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Question 21

Not yet answered

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Which of these options exemplifies the indirect pathway between psychology and health?

- ☐ a. Stress causing a rise in heart rate and blood pressure.
- ☐ b. Depression resulting in unhealthy habits like smoking and overeating
- ☐ c. Social support contributing to a stronger immune system.
- ☐ d. Poverty resulting in higher occurrences of chronic illnesses.

Question 22

Not yet answered

Marked out of 1.00

Which approach involves encouraging individuals not to focus on pain?

- ☐ a. Reinforcement
- ☐ b. Cognitive approach
- ☐ c. Hypnosis
- ☐ d. Relaxation methods

Question 23

Not yet answered

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Who is credited with developing the idea of wellness?

- ☐ a. Carl Rogers
- ☐ b. Alfred Adder
- ☐ c. Abraham Maslow
- ☐ d. Halbert Dunn

Question 24

Not yet answered

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The three-component coping style described by Kobasa et al. that may be protective against developing cancer are:

- ☐ a. Resilience, commitment, and engagement
- ☐ b. Control, commitment, and challenge
- ☐ c. Disengagement, avoidance, and isolation
- ☐ d. Adaptability, mindfulness, and gratitude

Question 25

Not yet answered

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What is the primary purpose of a health communication campaign?

- ☐ a. Generating profits for organizations.
- ☐ b. Influencing political decisions.
- ☐ c. Improving health status in a population.
- ☐ d. Promoting entertainment content.

Question 26

Not yet answered

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A healthcare provider is interested in predicting future health outcomes, specifically longevity, for a group of elderly patients. What measure has been indirectly suggested in the text as a potential predictor of longevity?

- ☐ a. Mortality rates
- ☐ b. Morbidity rates
- ☐ c. Subjective Health Status Measures
- ☐ d. Composite scales

Question 27

Not yet answered

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Lack of empathy with the patient can lead to unprofessional behavior by the physician.

- ☐ a. True
- ☐ b. False

Question 28

Not yet answered

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What is the main difference between problem-focused coping and emotion-focused coping?

- ☐ a. Problem-focused coping deals with managing emotions, while emotion-focused coping addresses the stressor directly.
- ☐ b. Problem-focused coping involves regulating emotions, while emotion-focused coping aims to solve the stressor.
- ☐ c. Problem-focused coping focuses on avoiding the stressor, while emotion-focused coping confronts the stressor head-on.
- ☐ d. Problem-focused coping attempts to reduce the demands of the stressor or increase available resources, while emotion-focused coping aims to manage emotional reactions.

Question 29

Not yet answered

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What is cultural competence?

- ☐ a. The ability to effectively work with people from different cultures, including an understanding of and respect for their values, beliefs, and practices.
- ☐ b. The ability to speak multiple languages.
- ☐ c. The ability to travel to different countries.
- ☐ d. The ability to understand all aspects of a culture.

Question 30

Not yet answered

Marked out of 1.00

Mortality rates are an ideal measure of health outcomes as they do not require any correction or adjustment.

- ☐ a. True
- ☐ b. False