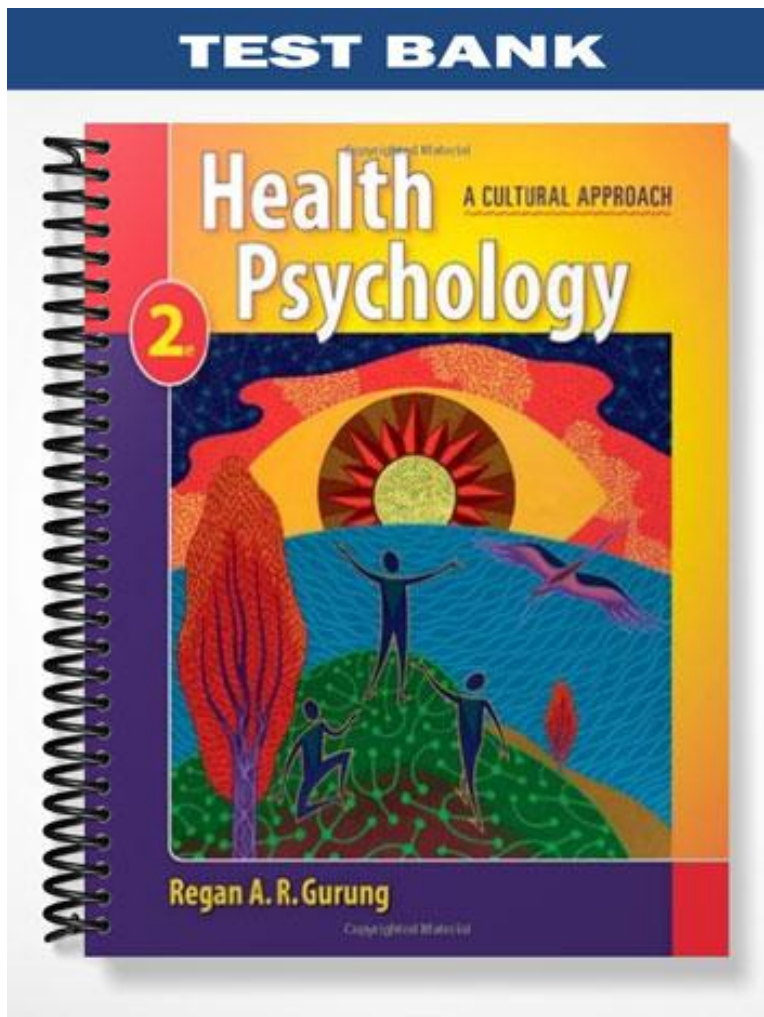


TEST BANK



Health Psychology
A CULTURAL APPROACH

2

Regan A. R. Gurung

Chapter 2: Cultural Approaches to Health

1. The use of red bracelets and the use of black dots on children's foreheads are cultural practices explicitly designed to:
 - A. enhance growth
 - B. increase attractiveness
 - C. prevent sickness
 - D. ward off the evil eye
2. Some ancient beliefs often find their way into contemporary literature, such as the *Harry Potter* series. What part of the human body was believed to be the site of power and magic, and this same animal part used in a range of treatments?
 - A. heart
 - B. mind
 - C. liver
 - D. eyes
3. Most Americans refer to any other medical approach for health and wellness as:
 - A. complementary and alternative medicine
 - B. not appropriate for healthcare
 - C. allopathy
 - D. conventional medicine
4. The belief that if an individual had a lot of blood, they would have a cheerful or sanguine personality stems from:
 - A. Egyptian physicians such as Imhotep, the chief physician to Pharaoh Zozer
 - B. Vesalius's study of human anatomy
 - C. Hippocrates humoral theory
 - D. William Harvey, an English physician
5. Each of the following directly contributed to our knowledge of human anatomy except:
 - A. William Harvey
 - B. Galen
 - C. Leonardo Da Vinci
 - D. Andreas Vesalius
6. Yin is defined by Traditional Chinese Medicine as being:
 - A. Tao, the supreme source
 - B. darkness, moon, cold, female
 - C. light, sun, hot, male
 - D. the later stage of life

7. Chinese and Chinese Americans tend to choose this type of health care system:
 - A. Western medicine
 - B. Traditional Chinese Medicine (TCM)
 - C. Western medicine for acute problems, and TCM for chronic problems
 - D. Qi, and Yin and Yang
8. One folk remedy common to American Indian, Mexican American, and Traditional Chinese medicine is:
 - A. plants
 - B. warm rocks
 - C. saunas
 - D. prayer candles
9. The Ayurvedic physician uses the following methods to diagnose a disease:
 - A. looks for abnormalities in the body, and smelling the patient.
 - B. X-rays and laboratory workups
 - C. smudging
 - D. meridian theory
10. One of the most recent empirical validations of traditional East Indian medicine relates to the use of herbal remedies for the treatment of:
 - A. heart disease
 - B. impotence
 - C. insomnia
 - D. obesity
11. Illness caused if a person's energy field is weakened or disrupted is a common belief of:
 - A. curanderismo
 - B. shamanism
 - C. voodoo
 - D. Native American
12. *Curanderos* use three levels of treatment depending on the source of the illness:
 - A. basic, moderate and complex
 - B. material, spiritual, and mental
 - C. mal de ojo, curar, parteras
 - D. prayer, candles and herbal ointments

13. Practices common to most tribes who follow traditional healing beliefs are:
- A. the involvement of shamans
 - B. the employment of ritual purification or purging
 - C. the use of herbal remedies
 - D. all of the above
14. What cultural belief uses the concept of “Walking in Beauty”?
- A. Native American
 - B. Mexican American
 - C. Hmong
 - D. Middle Eastern
15. A medicine man holds lodges or “sweats” for different reasons, such as:
- A. a sweat may be dedicated to someone with cancer or another terminal illness
 - B. to make individuals aware of the need to make health care changes
 - C. to purify his mind before he spends time with a member of the tribe
 - D. as a last resort during illness
16. Herbs used by Native Americans for healing are used as:
- A. smudging, the use of smoking sage, sweet grass, tobacco or cedar.
 - B. herbal teas and to be directly eaten
 - C. both a and b
 - D. neither a nor b
17. Chiropractic medicine:
- A. enhances the flow of qi in the body
 - B. small, highly diluted quantities of medicinal substances are given to cure symptoms
 - C. uses laying on of hands, the healing force of the provider affects the patient’s recovery
 - D. focuses on the relationship between body structure and function, and uses manipulative therapy as an integral treatment tool
18. The belief that “like cures like,” when small substances of medicinal substances are given to cure symptoms, belongs to:
- A. naturopathic medicine
 - B. homeopathic medicine
 - C. dietary supplements
 - D. aromatherapy

19. A method of healing developed in China at least 2,000 years ago. Procedures involve stimulation of anatomical points on the body by a variety of techniques. This healing technique is called:
- A. chiropractic
 - B. massage
 - C. qi gong
 - D. acupuncture
20. The following are complementary and alternative medicines that originated from Asia:
- A. Reiki, Qi, gong, acupuncture
 - B. electromagnetic fields, qi gong
 - C. Ayurveda and chiropractic
 - D. naturopathic medicine and medicine wheel
21. In 1998, Congress established the National Center for complementary and Alternative Medicine (NCCAM) to stimulate, develop, and support research on complementary and alternative medicines including:
- A. dance, music and art therapy
 - B. hypnosis
 - C. prayer
 - D. all of the above
22. Many African cultures rely on traditional healers called:
- A. sangomas
 - B. yogis
 - C. sadhus
 - D. curanderismos
23. Health psychologists:
- A. do not need to take into account the individual's personal beliefs in order to treat each person comprehensively.
 - B. need to teach each individual to believe in Western culture's beliefs to have the best outcome for health.
 - C. need to take into account the individuals personal beliefs in order to treat each person comprehensively.
 - D. none of the above.
24. Practitioners of Traditional Chinese Medicine determined that there are as many as:
- A. 2000 acupuncture points on the human body
 - B. 150 acupuncture points on the human body
 - C. 250 meridians
 - D. acupuncture points as there are meridians.

25. One theory on why acupuncture works is:
- A. due to “mind over matter,” if the patient believes in the treatment it will work
 - B. that the pain impulses are blocked from reaching the spinal cord or brain at various “gates” to these areas
 - C. the pain from the prick of the needle diverts the patient’s thoughts about the actual pain
 - D. that the impact of the needle stops that area from having the ability to recognize pain
26. The World Health Organization in the late 1970s recognized that acupuncture and Traditional Chinese Medicine can treat many ailments, including:
- A. cancer of the brain
 - B. diabetes
 - C. gout
 - D. arteriosclerosis
27. The National Institutes of Health declared in 1997 that acupuncture could be useful by itself or in combination with other therapies to treat:
- A. addiction and menstrual cramps
 - B. diabetes and kidney disease
 - C. macular degeneration and glaucoma
 - D. hearing impairments
28. Studies have demonstrated that acupuncture may help in the rehabilitation of stroke patients, and:
- A. may help children with delayed growth to get back into the typical growth chart
 - B. can reduce growth of bacteria in a staph infection
 - C. can assist patients with spinal chord injuries to gain the ability to use limbs
 - D. can relieve nausea in patients recovering from surgery
29. Different cultures have varied ideas about what constitutes being healthy, and what behaviors are healthy. Such beliefs vary by:
- A. sex
 - B. ethnicity and nationality
 - C. religion
 - D. all of the above
30. If you were flushed, have a fever, are constipated and have high blood pressure, a TCM practitioner would say:
- A. you have too much yin
 - B. you need your gallbladder out
 - C. you have too much yang
 - D. your liver is not well

31. The five elements that balance the internal organs of the body according to TCM are:
- A. heat, cold, rock, ice, fire
 - B. earth, water, fire, wind, rock
 - C. coal, wood, fire, dirt, water
 - D. fire, water, wood, earth and metal
32. If a provider is talking about Vata dosha, Pitta dosha, and Kapha dosha, she would be talking about components of this type of health care:
- A. Greek humors
 - B. Hmong shamanism
 - C. Japanese Reiki
 - D. Ayurvedic medicine
33. If you as a patient are purging the body of toxins by vomiting, laxatives, enemas, nasal medication, and bloodletting, you are following this tradition.
- A. ancient Greek medicine
 - B. Ayurvedic medicine
 - C. modern holistic medicine
 - D. Traditional Chinese Medicine
34. In Sub-Saharan Africa, there are four types of traditional healers who provide health care. The following is one of those types:
- A. blood-letters
 - B. fire keepers
 - C. singers
 - D. faith healers
35. In Sub-Saharan Africa, diviners are typically:
- A. men
 - B. herbalists
 - C. women
 - D. elders
36. The Farooqi (2006) study found that 55 percent to 73 percent of Muslim patients with various psychiatric disorders treated at public hospitals in Pakistan utilized:
- A. help from one or more traditional healers such as khalifs, gadinashins, imams, hakims, and others that practice magic and sorcery
 - B. no medication
 - C. astrology and charms for cure
 - D. herbalists

37. What was one of the first specimens observed under the lens of the electron microscope that was invented in 1932?
- A. blood
 - B. saliva
 - C. viruses
 - D. sperm
38. Who first described the circulation of blood and the functioning of the heart in 1628?
- A. William Harvey
 - B. Antonius van Leeuwenhoek
 - C. Leonardo da Vinci
 - D. Wilhelm Roentgen
39. Western drug companies use a number of plants originally used in what country to cure diseases?
- A. Egypt
 - B. India
 - C. China
 - D. Peru
40. The most commonly seen form(s) of Ayurvedic treatment in North America is:
- A. yoga
 - B. *Panchakarma* or “Five actions”
 - C. *Vata*
 - D. *Charaka Samhita*
41. If you are receiving services from a provider that does not make appointments, does not have forms or fees, you pay whatever you believe the healer deserves, and meets you in the provider’s home, you are seeing a:
- A. physician in a free clinic
 - B. curandero
 - C. aromatherapist
 - D. none of the above
42. Native American medicine has four traditional practices that are common to most tribes. The following are two of them:
- A. the use of herbal remedies and the employment of ritual purification or purging.
 - B. the use of animals and winds in healing
 - C. the shaman playing a role of a medium, and using eggs and garlic for healing.
 - D. none of the above.

43. The lodge used for the “sweat” in Native American culture symbolizes:
- A. the heartbeat of Mother Earth
 - B. the rocks which are *elders*
 - C. the womb of Mother Earth
 - D. the source of energy for the earth’s rotation.
44. The healing ceremony that uses the medicine wheel, the sacred hoop, the *sing*, and lasts from two to nine days, occurs in:
- A. the Cherokee and Apache tribes
 - B. the Lakota and Navajo tribes
 - C. the Lac Courte Oreilles and Potawatomi tribes
 - D. the Oneida and Lac du Flambeau tribes
45. Voodoo is a legitimate religion in a number of areas of the world, including:
- A. Brazil, where it is called *Candomble*
 - B. Puerto Rico, where it is called *Gullah*
 - C. Philippines
 - D. Guatemala
46. What are the similarities between Hmong and Native American cultures?
- A. They both utilize shamans.
 - B. The use of eggs and herbs in healing practices.
 - C. They both use similar dietary requirements during healing ceremonies.
 - D. There are no similarities.
47. According to the most recent census data, the largest minority group in the United States is:
- A. Asian American
 - B. African American
 - C. Native American
 - D. Latino
48. Which of the following is **not** something a *curandero* would do?
- A. charge the family a specific rate
 - B. utilize material such as fruits, eggs, candles, herbs
 - C. allow the patient to see a Western physician
 - D. offer healing based on patient’s faith

49. Empirical studies on the effects of curanderismo indicate:
- A. it is an excellent medium for improving health
 - B. that this form of healthcare rarely works
 - C. that this form of healthcare causes grave harm to patients
 - D. there are limited empirical studies on the effects, and little has been found in mainstream health psychology
50. The religious group that believe that the use of excessive medication is against God's will is:
- A. Scientologists
 - B. Seven Day Adventists
 - C. Christian Scientists
 - D. Jehovah's Witnesses
51. Traditional Africans seek relief in the herbal lore of the ancestors and consult the _____, who is in charge of physical health of the people (Bradford, 2005).
- A. *amathambo*
 - B. *sangoma*
 - C. *inyanga*
 - D. *gullah*
52. African American communities in the United States may have individuals who utilize the knowledge gained from following African health care behaviors such as :
- A. throwing the bones
 - B. riding the mystical horse
 - C. burning incense
 - D. the sacred hoop
53. African culture utilizes herbs in this manner for the improvement of health:
- A. fresh for aromatherapy
 - B. as a spiritual diviner
 - C. orally and burning
 - D. for bathing
54. Many Southeast Asian and Latino mothers place a black spot on their babies' heads to ward away the "evil eye" that could cause their babies harm.
- True False
55. The chemical composition of some drugs, such as opioids, mirrors that of naturally occurring substances, such as opiates.
- True False

56. Traditional Chinese Medicine (TCM) and Ayurveda share many similarities, including the notion of basic elements.
- True False
57. Surveys of Mexican Americans show that highly assimilated Mexican Americans no longer follow traditional and indigenous practices.
- True False
58. During a Native American sweat lodge ceremony, a “firekeeper” heats rocks in a wood fire, and the rocks are called elders because the rocks of the earth are seen as ancient observers.
- True False
59. Individuals in the sweat lodge experience hallucinations that connect to spirit guides or provide insight into personal conditions. The hallucinations are a result of a toxicity that occurs during this ceremony.
- True False
60. Reiki is a component of Traditional Chinese Medicine (TCM). It combines movement and, meditation, and therapists manipulate muscle and connective tissue to enhance the function of those tissues and to promote relaxation.
- True False
61. Orthomolecular therapies is a treatment in which patients eat substances such as magnesium, melatonin, and mega-doses of vitamins.
- True False
62. In the late 1970s, the World Health Organization recognized the ability of acupuncture and Traditional Chinese medicine to treat nearly four dozen common ailments, including the following: neuromusculoskeletal conditions, and emotional and psychological disorders.
- True False
63. Yin and yang focus on spiritual balance and living in harmony with nature.
- True False

64. One of the main elements of Western biomedicine is surgery. What do you know about the origin of surgery and some technological milestones in surgery?
65. *Curanderos*, traditional Mexican American healers, use three levels of treatment depending on the source of the illness: material, spiritual, and mental (Trotter & Chavira, 1997). What are some of the techniques used in the material, spiritual, and mental levels?
66. How should the field of health psychology best use information about diverse approaches to health?

67. Name three complementary and alternative medicines, and give descriptions of their techniques and goals.

68. What are two of the three theories discussed in our text on how acupuncture works?

Chapter 2: Cultural Approaches to Health **Key**

1. The use of red bracelets and the use of black dots on children's foreheads are cultural practices explicitly designed to:
 - A. enhance growth
 - B. increase attractiveness
 - C. prevent sickness
 - D. ward off the evil eye**
2. Some ancient beliefs often find their way into contemporary literature, such as the *Harry Potter* series. What part of the human body was believed to be the site of power and magic, and this same animal part used in a range of treatments?
 - A. heart
 - B. mind
 - C. liver
 - D. eyes**
3. Most Americans refer to any other medical approach for health and wellness as:
 - A. complementary and alternative medicine**
 - B. not appropriate for healthcare
 - C. allopathy
 - D. conventional medicine
4. The belief that if an individual had a lot of blood, they would have a cheerful or sanguine personality stems from:
 - A. Egyptian physicians such as Imhotep, the chief physician to Pharaoh Zozer
 - B. Vesalius's study of human anatomy
 - C. Hippocrates humoral theory**
 - D. William Harvey, an English physician
5. Each of the following directly contributed to our knowledge of human anatomy except:
 - A. William Harvey**
 - B. Galen
 - C. Leonardo Da Vinci
 - D. Andreas Vesalius

6. Yin is defined by Traditional Chinese Medicine as being:
- A. Tao, the supreme source
 - B.** darkness, moon, cold, female
 - C. light, sun, hot, male
 - D. the later stage of life
7. Chinese and Chinese Americans tend to choose this type of health care system:
- A. Western medicine
 - B. Traditional Chinese Medicine (TCM)
 - C.** Western medicine for acute problems, and TCM for chronic problems
 - D. Qi, and Yin and Yang
8. One folk remedy common to American Indian, Mexican American, and Traditional Chinese medicine is:
- A.** plants
 - B. warm rocks
 - C. saunas
 - D. prayer candles
9. The Ayurvedic physician uses the following methods to diagnose a disease:
- A.** looks for abnormalities in the body, and smelling the patient.
 - B. X-rays and laboratory workups
 - C. smudging
 - D. meridian theory
10. One of the most recent empirical validations of traditional East Indian medicine relates to the use of herbal remedies for the treatment of:
- A.** heart disease
 - B. impotence
 - C. insomnia
 - D. obesity
11. Illness caused if a person's energy field is weakened or disrupted is a common belief of:
- A.** curanderismo
 - B. shamanism
 - C. voodoo
 - D. Native American

12. *Curanderos* use three levels of treatment depending on the source of the illness:
- A. basic, moderate and complex
 - B.** material, spiritual, and mental
 - C. mal de ojo, curar, parteras
 - D. prayer, candles and herbal ointments
13. Practices common to most tribes who follow traditional healing beliefs are:
- A. the involvement of shamans
 - B. the employment of ritual purification or purging
 - C. the use of herbal remedies
 - D.** all of the above
14. What cultural belief uses the concept of “Walking in Beauty”?
- A.** Native American
 - B. Mexican American
 - C. Hmong
 - D. Middle Eastern
15. A medicine man holds lodges or “sweats” for different reasons, such as:
- A.** a sweat may be dedicated to someone with cancer or another terminal illness
 - B. to make individuals aware of the need to make health care changes
 - C. to purify his mind before he spends time with a member of the tribe
 - D. as a last resort during illness
16. Herbs used by Native Americans for healing are used as:
- A. smudging, the use of smoking sage, sweet grass, tobacco or cedar.
 - B. herbal teas and to be directly eaten
 - C. both a and b
 - D.** neither a nor b
17. Chiropractic medicine:
- A. enhances the flow of qi in the body
 - B. small, highly diluted quantities of medicinal substances are given to cure symptoms
 - C. uses laying on of hands, the healing force of the provider affects the patient’s recovery
 - D.** focuses on the relationship between body structure and function, and uses manipulative therapy as an integral treatment tool

18. The belief that “like cures like,” when small substances of medicinal substances are given to cure symptoms, belongs to:
- A. naturopathic medicine
 - B.** homeopathic medicine
 - C. dietary supplements
 - D. aromatherapy
19. A method of healing developed in China at least 2,000 years ago. Procedures involve stimulation of anatomical points on the body by a variety of techniques. This healing technique is called:
- A. chiropractic
 - B. massage
 - C. qi gong
 - D.** acupuncture
20. The following are complementary and alternative medicines that originated from Asia:
- A.** Reiki, Qi, gong, acupuncture
 - B. electromagnetic fields, qi gong
 - C. Ayurveda and chiropractic
 - D. naturopathic medicine and medicine wheel
21. In 1998, Congress established the National Center for complementary and Alternative Medicine (NCCAM) to stimulate, develop, and support research on complementary and alternative medicines including:
- A. dance, music and art therapy
 - B. hypnosis
 - C. prayer
 - D.** all of the above
22. Many African cultures rely on traditional healers called:
- A.** sangomas
 - B. yogis
 - C. sadhus
 - D. curanderismos
23. Health psychologists:
- A. do not need to take into account the individual’s personal beliefs in order to treat each person comprehensively.
 - B. need to teach each individual to believe in Western culture’s beliefs to have the best outcome for health.
 - C.** need to take into account the individuals personal beliefs in order to treat each person comprehensively.
 - D. none of the above.

24. Practitioners of Traditional Chinese Medicine determined that there are as many as:
- A. 2000 acupuncture points on the human body
 - B. 150 acupuncture points on the human body
 - C. 250 meridians
 - D. acupuncture points as there are meridians.
25. One theory on why acupuncture works is:
- A. due to “mind over matter,” if the patient believes in the treatment it will work
 - B. that the pain impulses are blocked from reaching the spinal cord or brain at various “gates” to these areas
 - C. the pain from the prick of the needle diverts the patient’s thoughts about the actual pain
 - D. that the impact of the needle stops that area from having the ability to recognize pain
26. The World Health Organization in the late 1970s recognized that acupuncture and Traditional Chinese Medicine can treat many ailments, including:
- A. cancer of the brain
 - B. diabetes
 - C. gout
 - D. arteriosclerosis
27. The National Institutes of Health declared in 1997 that acupuncture could be useful by itself or in combination with other therapies to treat:
- A. addiction and menstrual cramps
 - B. diabetes and kidney disease
 - C. macular degeneration and glaucoma
 - D. hearing impairments
28. Studies have demonstrated that acupuncture may help in the rehabilitation of stroke patients, and:
- A. may help children with delayed growth to get back into the typical growth chart
 - B. can reduce growth of bacteria in a staph infection
 - C. can assist patients with spinal chord injuries to gain the ability to use limbs
 - D. can relieve nausea in patients recovering from surgery
29. Different cultures have varied ideas about what constitutes being healthy, and what behaviors are healthy. Such beliefs vary by:
- A. sex
 - B. ethnicity and nationality
 - C. religion
 - D. all of the above

30. If you were flushed, have a fever, are constipated and have high blood pressure, a TCM practitioner would say:
- A. you have too much yin
 - B. you need your gallbladder out
 - C.** you have too much yang
 - D. your liver is not well
31. The five elements that balance the internal organs of the body according to TCM are:
- A. heat, cold, rock, ice, fire
 - B. earth, water, fire, wind, rock
 - C. coal, wood, fire, dirt, water
 - D.** fire, water, wood, earth and metal
32. If a provider is talking about Vata dosha, Pitta dosha, and Kapha dosha, she would be talking about components of this type of health care:
- A. Greek humors
 - B. Hmong shamanism
 - C. Japanese Reiki
 - D.** Ayurvedic medicine
33. If you as a patient are purging the body of toxins by vomiting, laxatives, enemas, nasal medication, and bloodletting, you are following this tradition.
- A. ancient Greek medicine
 - B.** Ayurvedic medicine
 - C. modern holistic medicine
 - D. Traditional Chinese Medicine
34. In Sub-Saharan Africa, there are four types of traditional healers who provide health care. The following is one of those types:
- A. blood-letters
 - B. fire keepers
 - C. singers
 - D.** faith healers
35. In Sub-Saharan Africa, diviners are typically:
- A. men
 - B. herbalists
 - C.** women
 - D. elders

36. The Farooqi (2006) study found that 55 percent to 73 percent of Muslim patients with various psychiatric disorders treated at public hospitals in Pakistan utilized:
- A.** help from one or more traditional healers such as khalifs, gadinashins, imams, hakims, and others that practice magic and sorcery
 - B. no medication
 - C. astrology and charms for cure
 - D. herbalists
37. What was one of the first specimens observed under the lens of the electron microscope that was invented in 1932?
- A. blood
 - B. saliva
 - C. viruses
 - D.** sperm
38. Who first described the circulation of blood and the functioning of the heart in 1628?
- A.** William Harvey
 - B. Antonius van Leeuwenhoek
 - C. Leonardo da Vinci
 - D. Wilhelm Roentgen
39. Western drug companies use a number of plants originally used in what country to cure diseases?
- A. Egypt
 - B.** India
 - C. China
 - D. Peru
40. The most commonly seen form(s) of Ayurvedic treatment in North America is:
- A. yoga
 - B.** *Panchakarma* or “Five actions”
 - C. *Vata*
 - D. *Charaka Samhita*
41. If you are receiving services from a provider that does not make appointments, does not have forms or fees, you pay whatever you believe the healer deserves, and meets you in the provider’s home, you are seeing a:
- A. physician in a free clinic
 - B.** curandero
 - C. aromatherapist
 - D. none of the above

42. Native American medicine has four traditional practices that are common to most tribes. The following are two of them:
- A. the use of herbal remedies and the employment of ritual purification or purging.
 - B. the use of animals and winds in healing
 - C. the shaman playing a role of a medium, and using eggs and garlic for healing.
 - D. none of the above.
43. The lodge used for the “sweat” in Native American culture symbolizes:
- A. the heartbeat of Mother Earth
 - B. the rocks which are *elders*
 - C. the womb of Mother Earth
 - D. the source of energy for the earth’s rotation.
44. The healing ceremony that uses the medicine wheel, the sacred hoop, the *sing*, and lasts from two to nine days, occurs in:
- A. the Cherokee and Apache tribes
 - B. the Lakota and Navajo tribes
 - C. the Lac Courte Oreilles and Potawatomi tribes
 - D. the Oneida and Lac du Flambeau tribes
45. Voodoo is a legitimate religion in a number of areas of the world, including:
- A. Brazil, where it is called *Candomble*
 - B. Puerto Rico, where it is called *Gullah*
 - C. Philippines
 - D. Guatemala
46. What are the similarities between Hmong and Native American cultures?
- A. They both utilize shamans.
 - B. The use of eggs and herbs in healing practices.
 - C. They both use similar dietary requirements during healing ceremonies.
 - D. There are no similarities.
47. According to the most recent census data, the largest minority group in the United States is:
- A. Asian American
 - B. African American
 - C. Native American
 - D. Latino

48. Which of the following is **not** something a *curandero* would do?
- A. charge the family a specific rate
 - B. utilize material such as fruits, eggs, candles, herbs
 - C. allow the patient to see a Western physician
 - D. offer healing based on patient's faith
49. Empirical studies on the effects of curanderismo indicate:
- A. it is an excellent medium for improving health
 - B. that this form of healthcare rarely works
 - C. that this form of healthcare causes grave harm to patients
 - D. there are limited empirical studies on the effects, and little has been found in mainstream health psychology
50. The religious group that believe that the use of excessive medication is against God's will is:
- A. Scientologists
 - B. Seven Day Adventists
 - C. Christian Scientists
 - D. Jehovah's Witnesses
51. Traditional Africans seek relief in the herbal lore of the ancestors and consult the _____, who is in charge of physical health of the people (Bradford, 2005).
- A. *amathambo*
 - B. *sangoma*
 - C. *inyanga*
 - D. *gullah*
52. African American communities in the United States may have individuals who utilize the knowledge gained from following African health care behaviors such as :
- A. throwing the bones
 - B. riding the mystical horse
 - C. burning incense
 - D. the sacred hoop
53. African culture utilizes herbs in this manner for the improvement of health:
- A. fresh for aromatherapy
 - B. as a spiritual diviner
 - C. orally and burning
 - D. for bathing
54. Many Southeast Asian and Latino mothers place a black spot on their babies' heads to ward away the "evil eye" that could cause their babies harm.

TRUE

55. The chemical composition of some drugs, such as opioids, mirrors that of naturally occurring substances, such as opiates.

TRUE

56. Traditional Chinese Medicine (TCM) and Ayurveda share many similarities, including the notion of basic elements.

TRUE

57. Surveys of Mexican Americans show that highly assimilated Mexican Americans no longer follow traditional and indigenous practices.

FALSE

58. During a Native American sweat lodge ceremony, a “firekeeper” heats rocks in a wood fire, and the rocks are called elders because the rocks of the earth are seen as ancient observers.

TRUE

59. Individuals in the sweat lodge experience hallucinations that connect to spirit guides or provide insight into personal conditions. The hallucinations are a result of a toxicity that occurs during this ceremony.

FALSE

60. Reiki is a component of Traditional Chinese Medicine (TCM). It combines movement and, meditation, and therapists manipulate muscle and connective tissue to enhance the function of those tissues and to promote relaxation.

FALSE

61. Orthomolecular therapies is a treatment in which patients eat substances such as magnesium, melatonin, and mega-doses of vitamins.

TRUE

62. In the late 1970s, the World Health Organization recognized the ability of acupuncture and Traditional Chinese medicine to treat nearly four dozen common ailments, including the following: neuromusculoskeletal conditions, and emotional and psychological disorders.

TRUE

63. Yin and yang focus on spiritual balance and living in harmony with nature.

FALSE

64. One of the main elements of Western biomedicine is surgery. What do you know about the origin of surgery and some technological milestones in surgery?

First practiced by early Egyptians and Peruvians some 6,000 years ago. First coronary bypass was performed in 1951, and the first heart transplant was performed in 1967. Surgery and drugs are the primary attempts to cure or treat illness in Western medicine.

65. *Curanderos*, traditional Mexican American healers, use three levels of treatment depending on the source of the illness: material, spiritual, and mental (Trotter & Chavira, 1997). What are some of the techniques used in the material, spiritual, and mental levels?

Material: eggs, lemons, garlic, ribbons, religious symbols, crucifix, water, oils, and incense. These are used to either emit or absorb vibrating energy that repairs the energy field around a person. Ceremonies include prayers, ritual sweepings, or cleansing (Torres & Sawyer, 2005).

Spiritual: *curandero* entering a trance, leaving his or her body, and playing the role of a medium.

Mental level: using the power the healer has, such as using herbs as treatments.

66. How should the field of health psychology best use information about diverse approaches to health?

The rituals and ceremonies used by diverse cultures reflect the values of those cultures. Health psychologists should understand that those who believe in them should not be ignored and ridiculed. A provider needs to be aware of a person's beliefs in order to treat the person comprehensively. What people believe influences what they do to remedy the situation, and needs to be taken into consideration when receiving advice from a psychologist with a Western viewpoint on how to maintain health and prevent illness.

67. Name three complementary and alternative medicines, and give descriptions of their techniques and goals.

See Table 2.4, p. 57

68. What are two of the three theories discussed in our text on how acupuncture works?

1. Pain impulses are blocked from reaching the spinal cord or brain at various “gates” to these areas.
2. Acupuncture stimulates the body to produce endorphins, which reduce pain.
3. Opioids may be released into the body during acupuncture treatment.