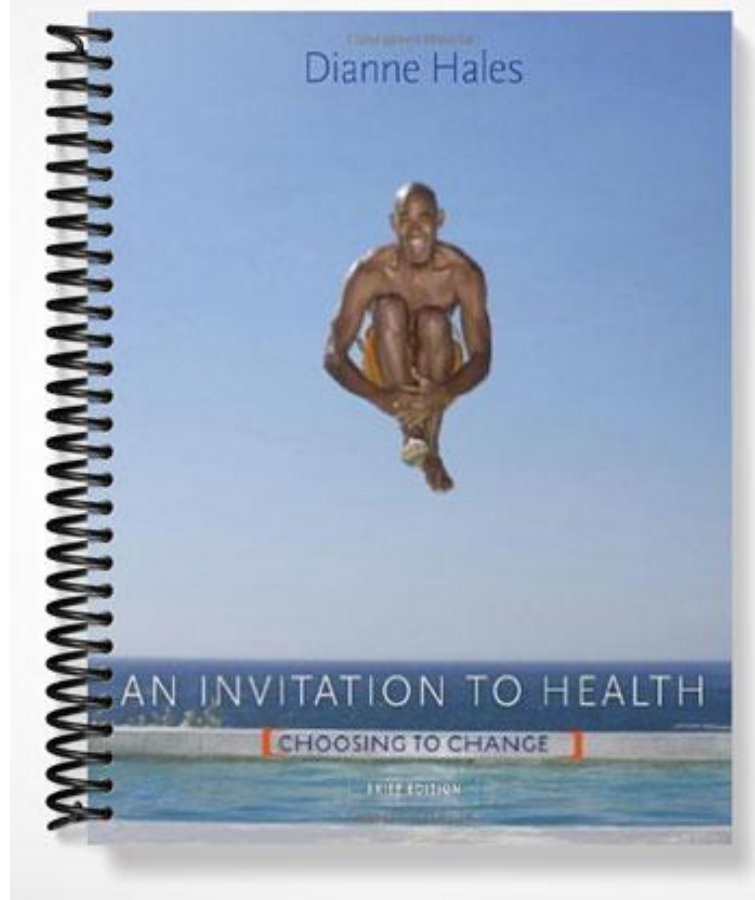


TEST BANK



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AN INVITATION TO HEALTH

CHOOSING TO CHANGE

FIFTH EDITION

Chapter 2—Psychological and Spiritual Well-Being

MULTIPLE CHOICE

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

ANS: C PTS: 1 REF: p. 28
OBJ: Bloom's Taxonomy: Analysis

2. Which of the following distinguishes emotional health?
 - a. feelings and moods
 - b. mental stability
 - c. thoughts
 - d. social well-being

ANS: A PTS: 1 REF: p. 28
OBJ: Bloom's Taxonomy: Understanding

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.

ANS: D PTS: 1 REF: p. 28
OBJ: Bloom's Taxonomy: Understanding

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

ANS: C PTS: 1 REF: p. 28
OBJ: Bloom's Taxonomy: Application

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.

ANS: B PTS: 1 REF: p. 28
OBJ: Bloom's Taxonomy: Understanding

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

ANS: B PTS: 1 REF: p. 38
OBJ: Bloom's Taxonomy: Application

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

ANS: B PTS: 1 REF: p. 38
OBJ: Bloom's Taxonomy: Understanding

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

ANS: B PTS: 1 REF: p. 32
OBJ: Bloom's Taxonomy: Application

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

ANS: C PTS: 1 REF: p. 32
OBJ: Bloom's Taxonomy: Understanding

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

ANS: A PTS: 1 REF: p. 39
OBJ: Bloom's Taxonomy: Application

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.

ANS: D PTS: 1 REF: p. 31
OBJ: Bloom's Taxonomy: Understanding

12. Which of the following describes a sustained emotional state that colors one's view of the world for hours or days?

- a. a feeling
- b. an idea
- c. a mood
- d. a thought

ANS: C PTS: 1 REF: p. 34
OBJ: Bloom's Taxonomy: Understanding

13. 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.

ANS: C PTS: 1 REF: p. 42
OBJ: Bloom's Taxonomy: Understanding

14. Individuals who are true to themselves and develop independence demonstrate which of the following characteristics?
- a. optimistic
 - b. autonomy
 - c. assertiveness
 - d. extroversion

ANS: B PTS: 1 REF: p. 35
OBJ: Bloom's Taxonomy: Application

15. An autonomous individual has a locus of control that is:
- a. negative.
 - b. internal.
 - c. individualized.
 - d. external.

ANS: B PTS: 1 REF: p. 35
OBJ: Bloom's Taxonomy: Understanding

16. Having feelings of emptiness, hopelessness, and a sadness that does not end is a distinguishing characteristic of which of the following?
- a. anxiety
 - b. phobias
 - c. major depression
 - d. a panic disorder

ANS: C PTS: 1 REF: p. 50
OBJ: Bloom's Taxonomy: Understanding

17. Which condition is characterized by experiencing feelings of great energy and euphoria alternated with feelings of depression and despair?
- a. major depression
 - b. panic attacks
 - c. bipolar disorder
 - d. acrophobia

ANS: C PTS: 1 REF: p. 52
OBJ: Bloom's Taxonomy: Understanding

18. Another name for bipolar disorder is:

- a. major depression.
- b. simple depression.
- c. common depression.
- d. manic depression.

ANS: D PTS: 1 REF: p. 52

OBJ: Bloom's Taxonomy: Remember

19. An irrational, intense, and persistent fear of certain objects is known as:

- a. a panic attack.
- b. a phobia.
- c. anxiety.
- d. an obsession.

ANS: B PTS: 1 REF: pp. 52-53

OBJ: Bloom's Taxonomy: Remember

20. A fear of heights is known as:

- a. arachnophobia.
- b. agoraphobia.
- c. acrophobia.
- d. anxietalophobia.

ANS: C PTS: 1 REF: p. 53

OBJ: Bloom's Taxonomy: Remember

21. Claustrophobia is the fear of:

- a. flying.
- b. closed spaces.
- c. heights.
- d. snakes.

ANS: B PTS: 1 REF: p. 53

OBJ: Bloom's Taxonomy: Remember

22. All of the following are characteristic symptoms of a phobia EXCEPT:

- a. unreasonable fear of a specific object.
- b. ability to function normally despite fear.
- c. recognizing the fear is unreasonable.
- d. avoiding the feared object.

ANS: B PTS: 1 REF: p. 53

OBJ: Bloom's Taxonomy: Understanding

23. When comparing physical symptoms of a panic attack, which of the following would not be a factor?

- a. increased heart rate
- b. numb toes and fingers
- c. feeling light-headed
- d. increased appetite

ANS: D PTS: 1 REF: p. 53

OBJ: Bloom's Taxonomy: Analysis

24. When determining a treatment for panic attacks, which of the following would be the primary choice?

- a. systematic desensitization

- b. medication and cognitive-behavior therapy
- c. hospitalization
- d. medication only

ANS: B PTS: 1 REF: p. 53
OBJ: Bloom's Taxonomy: Application

25. Generalized Anxiety Disorder is an unrealistic apprehension that causes physical symptoms and lasts for more than:
- a. six days.
 - b. six weeks.
 - c. six months.
 - d. six years.

ANS: C PTS: 1 REF: p. 53
OBJ: Bloom's Taxonomy: Remember

26. When comparing treatments for Generalized Anxiety Disorder, which of the following would not be an option?
- a. systematic desensitization
 - b. antianxiety drugs
 - c. behavioral therapy
 - d. psychotherapy

ANS: A PTS: 1 REF: p. 54
OBJ: Bloom's Taxonomy: Remember

27. Which of the following best describes an obsession?
- a. an unrealistic apprehension that causes physical symptoms
 - b. a recurring thought, idea, or image that is senseless
 - c. repetitive behavior performed according to certain rules
 - d. irrational, intense fear of certain objects

ANS: B PTS: 1 REF: p. 54
OBJ: Bloom's Taxonomy: Understanding

28. Which of the following best describes a compulsion?
- a. an unrealistic apprehension that causes physical symptoms
 - b. a recurring thought, idea, or image that is senseless
 - c. repetitive behavior performed according to certain rules
 - d. irrational, intense fear of certain objects

ANS: C PTS: 1 REF: p. 54
OBJ: Bloom's Taxonomy: Understanding

29. An individual who feels the need to check and recheck repeatedly whether or not the stove was turned off is probably suffering from:
- a. an obsessive-compulsive disorder.
 - b. a phobia.
 - c. generalized anxiety disorder.
 - d. depression.

ANS: A PTS: 1 REF: p. 54
OBJ: Bloom's Taxonomy: Understanding

30. When determining risk factors for suicide, which of the following would not be considered?

- a. substance abuse
- b. brain chemistry
- c. compulsive behaviors
- d. physical illness

ANS: C PTS: 1 REF: pp. 57-58
OBJ: Bloom's Taxonomy: Analysis

31. Spirituality is:
- a. the same as religiosity.
 - b. identifying with the basic purpose in life and experiencing one's full potential.
 - c. giving to your church on a regular basis.
 - d. praying at least once a day.

ANS: B PTS: 1 REF: p. 38
OBJ: Bloom's Taxonomy: Understanding

32. A key difference between 'spirituality' and 'spiritual intelligence' is that:
- a. old fashioned morality is key in spiritual intelligence.
 - b. spiritual intelligence does not focus on a God above.
 - c. spirituality is more 'happy and peace' based.
 - d. spiritual intelligence is more value-oriented than spirituality.

ANS: B PTS: 1 REF: p. 38
OBJ: Bloom's Taxonomy: Understanding

33. Which is more likely to occur with sleep deprivation?
- a. enhanced memory recall
 - b. weight gain through altered metabolism
 - c. less stress
 - d. more production of influenza-fighting antibodies

ANS: B PTS: 1 REF: p. 43
OBJ: Bloom's Taxonomy: Understanding

34. An effective way to manage a bad mood you are experiencing is to:
- a. analyze why you are feeling bad.
 - b. change what caused the bad mood.
 - c. use alcohol or drugs to numb the feeling and make it go away.
 - d. distract yourself by keeping busy.

ANS: B PTS: 1 REF: pp. 34-35
OBJ: Bloom's Taxonomy: Application

35. To attain the highest level of psychological health, one must first satisfy which of the following?
- a. physiological needs
 - b. safety and security
 - c. love and affection
 - d. all of these

ANS: D PTS: 1 REF: p. 32
OBJ: Bloom's Taxonomy: Application

36. When a person is said to be socially isolated, he or she is:
- a. experiencing severe social anxiety.
 - b. very fearful of social situations.

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

ANS: self-esteem

PTS: 1 REF: p. 31 OBJ: Bloom's Taxonomy: Understanding

4. The word *forgive* comes from the Greek word for _____.

ANS: letting go

PTS: 1 REF: p. 42 OBJ: Bloom's Taxonomy: Remember

5. The opposite of connectedness is _____.

ANS: social isolation

PTS: 1 REF: p. 36 OBJ: Bloom's Taxonomy: Understanding

6. A depressive disorder characterized by a chronically depressed mood is known as _____.

ANS: dysthymia

PTS: 1 REF: p. 50 OBJ: Bloom's Taxonomy: Remember

7. _____ medications are drugs that boost serotonin levels.

ANS: Antidepressant

PTS: 1 REF: p. 51 OBJ: Bloom's Taxonomy: Remember

8. The world's most common mental ailment is _____.

ANS: depression

PTS: 1 REF: p. 48 OBJ: Bloom's Taxonomy: Remember

9. The best treatment for relieving phobias employs the technique of gradual and systematic exposure to a feared object, known as _____.

ANS: systematic desensitization

PTS: 1 REF: p. 53 OBJ: Bloom's Taxonomy: Understanding

10. _____ consists of mood swings that may take individuals from manic states of feeling euphoric and energetic to depressive states of utter despair.

ANS: Bipolar disorder

PTS: 1 REF: p. 52 OBJ: Bloom's Taxonomy: Remember

11. _____ are the most prevalent type of anxiety disorder.

ANS: Phobias

PTS: 1 REF: pp. 52-53 OBJ: Bloom's Taxonomy: Remember

12. Panic _____ develops when attacks recur so intensely that the person cannot function normally.

ANS: disorder

PTS: 1 REF: p. 53 OBJ: Bloom's Taxonomy: Remember

13. Elderly _____ are ten times more likely to commit suicide than elderly _____.

ANS: men; women

PTS: 1 REF: p. 56 OBJ: Bloom's Taxonomy: Remember

14. The term _____ refers to any type of counseling based on the exchange of words in the context of the unique relationship that develops between a mental health professional and a person seeking help.

ANS: psychotherapy

PTS: 1 REF: p. 59 OBJ: Bloom's Taxonomy: Remember

15. The capacity to sense, understand, and tap into the highest parts of ourselves is known as _____.

ANS: spiritual intelligence

PTS: 1 REF: p. 38 OBJ: Bloom's Taxonomy: Remember

16. A common dietary supplement sometimes used as a sleeping aid is _____.

ANS: melatonin

PTS: 1 REF: p. 44 OBJ: Bloom's Taxonomy: Remember

17. Individuals with Type ____ personality tend to suppress negative emotions such as anger and avoid conflict.

ANS: C

PTS: 1 REF: p. 46 OBJ: Bloom's Taxonomy: Remember

18. Going on a volunteer mission trip to serve the poor or less fortunate is an example of _____.

ANS: altruism

PTS: 1 REF: p. 42 OBJ: Bloom's Taxonomy: Application

19. _____ is one's belief about the sources of power and control over their life.

ANS: Locus of control

PTS: 1

REF: p. 35

OBJ: Bloom's Taxonomy: Understanding

20. _____ is the fulfillment that can be achieved once certain human needs are satisfied.

ANS: Self-actualization

PTS: 1

REF: p. 31

OBJ: Bloom's Taxonomy: Remember

MATCHING

Match the items.

- a. values
 - b. altruism
 - c. mood
 - d. self-actualization
 - e. religiosity
 - f. emotional health
 - g. social isolation
 - h. autonomy
 - i. optimism
 - j. self-esteem
1. fullest potential
 2. best predictor of college adjustment
 3. feelings and moods
 4. anticipating positive outcomes
 5. feeling of unconnectedness with others
 6. represent what's most important
 7. spiritual practices
 8. giving to others
 9. independence
 10. sustained emotional state

- | | | |
|------------|--------|--------------------------------------|
| 1. ANS: D | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |
| 2. ANS: J | PTS: 1 | OBJ: Bloom's Taxonomy: Understanding |
| 3. ANS: F | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |
| 4. ANS: I | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |
| 5. ANS: G | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |
| 6. ANS: A | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |
| 7. ANS: E | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |
| 8. ANS: B | PTS: 1 | OBJ: Bloom's Taxonomy: Understanding |
| 9. ANS: H | PTS: 1 | OBJ: Bloom's Taxonomy: Understanding |
| 10. ANS: C | PTS: 1 | OBJ: Bloom's Taxonomy: Remember |

ESSAY

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

ANS:

- 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

PTS: 1

REF: p. 28

OBJ: Bloom's Taxonomy: Analysis

2. Compare and contrast the symptoms and features of three types of anxiety disorders.

ANS:

- A. Phobias – out-of-the-ordinary, irrational, intense fear of certain objects or situations
- B. Panic attacks – feeling light-headed, dizzy, heart racing, hands and feet numb, rapid breathing, sense that something terrible is about to happen
- C. Generalized Anxiety Disorder – excessive or unrealistic apprehension that causes physical symptoms for six months or longer
- D. Obsessive-Compulsive Disorder:
 - Obsession – recurring idea or thought that is senseless
 - Compulsion – repetitive behavior performed according to certain rules

PTS: 1

REF: pp. 52-54

OBJ: Bloom's Taxonomy: Analysis

3. Describe at least five factors that could predict the possibility that a person would commit suicide.

ANS:

- mental disorders
- antidepressant medications
- substance abuse
- hopelessness
- family history
- physical illness
- brain chemistry
- access to guns
- other factors

PTS: 1

REF: pp. 57-58

OBJ: Bloom's Taxonomy: Application

4. Explain the difference between possessing an internal or external locus of control. Provide an example of each.

ANS:

- Internal locus of control is from within one's self.
- External locus of control is relying on others for control.

PTS: 1

REF: p. 35

OBJ: Bloom's Taxonomy: Understanding

5. Discuss how spirituality can create a connectedness with one's inner self and help bring peace and harmony to one's mental health.

ANS:

A personal belief that one has about a higher deity can give rise to a strong sense of purpose, values, morals, and ethics. This in turn can bring harmony and connectedness, knowing one is doing the right thing, and experiences of joy and peace that are the foundations of positive mental health.

PTS: 1

REF: pp. 38-39

OBJ: Bloom's Taxonomy: Analysis