

### Question 1

The average person in the United States throws away \_\_\_\_\_ times his or her adult body weight in garbage during his or her lifetime.

- A) 200
- B) 400
- C) 600
- D) 800

Answer: <https://biology-forums.com/index.php?topic=336405>

### Question 2

Tanya experienced the most extreme form of sexual assault. What did she experience?

- A) Sexual invasion
- B) Rape
- C) Molestation
- D) Abduction

Answer: <https://biology-forums.com/index.php?topic=336306>

### Question 3

Anna had her first child after age 30. She is physically inactive and uses oral contraceptives. What cancer is Anna at risk for?

- A) Colon
- B) Lung
- C) Cervical
- D) Breast

Answer: <https://biology-forums.com/index.php?topic=336187>

### Question 4

John was told that the tumor in his brain is malignant. This means that the tumor is

- A) cancerous.
- B) likely to be contained in the brain.
- C) dormant.
- D) noncancerous.

Answer: <https://biology-forums.com/index.php?topic=336172>

### Question 5

In addition to a support group, Olivia has been prescribed a drug to treat her alcoholism. If she uses alcohol, the drug she takes causes acetaldehyde to build up in her liver, causing nausea, vomiting, headache, bad breath, and drowsiness. Which of the following drugs is Olivia most likely taking?

- A) Acamprosate (Campral)
- B) Naltrexone
- C) Disulfiram (Antabuse)
- D) Lysergic acid diethylamide

Answer: <https://biology-forums.com/index.php?topic=335883>

### Question 6

When setting realistic goals, which of the following would you ask yourself to gain insights into your behaviors?

- A) What is wrong with me?
- B) Why am I a failure?
- C) What do I want?
- D) What does everyone else do?

Answer: <https://biology-forums.com/index.php?topic=335532>

### Question 7

Each day, the Earth and its resources are shared with \_\_\_\_\_ more people than the day before.

- A) 1,000
- B) 50,000
- C) 250,000
- D) 350,000

Answer: <https://biology-forums.com/index.php?topic=336349>

### Question 8

The maximum heart rate for Carmelita is 180. How old is she?

- A) 26
- B) 36
- C) 46
- D) 56

Answer: <https://biology-forums.com/index.php?topic=336073>

### Question 9

Name two risk factors for cervical cancer.

Answer: <https://biology-forums.com/index.php?topic=336227>

### Question 10

Poverty, unemployment, stress, and oppression

- A) increase the likelihood of violent acts.
- B) are unrelated to the risk of violence.
- C) decrease the likelihood of violent acts.
- D) are factors that prevent violence.

Answer: <https://biology-forums.com/index.php?topic=336283>

### Question 11

As part of his treatment for heroin addiction, Mark takes a synthetic narcotic that blocks the effects of heroin withdrawal. Which of the following is the drug Mark is most likely taking to help him battle his addiction to heroin?

- A) Rohypnol
- B) Valium
- C) PCP
- D) Methadone

Answer: <https://biology-forums.com/index.php?topic=335828>

### Question 12

The definition of exercise includes which of the following?

- A) Planned, structured, and repetitive movement
- B) Movement produced by skeletal muscles
- C) The body's ability to respond to the demands of physical effort
- D) Only physical activities that increase the heart rate

Answer: <https://biology-forums.com/index.php?topic=336048>

### Question 13

What are some things that you can do personally to help conserve water?

Answer: <https://biology-forums.com/index.php?topic=336417>

### Question 14

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

Answer: <https://biology-forums.com/index.php?topic=335546>

### Question 15

Lynn and Carrie share adjacent cubicles at work. They both started work on the same day and, after six months on the job, they have become romantic partners. Without knowing anything more about them or their relationship, which of the following most likely influenced their choice of partners?

- A) Chemical processes
- B) Proximity
- C) Physical attraction
- D) Similarities in values

Answer: <https://biology-forums.com/index.php?topic=335670>

### Question 16

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

Answer: <https://biology-forums.com/index.php?topic=335728>

### Question 17

Which of the following mind-body techniques is no longer considered alternative?

- A) Mental healing
- B) Hypnosis
- C) Dance
- D) Biofeedback

Answer: <https://biology-forums.com/index.php?topic=336448>

### Question 18

Children should no longer be given aspirin for colds or flu because they may develop

- A) Reye's syndrome.
- B) Mononucleosis.
- C) Hepatitis.
- D) Shingles.

Answer: <https://biology-forums.com/index.php?topic=336241>

### Question 19

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

Answer: <https://biology-forums.com/index.php?topic=336278>

### Question 20

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

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

Answer: <https://biology-forums.com/index.php?topic=336109>