

Test Bank for Psychology for Medicine and Healthcare 3rd Ayers

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Chapter 1: Psychology and medicine

1 Which of the following best describes the biopsychosocial model of illness/wellness?

- a. The absence of illness indicates wellness.
- b. Disease is the result of the interaction between personal history, psychosocial processes, and physiological mechanisms.
- c. Disease is caused by pathogenic stimuli acting on physiological and/or biochemical mechanisms.
- d. None of the above.

Ans: B

2 Which of the following is a weakness of the biomedical model of illness/wellness?

- a. It does not consider the influence of psychological factors on illness.
- b. It does not consider the influence of social factors on illness.
- c. It does not consider the influence of environmental factors on illness.
- d. All of the above

Ans: D

3 According to the biopsychosocial model, how should treatment of illness proceed?

- a. Effective treatment should explore patient beliefs, psychosocial circumstances and personal/family history.
- b. Effective treatment should only use medication that has been proven to be effective in clinical trials.
- c. Effective treatment is based on administering medical treatment to ensure recovery.
- d. None of the above

Ans: A

4 Which of the following is the best definition of comorbidity?

- a. The situation in which both members of a couple have a major illness
- b. The presence of another illness in addition to a major 'index' chronic condition
- c. The presence of multiple chronic conditions without a major 'index' condition
- d. The presence of a chronic condition alongside aging-related declines in physical capacity

Ans: B

5 According to the World Health Organization, what is health?

- a. the absence of disease or infirmity
- b. complete physical wellbeing
- c. complete psychosocial wellbeing
- d. complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity

Ans: D

6 Which of the following is the best definition of the placebo effect?

- a. a fake treatment presented as if it were a real treatment
- b. An improvement in health that occurs in a "control" group
- c. an improvement in health that occurs in a group that receives a fake treatment, but not in a no-treatment control group
- d. an improvement in health that occurs in a group that receives a real treatment, but not in a group that receives a placebo

Ans: C

7 One of "the four Ps" of health psychology is "Perpetuating factors". Which of the following are examples of perpetuating factors?

- a. use of healthcare services and adherence to treatment
- b. unhealthy behaviours that influence whether genetic factors lead to illness

- c. genetic factors that increase susceptibility to illness
- d. healthy lifestyles and good social support

Ans: A

8 Which of the following best describes epigenetics?

- a. It involves applying epidemiological approaches to studying genetic variability.
- b. It involves studying how experiences affect the expression of genes.
- c. It involves studying how the expression of genes affects experiences.
- d. None of the above.

Ans: B

9 Which of the following specialisms in psychology is relevant to healthcare?

- a. developmental psychology
- b. cognitive psychology
- c. health psychology
- d. all of the above

Ans: D

10 Blaxter's (1990) sociological study revealed that lay definitions of health are most like the _____.

- a. biomedical model because they focus on the presence or absence of disease
- b. psychological model because they focus on the subjective well-being
- c. biopsychosocial model because they include physical, psychological, and social functioning
- d. sociological model because they focus on social roles and social functioning

Ans: C

Chapter 2: Motivation, emotion, and health

1 What is motivation?

- a. Motivation is the drive to act in response to biological stimuli such as hunger.
- b. Motivation is the drive to act in response to social motives such as achievement.
- c. Motivation is the drive to act in response to external stimuli and rewards.
- d. All of the above.

Ans: D

2 Theories of motivation have been proposed in which of these 3 broad categories?

- a. drive theories, stress theories, evolutionary theories
- b. drive theories, evolutionary theories, and incentive theories
- c. stress theories, evolutionary theories, and incentive theories
- d. drive theories, stress theories, and incentive theories

Ans: B

3 What are the core components of emotion?

- a. cognition, physiology, and non-verbal behaviour
- b. cognition, physiology, and behaviour
- c. physiology, behaviour, and non-verbal behaviour
- d. cognition, behaviour, and verbal behaviour

Ans: B

4 Key behavioural components of emotion are _____.

- a. action tendencies, non-verbal responses, and facial expressions
- b. action tendencies, non-verbal responses, and verbal responses
- c. non-verbal responses, verbal responses, and facial expressions
- d. action tendencies, verbal responses, and facial expressions

Ans: A

5 Which of the following statements is the most accurate?

- a. Anger and hostility are associated with increased risk of cardiovascular disease.
- b. Depression is associated with increased risk of all-cause mortality.
- c. Positive emotion is associated with better health.
- d. All of the above.

Ans: D

6 How much more likely are people with depression to develop cardiovascular disease compared to people without depression?

- a. over 50% more likely
- b. 40% more likely
- c. 30% more likely
- d. 20% more likely

Ans: A

7 Which of the following statements is most accurate? Optimism is associated with better _____.

- a. physical and mental health
- b. physical health but not mental health
- c. mental health and some measures of physical health
- d. mental health but not physical health

Ans: C

8 Areas of the brain important in emotion are _____.

- a. limbic system and frontal cortex
- b. limbic system and autonomic nervous system
- c. frontal cortex and autonomic nervous system
- d. None of the above.

Ans: A

9 Which of these personality traits is associated with poorer mental health?

- a. openness to new experiences
- b. extroversion
- c. neuroticism
- d. agreeableness

Ans: C

10 Cognitive aspects of emotion are _____.

- a. appraisal of the situation
- b. labelling the physiological response as a specific emotion
- c. evaluating physiological responses as positive or negative
- d. All of the above

Ans: D

Chapter 3: Stress and health

1 How is stress defined by the transactional model of stress?

- a. a physiological fight-flight response
- b. a negative or demanding situation
- c. when perceived demands are appraised as exceeding resources to cope
- d. an external force which when applied to a system causes significant modification to its form

Ans: C

2 Which of the following is the most accurate definition of a stressor?

- a. a force applied by a system to its environment
- b. when perceived demands are appraised as exceeding resources to cope

- c. acute or chronic events that trigger stress responses
- d. All of the above

Ans: C

3 According to the transactional model of stress appraisal is _____.

- a. appraisal of the demands of a situation
- b. appraisal of a person's resources to cope
- c. reappraisal of the situation after a coping strategy has been applied
- d. All of the above

Ans: D

4 Which characteristics of stressors are more likely to provoke physiological stress responses?

- a. if a stressor is novel, unpredictable and uncontrollable
- b. if a stressor is unpredictable, uncontrollable and acute
- c. if a stressor is novel, uncontrollable and acute
- d. none of the above

Ans: A

5 Which of the following statements is most accurate about the relationship between stress and immune function?

- a. Acute and chronic stressors lead to decreased immune function.
- b. Acute stressors lead to decreased immune function and chronic stressors lead to increased immune function.
- c. Acute stressors lead to increased immune function and chronic stressors to decreased immune function.
- d. There is too little evidence to draw conclusions.

Ans: C

6 There is marked variation in how people respond to stressors. What is this due to?

- a. differences in stress responsivity
- b. different personality characteristics
- c. differences in how stressors are appraised
- d. All of the above

Ans: D

7 Which factors does research suggest are important in adults' resilience to stress?

- a. positive emotions, optimism, and social support
- b. cognitive reappraisal, facing fears, and finding meaning or purpose
- c. active coping and mastery
- d. all of the above

Ans: D

8 The vulnerability-stress (or diathesis-stress) model suggests the relationship between stress and health is due to _____.

- a. interaction between pre-existing vulnerability and stress responses
- b. interaction between pre-existing vulnerability and individual differences in stress responsivity
- c. interaction between pre-existing vulnerability and stress exposure and responses
- d. interaction between pre-existing vulnerability and stress exposure

Ans: C

9 Burnout is common in health professionals. Which factors does research suggest are most important in risk of burnout?

- a. individual factors, the fit between the individual and environment, and organisational factors
- b. individual factors and the fit between the individual and the environment
- c. exposure to stressors and organisational factors