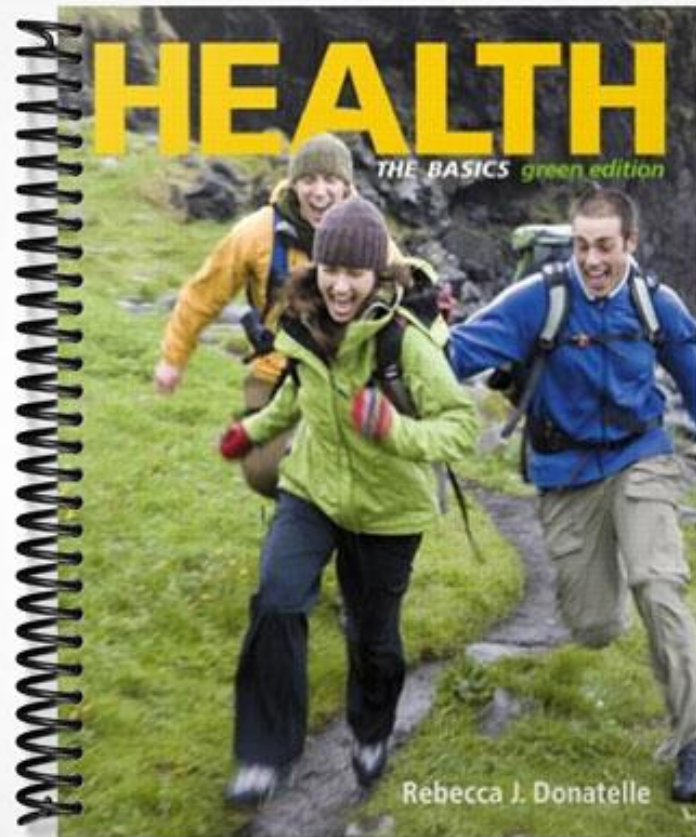


TEST BANK



MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) A term used to encompass mental, emotional, social, and spiritual dimensions of health is 1) _____
A) socio-holistic. B) psychosocial.
C) psychoenvironmental. D) socioemotional.

Answer: B

- 2) Which of the following is true of psychosocially healthy people? 2) _____
A) They avoid new experiences.
B) They frequently experience guilt.
C) They value human diversity.
D) They are uncomfortable when put in new social situations.

Answer: C

- 3) A mentally healthy student who makes a bad grade on an exam would respond by 3) _____
A) getting angry.
B) becoming withdrawn and falling into a "funk."
C) learning from the situation and making adjustments to their study habits.
D) drinking to relieve tension.

Answer: C

- 4) Psychosocial health is a complex interaction of 4) _____
A) family history. B) interpretations of past experiences.
C) thoughts of future events. D) Both A and B.

Answer: D

- 5) Which of the following is true concerning an individual's emotional health? 5) _____
A) Emotional trauma can affect a student's academic performance.
B) An emotionally healthy person would have a less extreme emotional response to events.
C) It does not interact with other aspects of health.
D) Both A and B.

Answer: D

- 6) Which of the following represents the primary difference between emotional health and mental health? 6) _____
A) Mental health does not assume responsibility for our actions.
B) Emotional health deals specifically with feelings rather than thought processes.
C) Mental health does not encompass our responses to stimuli.
D) All of the above

Answer: B

- 7) Social bonds can 7) _____
A) reassure an individual of their worth. B) create isolation amongst a group.
C) provide intimacy. D) Both A and C.

Answer: D

- 8) Marie's parents give her money for a down payment on a new car. They are providing her with 8) _____
A) expressive support. B) social support.
C) tangible support. D) structural support.

Answer: C

- 9) The quality of a social bond influences the level of 9) _____

- A) communication between individuals. B) intimacy.
C) social support received. D) All of the above

Answer: C

- 10) Lisa believes in a unifying force that gives meaning to her life. Lisa is demonstrating 10) _____
A) emotional health. B) social support.
C) spirituality. D) social bonds.

Answer: C

- 11) Keisha puts herself down all the time. She is very negative about everything and doubts her 11) _____
ability to succeed. Keisha is displaying
A) low self-esteem. B) clinical problems.
C) poor self-management. D) exogenous behavior.

Answer: A

- 12) A spiritually healthy person would 12) _____
A) believe that they have no control over their lives.
B) be materialistic.
C) feel as if they were part of a larger purpose.
D) be self-centered.

Answer: C

- 13) Jane's belief that she can successfully pass her biology midterm is an example of 13) _____
A) self-efficacy. B) self-satisfaction.
C) self-esteem. D) self-reliance.

Answer: A

- 14) At the end of each day, Anne writes down five positive affirmations about herself to block out 14) _____
any negative thoughts from the day. Anne is demonstrating
A) learned helplessness. B) joy.
C) optimism. D) learned optimism.

Answer: D

- 15) A psychosocially healthy person is 15) _____
A) conscientious. B) introverted.
C) disagreeable. D) none of the above.

Answer: A

- 16) After breaking up with his girlfriend, Frank has been unable to move on. He is afraid of rejection 16) _____
and doesn't think that women find him attractive. Frank is probably suffering from
A) resiliency. B) low self-efficacy.
C) learned helplessness. D) low self-esteem.

Answer: D

- 17) One's sense of self respect or self worth is referred to as 17) _____
A) introversion. B) self esteem.
C) assertiveness. D) conscientiousness.

Answer: B

- 18) Which of the following situations can boost your self-esteem? 18) _____
A) expecting to get perfect grades every term
B) keeping in contact with old friends and family members

C) handling all of your personal problems alone

D) All of the above

Answer: B

19) A psychologically healthy person will 19) _____

A) be considerate of other peoples' needs.

B) be narcissistic.

C) make time for themselves.

D) Both A and C.

Answer: D

20) Which of the following is true of Maslow's hierarchy of needs? 20) _____

A) A self actualized person has met basic needs but not fully reached their potential.

B) Failure at lower levels will interfere with attainment of higher level needs.

C) Social needs are considered more basic than security.

D) All of the above.

Answer: B

21) Recently, Kevin has been gambling on the internet. Last weekend he decided at the last moment 21) _____
to fly to Las Vegas and play poker. He lost over \$5,000. Kevin's behavior indicates that he may
have

A) borderline personality disorder.

B) bipolar disorder.

C) generalized anxiety disorder.

D) schizophrenia.

Answer: A

22) Which of the following is a common sign of major depressive disorder? 22) _____

A) sleeping too much

B) memory lapses

C) loss of motivation

D) All of the above

Answer: D

23) Sharon has lost two jobs in the past year. She blames her coworkers whom she says didn't like 23) _____
her. She says that they were purposely trying to get rid of her and that she did absolutely
nothing wrong. From her behavior, it is likely that Sharon has developed

A) learned helplessness.

B) learned optimism.

C) resiliency.

D) low self-esteem.

Answer: A

24) Which of the following is true about laughter? 24) _____

A) It reduces depression in stressed-out people.

B) It can be a coping mechanism.

C) It has no impact on physical health.

D) Both A and B.

Answer: D

25) Alice has been experiencing persistent sadness, despair and hopelessness. Alice is displaying 25) _____
symptoms of

A) eating disorders.

B) anxiety.

C) chronic mood disorder.

D) non-clinical depression.

Answer: C

26) Which of the following is true about depression in college students? 26) _____

A) Many students do not seek help for depression because of the stigma associated with
seeing a counselor.

B) Depression and stress are not major barriers to academic success for students.

- C) The majority of students do not feel overwhelmed by their responsibilities.
- D) The number of students diagnosed with depression has decreased.

Answer: A

- 27) Research on depression has found that women 27) _____
- A) can become distracted and less focused on a depressed mood than men.
 - B) are prone to depression because of multiple responsibilities in their lives.
 - C) experience depression less frequently than men.
 - D) have less difficulty obtaining restorative sleep than men.

Answer: B

- 28) The following is true about major depressive disorder: 28) _____
- A) Symptoms include physical exhaustion and an inability to concentrate.
 - B) Symptoms usually do not last for more than a month.
 - C) True depressive disorders are the same as feeling down after a bad experience.
 - D) People can snap out of it if they choose.

Answer: A

- 29) Which of the following is true about men and depression? 29) _____
- A) Depression in men can increase the risk of heart disease.
 - B) Men are less likely to act on suicidal feelings than women.
 - C) Men are more likely to admit they are depressed.
 - D) Depression is masked in men by working less.

Answer: A

- 30) Research on anxiety disorders has found that 30) _____
- A) anxiety disorders only affect adults over the age of 50.
 - B) they are the second most common mental health problem in the U.S.
 - C) workplace losses due to anxiety disorders have increased.
 - D) medical costs associated with anxiety disorders have decreased.

Answer: C

- 31) Melody has been experiencing severe mood swings, having a lot of energy at one moment and then experiencing a depressed state. Melody is displaying symptoms of 31) _____
- A) bipolar disorder.
 - B) manic anxiety disorder.
 - C) compulsive disorder.
 - D) None of the above

Answer: A

- 32) Which of the following is true about panic attacks? 32) _____
- A) Symptoms can include decreased respiration.
 - B) They can lead to social isolation.
 - C) They are not linked to heredity.
 - D) They typically last for 5-10 minutes.

Answer: B

- 33) Jake is being treated for depression. His counselor is focused on correcting Jake's relationship with his family. This type of therapy is an example of 33) _____
- A) cognitive therapy.
 - B) dysfunction rehabilitation.
 - C) interpersonal therapy.
 - D) pharmacological treatment.

Answer: C

- 34) Celia spends a good deal of her time worrying, is easily fatigued, and often has difficulty 34) _____
- con centrati

ng, 34)
which is
affecting
her
grades in
school.
Her
symptoms may
characterize

- A) generalized anxiety disorder.
- C) depression.

- B) bipolar disorder.
- D) panic disorder.

Answer: A

- 35) Peter has a persistent and unreasonable fear of spiders. He could be displaying symptoms of 35) _____
A) obsession. B) hysteria. C) a phobia. D) compulsion.

Answer: C

- 36) Melissa has been diagnosed with a social phobia. This means she has a fear of 36) _____
A) high places. B) snakes and spiders.
C) driving at night. D) public gatherings.

Answer: D

- 37) Seasonal affective disorder is associated with 37) _____
A) too many external stimuli. B) malfunction of the thyroid gland.
C) lack of social interaction. D) reduced exposure to natural sunlight.

Answer: D

- 38) Which of the following living environments would likely increase the chances of being 38) _____
diagnosed with seasonal affective disorder?
A) a large urban city B) a northern state that has harsh winters
C) a tropical beach environment D) a rural southern area

Answer: B

- 39) Which of the following statements about schizophrenia is true? 39) _____
A) Schizophrenia can be cured.
B) Schizophrenia is a biological disease of the brain.
C) Symptoms most commonly appear in early childhood.
D) Schizophrenia is caused by an environmental factor.

Answer: B

- 40) Treatment for schizophrenia includes hospitalization and a combination of 40) _____
A) light therapy and electroconvulsive therapy.
B) medication and light therapy.
C) medication and psychotherapy.
D) psychotherapy and electroconvulsive therapy.

Answer: C

- 41) Which of the following is true with respect to attention deficit/hyperactivity disorder (ADHD)? 41) _____
A) ADHD is only diagnosed in children.
B) ADHD doesn't affect smart people.

- C) ADHD increases the risk of depression.
- D) ADHD can be controlled if the individual chooses to

Answer: C

- 42) Adults with attention deficit/hyperactivity disorder (ADHD) often have difficulty 42) _____
- A) completing tasks.
 - B) keeping appointments.
 - C) managing finances.
 - D) All of the above

Answer: C

- 43) Warning signs of suicide include all of the following EXCEPT 43) _____
- A) Expressions of self hatred.
 - B) A change in behavior.
 - C) A stable personality.
 - D) Giving away prized possessions.

Answer: C

- 44) Which of the following statements about suicide is true? 44) _____
- A) Women attempt suicide more often than men.
 - B) College students are more likely to commit suicide than the general population.
 - C) Risk factors for suicide include excessive drug and alcohol use.
 - D) All of the above.

Answer: D

- 45) Suicide prevention techniques include 45) _____
- A) ignoring threats; most of the time the person doesn't really mean it.
 - B) keeping your discussions with your suicidal friend confidential.
 - C) telling your suicidal friend that he/she doesn't mean it.
 - D) asking directly if the person intends to hurt him/herself.

Answer: D

- 46) The mental health professional who can prescribe medications to treat mental disorders is a 46) _____
- A) school counselor.
 - B) social worker.
 - C) psychiatrist.
 - D) clinical psychologist.

Answer: C

- 47) You can expect a therapist to 47) _____
- A) dismiss you after just one visit.
 - B) ask you about various aspects of your life.
 - C) offer to hypnotize you.
 - D) tell you how to behave and act.

Answer: B

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 48) Psychosocially healthy people take time to enjoy their environment. 48) _____
- Answer: True False

- 49) Emotional health can affect other psychosocial dimensions of health. 49) _____
- Answer: True False

- 50) Keeping in touch with your best friend from high school is one way of enhancing happiness. 50) _____
- Answer: True False

- 51) People with a strong sense of humor experience less anxiety during stressful times. 51) _____
- Answer: True False

- 52) Evidence suggests a weak association between emotions and physical health. 52) _____
 Answer: True False
- 53) Research indicates that neurotransmitters may function less efficiently in happy people. 53) _____
 Answer: True False
- 54) Our personalities can be altered through behavior change. 54) _____
 Answer: True False
- 55) Showing a sense of appreciation for good things in your life is a way to display gratitude. 55) _____
 Answer: True False
- 56) Psychoneuroimmunology studies the effects of disease on emotional health. 56) _____
 Answer: True False
- 57) People with major depressive disorder experience a chronic mood disorder that is characterized by persistent sadness, despair, and hopelessness. 57) _____
 Answer: True False
- 58) Cutting or self-mutilation is more common in females than males. 58) _____
 Answer: True False

MATCHING. Choose the item in column 2 that best matches each item in column 1.

Match the following:

- 59) Experiences flashbacks after being mugged A) phobia 59) _____

Answer: C

B) obsessive compulsive disorder

60)

- Experiences intense fear when seeing a snake on television C) post traumatic stress disorder 60) _____

Answer: A

- 61) Must constantly wash hands due to recurrent thoughts of hands being dirty 61) _____

Answer: B

Match the following:

- 62) Being flexible with plans A) learned optimism 62) _____
 Answer: B

B) agreeableness

- 63) Your belief that you can successfully run a mile 63) _____

C) self-esteem

Answer: D

- 64) Writing down five positive traits about yourself D) self-efficacy 64) _____
 Answer: A

- 65) Feeling good about yourself 65) _____

Answer: C

Match the following:

66) Fear of a specific object, activity, or situation

A) generalized anxiety disorder

66) _____

Answer: D

67)

Fear of social situations

B) social phobia

C) panic attack

67) _____

Answer: B

68)

Anxiety attack for unknown reasons

D) phobia

E) chronic mood disorder

68) _____

Answer: C

69)

Constant worry that may cause restlessness

69) _____

Answer: A

70) Experience of persistent emotional states

70) _____

Answer: E

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

71) The term _____ is often used interchangeably with mental health.

71) _____

Answer: emotional health

72) _____ families are characterized by the presence of violence and abuse.

72) _____

Answer: Dysfunctional

73) Relationships that bring positive benefits to an individual are _____ supports.

73) _____

Answer: social

74) Belief in your ability to perform a task successfully is termed _____.

74) _____

Answer: self-efficacy

75) _____ is a pattern developed by people who continually experience failure.

75) _____

Answer: Learned helplessness

76) _____ individuals have satisfied all basic needs and reached full fulfillment of potential.

76) _____

Answer: Self-actualized

77) A person who is extremely content with life and has a happy, positive outlook would have _____.

77) _____

Answer: subjective well-being

78) In treating depression, _____ involves correcting consistently pessimistic thought patterns.

78) _____

Answer: cognitive therapy

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

79) Do you believe there is a stigma towards mental illness? Provide information from the chapter to support your answer.

Answer: Yes, there is a stigma towards mental illness; many college students will not go see a counselor for treatment of mental health issues because of the stigma attached to mental illnesses.

80) How do you think a person's environment affects their mental health? Provide information from the chapter to support your answer.

Answer: Persistent stressors, uncertainties, and threats in a person's environment can cause significant problems. Drugs, neighborhood crime, threats to safety, injury, school failure, unemployment, financial problems, natural disasters, and other environmental factors can affect a person's mental health. Protective factors, such as social support, positive role models and peers, can help maintain a health outlook and not negatively affect a person's mental health.

81) Why do you think anxiety disorders have become the number one mental health problem in the United States? Provide information from the chapter to support your answer.

Answer: There are many proposed explanations for anxiety disorders which include: environmental factors, biology, and social and cultural roles. Changing social and cultural roles and responsibilities may cause excess stress, concern and worry that has led to the rise in these disorders.

82) What stressors or circumstances do you believe are the major contributors to depression among college students? Provide information from the chapter to support your answer.

Answer: Anxiety over relationships, pressure to get good grades, win social acceptance, poor diet, abuse of alcohol and other drugs, lack of sleep.

83) What are some treatment tips for avoiding the use of self-mutilation as a coping strategy?

Answer: Examine the feelings that trigger the urge and find alternate solutions of dealing with it. Find positive ways of expressing the pain and look for other ways to calm yourself and relieve tension. Engage a social support system.

- 1) B
- 2) C
- 3) C
- 4) D
- 5) D
- 6) B
- 7) D
- 8) C
- 9) C
- 10) C
- 11) A
- 12) C
- 13) A
- 14) D
- 15) A
- 16) D
- 17) B
- 18) B
- 19) D
- 20) B
- 21) A
- 22) D
- 23) A
- 24) D
- 25) C
- 26) A
- 27) B
- 28) A
- 29) A
- 30) C
- 31) A
- 32) B
- 33) C
- 34) A
- 35) C
- 36) D
- 37) D
- 38) B
- 39) B
- 40) C
- 41) C
- 42) C
- 43) C
- 44) D
- 45) D
- 46) C
- 47) B
- 48) TRUE
- 49) TRUE
- 50) TRUE
- 51) TRUE

- 52) FALSE
- 53) FALSE
- 54) TRUE
- 55) TRUE
- 56) FALSE
- 57) TRUE
- 58) FALSE
- 59) C
- 60) A
- 61) B
- 62) B
- 63) D
- 64) A
- 65) C
- 66) D
- 67) B
- 68) C
- 69) A
- 70) E
- 71) emotional health
- 72) Dysfunctional
- 73) social
- 74) self-efficacy
- 75) Learned helplessness
- 76) Self-actualized
- 77) subjective well-being
- 78) cognitive therapy
- 79) Yes, there is a stigma towards mental illness; many college students will not go see a counselor for treatment of mental health issues because of the stigma attached to mental illnesses.
- 80) Persistent stressors, uncertainties, and threats in a person's environment can cause significant problems. Drugs, neighborhood crime, threats to safety, injury, school failure, unemployment, financial problems, natural disasters, and other environmental factors can affect a person's mental health. Protective factors, such as social support, positive role models and peers, can help maintain a health outlook and not negatively affect a person's mental health.
- 81) There are many proposed explanations for anxiety disorders which include: environmental factors, biology, and social and cultural roles. Changing social and cultural roles and responsibilities may cause excess stress, concern and worry that has led to the rise in these disorders.
- 82) Anxiety over relationships, pressure to get good grades, win social acceptance, poor diet, abuse of alcohol and other drugs, lack of sleep.
- 83) Examine the feelings that trigger the urge and find alternate solutions of dealing with it. Find positive ways of expressing the pain and look for other ways to calm yourself and relieve tension. Engage a social support system.