

TEST BANK



Copyrighted Material

**AN
INVITATION
TO HEALTH**
2009-2010 Edition
Dianna Eales



Copyrighted Material

Chapter 2--Emotional and Spiritual Well-Being

Student: _____

1. When comparing factors that encompass psychological health, which of the following most apply?
 - A. physical and mental health
 - B. mental state and social health
 - C. emotional and mental states
 - D. mental health only

2. Which of the following distinguishes emotional health?
 - A. feelings and moods
 - B. mental stability
 - C. thoughts
 - D. social well-being

3. An emotionally healthy person might exhibit all of the following characteristics EXCEPT:
 - A. puts forth the effort to be healthy
 - B. can adapt to a variety of circumstances
 - C. has compassion for others
 - D. understands that the self should be the center of the universe

4. Perceiving reality as it is, responding to its challenges, and developing rational strategies demonstrates which of the following?
 - A. spiritual health
 - B. emotional health
 - C. mental health
 - D. social health

5. All of the following are characteristics of mental health EXCEPT:
 - A. the ability to form relationships
 - B. being suspicious of the motivations of others
 - C. the ability to carry out responsibilities
 - D. logical thought processes

6. The ability to identify one's basic purpose in life and to experience the fulfillment of achieving one's full potential demonstrates which type of health?
 - A. emotional health
 - B. spiritual health
 - C. social health
 - D. intellectual health

7. Which of the following translates into a capacity to sense, understand, and tap into the highest parts of ourselves, others, and the world around us?
 - A. emotional intelligence
 - B. spiritual intelligence
 - C. intelligence quotient
 - D. emotional quotient

8. When comparing the following choices, which one would translate into the most basic needs according to Maslow?
 - A. self respect
 - B. food and shelter
 - C. protection from harm
 - D. receiving affection

9. According to Maslow's Hierarchy of Needs, which of the following would be achieved by individuals who function at the highest possible level?
 - A. marital bliss
 - B. terminal happiness
 - C. self-actualization
 - D. basic fulfillment

10. To evaluate things, people, events, and oneself, a person would utilize which of the following criteria?
 - A. values
 - B. beliefs
 - C. religion
 - D. expectations

11. All of the following are true of self esteem EXCEPT:
 - A. Self esteem is a belief or pride in oneself.
 - B. Self esteem develops over time.
 - C. You are not born with self esteem.
 - D. Self esteem is based on external factors.

12. Which of the following describes an inclination to expect the best possible outcome?
- A. happiness
 - B. assertiveness
 - C. optimism
 - D. altruism
13. Which of the following describes a sustained emotional state that colors one's view the world for hours or days?
- A. a feeling
 - B. an idea
 - C. a mood
 - D. a thought
14. All of the following are benefits of altruism EXCEPT:
- A. lower mental stress
 - B. enhanced psychological well-being
 - C. higher intelligence
 - D. increased self esteem
15. According to Hans Selye, satisfying our own needs while helping others satisfy theirs is known as:
- A. altruistic egotism
 - B. optimism
 - C. pessimism
 - D. introversion
16. Individuals who are true to themselves and develop independence demonstrate which of the following characteristics?
- A. optimistic
 - B. autonomy
 - C. assertiveness
 - D. extroversion
17. An autonomous individual has a locus of control that is:
- A. negative
 - B. internal
 - C. individualized
 - D. external
18. One's _____ can be identified by their feelings and mood.
- _____

19. _____ is the ability to monitor and use emotions to guide thinking and actions.

20. Positive thinking and talking is one of the most useful techniques for boosting _____.

21. Thinking about a situation in a different way and putting a positive spin on it utilizes the technique of _____ or "_____".

22. The quality and quantity of life can be affected by the belief in a higher power through the application of _____ prayer.

23. To communicate one's needs and desires to others in a healthy way, one would need to be _____.

24. The opposite of connectedness is _____.

25. The word forgive comes from the Greek word for _____.

26. Another name for REM sleep is _____ sleep.

27. _____ is a lack of sleep so severe that it interferes with functioning during the day.

28. _____ is the absence of breathing for a brief period.

29. _____ disorders are problems involving the time of sleep.

30. After aspirin, _____ are the most widely used drugs in the United States.

31. Match the following:

- | | | |
|---|-----------------------|-------|
| 1. anticipating positive outcomes | self-actualization | _____ |
| 2. feelings and moods | self-esteem | _____ |
| 3. giving to others | emotional health | _____ |
| 4. represent what's most important | optimism | _____ |
| 5. spiritual practices | cognitive reappraisal | _____ |
| 6. independence | values | _____ |
| 7. sustained emotional state | religiosity | _____ |
| 8. reframing | altruism | _____ |
| 9. best predictor of college adjustment | autonomy | _____ |
| 10. fullest potential | mood | _____ |

32. Compare and contrast the characteristics that a psychologically healthy person might exhibit with those that a psychologically unhealthy person would exhibit.

33. Explain the differences between the four stages of REM sleep.

Chapter 2--Emotional and Spiritual Well-Being **Key**

1. When comparing factors that encompass psychological health, which of the following most apply?
 - A. physical and mental health
 - B. mental state and social health
 - C.** emotional and mental states
 - D. mental health only

2. Which of the following distinguishes emotional health?
 - A.** feelings and moods
 - B. mental stability
 - C. thoughts
 - D. social well-being

3. An emotionally healthy person might exhibit all of the following characteristics EXCEPT:
 - A. puts forth the effort to be healthy
 - B. can adapt to a variety of circumstances
 - C. has compassion for others
 - D.** understands that the self should be the center of the universe

4. Perceiving reality as it is, responding to its challenges, and developing rational strategies demonstrates which of the following?
 - A. spiritual health
 - B. emotional health
 - C.** mental health
 - D. social health

5. All of the following are characteristics of mental health EXCEPT:
 - A. the ability to form relationships
 - B.** being suspicious of the motivations of others
 - C. the ability to carry out responsibilities
 - D. logical thought processes

6. The ability to identify one's basic purpose in life and to experience the fulfillment of achieving one's full potential demonstrates which type of health?
 - A. emotional health
 - B.** spiritual health
 - C. social health
 - D. intellectual health

7. Which of the following translates into a capacity to sense, understand, and tap into the highest parts of ourselves, others, and the world around us?
- A. emotional intelligence
 - B.** spiritual intelligence
 - C. intelligence quotient
 - D. emotional quotient
8. When comparing the following choices, which one would translate into the most basic needs according to Maslow?
- A. self respect
 - B.** food and shelter
 - C. protection from harm
 - D. receiving affection
9. According to Maslow's Hierarchy of Needs, which of the following would be achieved by individuals who function at the highest possible level?
- A. marital bliss
 - B. terminal happiness
 - C.** self-actualization
 - D. basic fulfillment
10. To evaluate things, people, events, and oneself, a person would utilize which of the following criteria?
- A.** values
 - B. beliefs
 - C. religion
 - D. expectations
11. All of the following are true of self esteem EXCEPT:
- A. Self esteem is a belief or pride in oneself.
 - B. Self esteem develops over time.
 - C. You are not born with self esteem.
 - D.** Self esteem is based on external factors.
12. Which of the following describes an inclination to expect the best possible outcome?
- A. happiness
 - B. assertiveness
 - C.** optimism
 - D. altruism

13. Which of the following describes a sustained emotional state that colors one's view the world for hours or days?
- A. a feeling
 - B. an idea
 - C. a mood**
 - D. a thought
14. All of the following are benefits of altruism EXCEPT:
- A. lower mental stress
 - B. enhanced psychological well-being
 - C. higher intelligence**
 - D. increased self esteem
15. According to Hans Selye, satisfying our own needs while helping others satisfy theirs is known as:
- A. altruistic egotism**
 - B. optimism
 - C. pessimism
 - D. introversion
16. Individuals who are true to themselves and develop independence demonstrate which of the following characteristics?
- A. optimistic
 - B. autonomy**
 - C. assertiveness
 - D. extroversion
17. An autonomous individual has a locus of control that is:
- A. negative
 - B. internal**
 - C. individualized
 - D. external
18. One's _____ can be identified by their feelings and mood.
- emotional health**
19. _____ is the ability to monitor and use emotions to guide thinking and actions.
- Emotional intelligence**

20. Positive thinking and talking is one of the most useful techniques for boosting

_____.

self-esteem *or*

self esteem

21. Thinking about a situation in a different way and putting a positive spin on it utilizes the technique of

_____ or "_____".

cognitive reappraisal; reframing

22. The quality and quantity of life can be affected by the belief in a higher power through the application of _____ prayer.

Petitionary

23. To communicate one's needs and desires to others in a healthy way, one would need to be

_____.

assertive

24. The opposite of connectedness is _____.

social isolation

25. The word forgive comes from the Greek word for _____

_____.

letting go

26. Another name for REM sleep is _____ sleep.

dream

27. _____ is a lack of sleep so severe that it interferes with functioning during the day.

Insomnia

28. _____ is the absence of breathing for a brief period.

Sleep apnea

29. _____ disorders are problems involving the time of sleep.

Circadian rhythm

30. After aspirin, _____ are the most widely used drugs in the United States.

sleeping pills

31. Match the following:

- | | | |
|---|-----------------------|------------------|
| 1. anticipating positive outcomes | self-actualization | <u>10</u> |
| 2. feelings and moods | self-esteem | <u>9</u> |
| 3. giving to others | emotional health | <u>2</u> |
| 4. represent what's most important | optimism | <u>1</u> |
| 5. spiritual practices | cognitive reappraisal | <u>8</u> |
| 6. independence | values | <u>4</u> |
| 7. sustained emotional state | religiosity | <u>5</u> |
| 8. reframing | altruism | <u>3</u> |
| 9. best predictor of college adjustment | autonomy | <u>6</u> |
| 10. fullest potential | mood | <u>7</u> |

32. Compare and contrast the characteristics that a psychologically healthy person might exhibit with those that a psychologically unhealthy person would exhibit.

- A. Emotional health - determination to be healthy and have flexibility and adaptability, sense of meaning in life, compassion, control over mind and body
- B. Mental health - responsible, ability to form relationships, rational, logical thought processes, realistic perceptions, ability to adapt

33. Explain the differences between the four stages of REM sleep.

- Stage 1 - twilight zone between full wakefulness and sleep
- Stage 2 - brain waves are larger and are punctuated with sudden bursts of electrical activity
- Stages 3 & 4 - the most profound state of unconsciousness