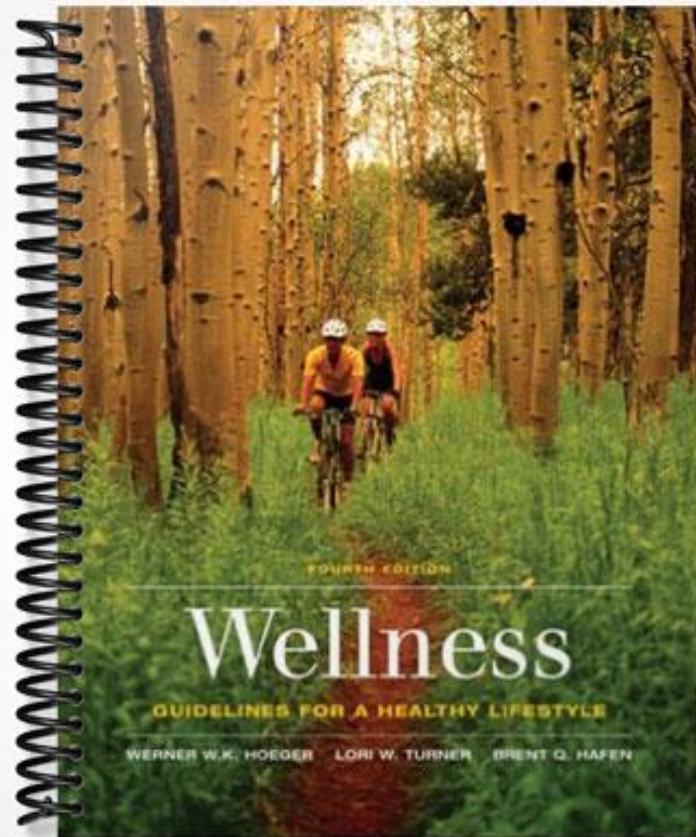


TEST BANK



CHAPTER 2--THE MIND-BODY CONNECTION

1. Emotions can influence our success at recovering from illness and whether we become ill in the first place.
True False
2. The feelings we have and the way we express those feelings can either boost our immune system or weaken it.
True False
3. Emotionally healthy people are self-destructive and do not take care of themselves.
True False
4. Psychoneuroimmunology is the scientific investigation of how the body's immune cells affect the brain.
True False
5. The brain controls both voluntary and involuntary processes.
True False
6. Your personality depends on genetics, the family you grew up in, the environment that surrounds you, and the culture and subcultures that influence you.
True False
7. The type A personality is the relaxed personality that is characterized by a toxic core.
True False
8. The cancer-prone personality is characterized by showing little emotion, being consistently serious, overly nice, overanxious, passive, and apologetic.
True False
9. Anger is a permanent emotion while hostility is a temporary emotion.
True False
10. Poor self-esteem is linked with alcoholism, crime, violence, prostitution, and failure of children to learn.
True False

11. Which of the following statements is NOT correct regarding the relationship between emotions and immunity?
- A. emotions affect our susceptibility to disease and our immunity
 - B. emotional health is key part of total wellness
 - C. emotional health can directly and indirectly affect our physical health
 - D. emotional responses can strengthen or weaken the immune system over time
 - E. all of the above responses are correct
12. Which of the following is an involuntary process controlled by the brain?
- A. heart rate
 - B. strength
 - C. touch
 - D. smell
 - E. coordination of muscle movements
13. Which of the following is the "privileged" organ?
- A. kidneys
 - B. bladder
 - C. brain
 - D. spinal cord
 - E. heart
14. The immune system is made up of cells called _____ and molecules called _____.
- A. antibodies; lymphocytes
 - B. antigens; lymph nodes
 - C. neurons; receptors
 - D. lymph nodes; neurons
 - E. lymphocytes; antibodies
15. Personality depends partly on:
- A. the day of the week
 - B. your genetics
 - C. the environment around you
 - D. b and c only
 - E. all of the above
16. Which personality type can be characterized by a toxic core that can lead to heart disease?
- A. type A
 - B. type B
 - C. type C
 - D. type D
 - E. none of the above

17. The hormones epinephrine and cortisol that are continually released in a type A person cause:
- A. a decrease in serum cholesterol and fat levels
 - B. an overworking of the heart and arteries
 - C. a drop in insulin secretions
 - D. a boost of the immune system
 - E. a reduction in heart disease risk
18. Which personality type is characterized by negative emotions, excessive dependence on others, excessive worry, and low levels of social support?
- A. type A
 - B. type B
 - C. type C
 - D. type D
 - E. none of the above
19. Which of the following statements about the relaxed personality type is INCORRECT?
- A. characterized as easy-going and noncompetitive
 - B. has been associated with high levels of heart disease
 - C. may lack goals and report frequent boredom
 - D. may be at risk for impaired health
 - E. all of the above statements are correct
20. Suppressing this emotion can lead to health consequences such as heart disease, cancer, hives, acne, psoriasis, and migraines.
- A. hostility
 - B. perfectionism
 - C. anger
 - D. worry
 - E. anxiety
21. Characteristics of hostile people include:
- A. looking uptight and tense even when smiling
 - B. having an intense need to win in sports and games
 - C. being extremely sensitive to any perceived criticism
 - D. ability to argue incessantly, even over trivial issues
 - E. all of the above
22. ____ is the psychological and physiological response to worry.
- A. fear
 - B. depression
 - C. low self-esteem
 - D. anxiety
 - E. none of the above

23. Depression can shorten a person's life in which of the following ways?
- A. increased risk of suicide
 - B. poorer physical health
 - C. reduction of white blood cells
 - D. release of cortisol and norepinephrine
 - E. all of the above
24. Which of the following is NOT a sign of depression that may warn of impending suicide?
- A. engagement with friends, hobbies, and activities
 - B. slackening of interest in schoolwork and decline in grades
 - C. ceasing to groom oneself or care for one's possessions
 - D. changes in eating or sleeping habits, alcohol, or drug abuse
 - E. not caring what happens, good or bad
25. Which of the following is NOT a stage of grief?
- A. denial
 - B. anger
 - C. bargaining
 - D. acceptance
 - E. elation
26. Personality traits of _____ are commitment, control, and challenge.
- A. grief
 - B. hardiness
 - C. intelligence
 - D. hope
 - E. none of the above
27. Stress releases corticosteroids which bind to receptors on lymphocytes and _____ the immune system.
- A. bolster
 - B. support
 - C. suppress
 - D. has no effect on
 - E. damage
28. Chronic repression of anger and chronic stress release which chemicals and hormones?
- A. adrenaline and noradrenaline
 - B. serotonin
 - C. thyroid hormone
 - D. epinephrine
 - E. all of these

29. Which of the following may result from perfectionism?
- A. good relationships
 - B. academic achievement
 - C. procrastination
 - D. all of these
 - E. none of these
30. Worry is a negative emotion and can cause:
- A. high blood pressure
 - B. irregular heartbeat
 - C. abnormalities of the arteries
 - D. asthma
 - E. all of the above
31. Hardiness includes control which is a matter of:
- A. being determined
 - B. feeling you can influence an event
 - C. seeing an opportunity for growth
 - D. a deep and enduring interest in yourself, your work, and your family
 - E. none of the above
32. Describe how emotions can affect our susceptibility to disease and our immunity.
33. Explain the differences between anger and hostility and the health effects of each.

34. List the warning signs of suicide and tell what to do to help someone who is considering suicide.

35. Describe depression, the factors that may bring on depression, and what to do about it.

CHAPTER 2--THE MIND-BODY CONNECTION **Key**

1. Emotions can influence our success at recovering from illness and whether we become ill in the first place.

TRUE

2. The feelings we have and the way we express those feelings can either boost our immune system or weaken it.

TRUE

3. Emotionally healthy people are self-destructive and do not take care of themselves.

FALSE

4. Psychoneuroimmunology is the scientific investigation of how the body's immune cells affect the brain.

FALSE

5. The brain controls both voluntary and involuntary processes.

TRUE

6. Your personality depends on genetics, the family you grew up in, the environment that surrounds you, and the culture and subcultures that influence you.

TRUE

7. The type A personality is the relaxed personality that is characterized by a toxic core.

FALSE

8. The cancer-prone personality is characterized by showing little emotion, being consistently serious, overly nice, overanxious, passive, and apologetic.

TRUE

9. Anger is a permanent emotion while hostility is a temporary emotion.

FALSE

10. Poor self-esteem is linked with alcoholism, crime, violence, prostitution, and failure of children to learn.

TRUE

11. Which of the following statements is NOT correct regarding the relationship between emotions and immunity?

- A. emotions affect our susceptibility to disease and our immunity
- B. emotional health is key part of total wellness
- C. emotional health can directly and indirectly affect our physical health
- D. emotional responses can strengthen or weaken the immune system over time
- E.** all of the above responses are correct

12. Which of the following is an involuntary process controlled by the brain?

- A.** heart rate
- B. strength
- C. touch
- D. smell
- E. coordination of muscle movements

13. Which of the following is the "privileged" organ?

- A. kidneys
- B. bladder
- C.** brain
- D. spinal cord
- E. heart

14. The immune system is made up of cells called ____ and molecules called ____.

- A. antibodies; lymphocytes
- B. antigens; lymph nodes
- C. neurons; receptors
- D. lymph nodes; neurons
- E.** lymphocytes; antibodies

15. Personality depends partly on:

- A. the day of the week
- B. your genetics
- C. the environment around you
- D.** b and c only
- E. all of the above

16. Which personality type can be characterized by a toxic core that can lead to heart disease?
- A. type A
 - B. type B
 - C. type C
 - D. type D
 - E. none of the above
17. The hormones epinephrine and cortisol that are continually released in a type A person cause:
- A. a decrease in serum cholesterol and fat levels
 - B. an overworking of the heart and arteries
 - C. a drop in insulin secretions
 - D. a boost of the immune system
 - E. a reduction in heart disease risk
18. Which personality type is characterized by negative emotions, excessive dependence on others, excessive worry, and low levels of social support?
- A. type A
 - B. type B
 - C. type C
 - D. type D
 - E. none of the above
19. Which of the following statements about the relaxed personality type is INCORRECT?
- A. characterized as easy-going and noncompetitive
 - B. has been associated with high levels of heart disease
 - C. may lack goals and report frequent boredom
 - D. may be at risk for impaired health
 - E. all of the above statements are correct
20. Suppressing this emotion can lead to health consequences such as heart disease, cancer, hives, acne, psoriasis, and migraines.
- A. hostility
 - B. perfectionism
 - C. anger
 - D. worry
 - E. anxiety
21. Characteristics of hostile people include:
- A. looking uptight and tense even when smiling
 - B. having an intense need to win in sports and games
 - C. being extremely sensitive to any perceived criticism
 - D. ability to argue incessantly, even over trivial issues
 - E. all of the above

22. ____ is the psychological and physiological response to worry.
- A. fear
 - B. depression
 - C. low self-esteem
 - D. anxiety**
 - E. none of the above
23. Depression can shorten a person's life in which of the following ways?
- A. increased risk of suicide
 - B. poorer physical health
 - C. reduction of white blood cells
 - D. release of cortisol and norepinephrine
 - E. all of the above**
24. Which of the following is NOT a sign of depression that may warn of impending suicide?
- A. engagement with friends, hobbies, and activities**
 - B. slackening of interest in schoolwork and decline in grades
 - C. ceasing to groom oneself or care for one's possessions
 - D. changes in eating or sleeping habits, alcohol, or drug abuse
 - E. not caring what happens, good or bad
25. Which of the following is NOT a stage of grief?
- A. denial
 - B. anger
 - C. bargaining
 - D. acceptance
 - E. elation**
26. Personality traits of ____ are commitment, control, and challenge.
- A. grief
 - B. hardiness**
 - C. intelligence
 - D. hope
 - E. none of the above
27. Stress releases corticosteroids which bind to receptors on lymphocytes and ____ the immune system.
- A. bolster
 - B. support
 - C. suppress**
 - D. has no effect on
 - E. damage

28. Chronic repression of anger and chronic stress release which chemicals and hormones?
- A.** adrenaline and noradrenaline
 - B. serotonin
 - C. thyroid hormone
 - D. epinephrine
 - E. all of these
29. Which of the following may result from perfectionism?
- A. good relationships
 - B. academic achievement
 - C.** procrastination
 - D. all of these
 - E. none of these
30. Worry is a negative emotion and can cause:
- A. high blood pressure
 - B. irregular heartbeat
 - C. abnormalities of the arteries
 - D. asthma
 - E.** all of the above
31. Hardiness includes control which is a matter of:
- A. being determined
 - B.** feeling you can influence an event
 - C. seeing an opportunity for growth
 - D. a deep and enduring interest in yourself, your work, and your family
 - E. none of the above
32. Describe how emotions can affect our susceptibility to disease and our immunity.

Responses will vary; virtually every illness known to modern humanity is influenced for good or bad by our emotions. Emotions can influence our success at recovering from illness and whether we become ill in the first place. Emotions cause physiological responses on the brain and hormone patterns that affect health. If emotions are suppressed repeatedly, they often reveal themselves through physical symptoms. Overall, emotional responses may weaken or bolster the immune system over time.

33. Explain the differences between anger and hostility and the health effects of each.

Responses will vary; Anger is usually a temporary emotion that combines physiological and emotional arousal. Generally anger ranges in severity. To be healthy, anger needs to be expressed appropriately. However, if anger is suppressed, the health consequences can include heart disease, cancer, rheumatoid arthritis, hives, acne, psoriasis, peptic ulcer, migraines, and high blood pressure. Hostility is more intense than anger. Hostility is an ongoing accumulation of anger and irritation and is considered a permanent type of anger that shows itself in its response to trivial happenings. A hostile person has an orientation toward aggressive behavior that involves hurting other people, either physically or verbally. Hostility causes the continuous release of hormones that destroy health and weaken the branch of the nervous system that calms the body down. Hostility is an independent risk factor in determining which heart attack patients will have a second heart attack.

34. List the warning signs of suicide and tell what to do to help someone who is considering suicide.

Responses will vary; Signs of depression that may warn of impending suicide include: withdrawal from friends, hobbies, and activities; slackening of interest in schoolwork and decline in grades; not caring what happens, good or bad; feeling bad about oneself, pessimistic, and helpless; ceasing to groom oneself or care for one's possessions; changes in eating or sleeping habits, alcohol, or drug abuse; abrupt changes in personality; inability to concentrate; and obsession with death. To help someone you suspect is in imminent danger of a suicide attempt, take them seriously. Phone a suicide hotline or crisis intervention center immediately and stay with the person until help arrives.

35. Describe depression, the factors that may bring on depression, and what to do about it.

Responses will vary; Depression is characterized by a low energy state in which the person feels apathetic, hopeless, and withdrawn from others; it is more than an occasional sad mood. Depression can be caused by the loss of something valued, someone important, or biological factors. If you or someone you know is suffering or you suspect is suffering from depression, a health care provider should be consulted. Behavioral counseling, lifestyle modifications, and sometimes medications will be used as a means to helping a depressed person reduce their heart disease risk, improve their quality of life, and increase survival.