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   B. ancient Greeks.
   C. Middle Ages.
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12. __________ linked specific personality patterns to specific illnesses.
    A. Dunbar and Alexander
    B. Galen
    C. Hippocrates
    D. Freud

13. __________ links patterns of personality to specific illnesses.
    A. Psychoanalytic theory
    B. Psychosomatic medicine
    C. Freudian theory
    D. The biomedical model

14. The field of health psychology has been greatly influenced by the psychosomatic movement. Which of the following assumptions of this movement has made a lasting contribution to health psychology?
    A. Psychological conflict is sufficient to produce certain disorders.
    B. Certain biological disorders can be related on a consistent basis to specific personality types.
    C. Certain disorders are best treated medically; however, other disorders are best treated through psychotherapy.
    D. Physical health is affected by both the psychological and social environment.

15. According to your text, all conditions of health and illness are influenced by
    A. one's personality type.
    B. psychodynamics.
    C. psychological and social factors.
    D. None of these.

16. The fundamental assumption of the __________ model is that health and illness are consequences of the interplay of biological, psychological, and social factors.
    A. biomedical
    B. psychoemotional
    C. biopsychosocial
    D. psychosocial

17. The __________ model maintains that all illness can be explained on the basis of aberrant somatic processes.
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18. The idea that illness can be explained by low-level processes such as the functions of disordered cells and chemical imbalances is
   A. dualism.
   B. systems theory.
   C. homeostasis.
   D. reductionism.

19. The notion that cancer can be cured simply by excising a tumor most closely resembles the
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   B. biopsychosocial model.
   C. psychosomatic model.
   D. pathological model.

20. A single-factor model of illness assumes that
   A. there is one ultimate cause of all illnesses.
   B. health should be emphasized over illness.
   C. illness can be explained in terms of biological disorder.
   D. All of these.

21. The idea that health is the absence of disease most closely resembles the
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   B. biopsychosocial model.
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   D. pathological model.

22. The _____________ emphasizes illness over health.
   A. biopsychosocial model
   B. psychosomatic model
   C. reductionistic model
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23. According to the biopsychosocial model, health and illness are determined by
   A. microlevel processes.
   B. macrolevel processes.
   C. an interaction of microlevel and macrolevel processes.
   D. None of these.

24. The _____________ maintains that health and illness are caused by multiple factors and produce multiple effects.
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25. Systems theory assumes a principle of hierarchical organization. This implies that
   A. changes in any one level will affect all other levels of the system.
   B. only changes in the highest level will affect all levels of the system.
   C. changes in one level will affect only lower levels of the system.
   D. changes in intermediate levels have the most profound impacts.

26. According to the biopsychosocial model,
   A. an interdisciplinary team approach may lead to the best diagnoses.
   B. treatment must focus on biological, psychological, and social factors.
   C. patients play an important role in their diagnosis and treatment.
   D. All of these.
27. Until the turn of the 20\textsuperscript{th} century, \underline{___________} were the major causes of illness and death in the United States.
   A. acute disorders  
   B. chronic illnesses  
   C. hereditary disorders  
   D. accidents and homicides

28. Acute disorders are  
   A. short-term medical illnesses that are usually amenable to cure.  
   B. typically diseases that are co-managed by patients and their practitioners.  
   C. the major causes of death and illness in the United States.  
   D. serious disorders such as heart disease, cancer, and diabetes.

29. In industrialized countries, \underline{___________} are the major contributors to disability and death.  
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30. AIDS is a chronic illness. This is because it  
   A. is psychosomatic in origin.  
   B. is difficult for patients to manage, but seldom contributes to disability or death.  
   C. can be cured only if the patient and the practitioner work together as a team.  
   D. is an illness in which psychological and social factors play an important role in both cause and management.

31. \underline{___________} is the study of the frequency, distribution, and causes of infectious and noninfectious diseases in a population, based on an investigation of the physical and social environment.  
   A. Health psychology  
   B. Etiology  
   C. Morbidity  
   D. Epidemiology

32. \underline{___________} refers to the number of cases of a disease that exist at some given point in time.  
   \underline{___________} refers to the number of deaths due to particular causes.  
   A. Morbidity; Mortality  
   B. Mortality; Morbidity  
   C. Epidemiology; Pathology  
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33. Health psychologists interested in issues related to quality of life are likely to be most interested in which of the following?  
   A. prevalence of acute illnesses in the population  
   B. mortality statistics  
   C. morbidity statistics  
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34. As of 2008, \underline{___________} million Americans had no health insurance.  
   A. 15.3  
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35. The advantage of theory in health psychology is:  
   A. that theories provide guidelines for how to do research.  
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36. Random assignment to conditions is an important characteristic of
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37. Randomized clinical trials
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38. Dr. Garcia has recently completed a study of personality and physical health. He administered a
   questionnaire to college students that included a standardized optimism scale and a symptom checklist.
   He found that participants with higher levels of optimism reported fewer physical symptoms. This is an example of
   A. an experiment.
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39. Correlational studies have advantages over experiments because they allow one to
   A. determine the direction of causality.
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40. A major disadvantage of correlational research is that
   A. when two things are correlated, one does not cause the other.
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   D. There are no serious disadvantages with correlational research.

41. The __________ approach can remedy some of the problems with correlational research.
   A. prospective
   B. cross-sectional
   C. single subject
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42. __________ assess(es) the extent to which a group of individuals or a relationship between two
   variables changes over time.
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<table>
<thead>
<tr>
<th>Category</th>
<th># of Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level: Applied</td>
<td>4</td>
</tr>
<tr>
<td>Level: Conceptual</td>
<td>12</td>
</tr>
<tr>
<td>Level: Factual</td>
<td>44</td>
</tr>
<tr>
<td>Taylor - Chapter 01</td>
<td>60</td>
</tr>
</tbody>
</table>

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