com/index.php?topic=334650>

Question 17

Which of the following is an effective strategy for conflict resolution?

- A) Discussing several grievances at the same time.
- B) Expressing anger without censoring reactions.
- C) Evaluating alternative solutions.
- D) Focusing on winning the argument.

Answer: <https://biology-forums.com/index.php?topic=334235>

Question 18

What role does oxytocin play in Fisher's theory of love?

- A) It stimulates feelings of satisfaction and attachment.

- B) It raises endorphin levels.
- C) It stimulates feelings of jealousy.
- D) It raises phenylethylamine (PEA) levels.

Answer: <https://biology-forums.com/index.php?topic=334215>

Question 19

If a particular whiskey is 80 proof, what is its percentage of alcohol by volume?

- A) 20%
- B) 40%
- C) 60%
- D) 80%

Answer: <https://biology-forums.com/index.php?topic=334663>

Question 20

Ron and his children confront his wife about her drug problem, citing specific examples of the damage her behavior causes and encouraging her to get help. This is an example of a(n)

- A) confrontation.
- B) therapeutic encounter.
- C) intervention.
- D) interaction.

Answer: <https://biology-forums.com/index.php?topic=334629>