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Question 1

Not yet answered

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How does social support influence the stress/illness link according to the stress buffering hypothesis?

- ☐ a. It acts as a stressor itself.
- ☐ b. It mediates the stress/illness link by reducing the effect of stressors.
- ☐ c. It has no impact on the stress/illness relationship.
- ☐ d. It increases the likelihood of stress-related illnesses.

Question 2

Not yet answered

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A person is going through a divorce. They have a strong support network of friends and family who are helping them to cope. According to the transactional model of stress, which moderator is most likely to protect this person from developing health problems?

- ☐ a. Coping
- ☐ b. Social support
- ☐ c. Personality
- ☐ d. Control

Question 3

Not yet answered

Marked out of 1.00

The primary goal of biofeedback in pain treatment is to:

- ☐ a. increase anxiety and tension
- ☐ b. decrease pain through relaxation
- ☐ c. discourage pain behavior
- ☐ d. reinforce compliance with pain management

Question 4

Not yet answered

Marked out of 1.00

An effective physician-patient relationship is formed when:

- ☐ a. The physician is always right
- ☐ b. Both parties consciously accept each other
- ☐ c. The patient follows all instructions blindly
- ☐ d. The physician avoids patient interactions

Question 5

Not yet answered

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Jessica, a young woman is struggling with her weight. She has tried dieting and exercising, but she has not been able to lose any weight. She is starting to feel depressed and hopeless. What psychological factors might be contributing to her obesity?

- ☐ a. Lack of access to healthy food options
- ☐ b. Inadequate knowledge about nutrition and exercise
- ☐ c. Emotional eating and feelings of despair
- ☐ d. Genetic predisposition to obesity

Question 6

Not yet answered

Marked out of 1.00

Which modifiable risk factors are associated with Coronary Heart Disease (CHD)?

- ☐ a. Smoking, diet, and obesity
- ☐ b. Genetics, ethnicity, and age
- ☐ c. Personality, stress, and depression
- ☐ d. Education level, social mobility, and social class

Question 7

Not yet answered

Marked out of 1.00

The _____ stage in the Self-Regulatory Model involves identifying suitable coping strategies.

- ☐ a. Assessment
- ☐ b. Diagnosis
- ☐ c. Coping
- ☐ d. Treatment

Question 8

Not yet answered

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How does emotional eating relate to obesity?

- ☐ a. Emotional eating leads to weight loss.
- ☐ b. Emotional eating is unrelated to obesity.
- ☐ c. Emotional eating involves using food to cope with emotions, potentially leading to obesity.
- ☐ d. Emotional eating is a myth.

Question 9

Not yet answered

Marked out of 1.00

What percentage of all cancers is linked to behaviors such as smoking, poor diet, alcohol, and sexual behavior?

- ☐ a. Up to 25%
- ☐ b. Up to 50%
- ☐ c. Up to 75%
- ☐ d. Up to 90%

Question 10

Not yet answered

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Jack is diagnosed with a terminal illness. He is initially shocked and devastated, but he eventually comes to terms with his diagnosis and begins to make plans for his life. According to the transactional model of stress, which type of coping is Jack using?

- ☐ a. Approach coping
- ☐ b. Avoidance coping
- ☐ c. Problem-focused coping
- ☐ d. Emotion-focused coping

Question 11

Not yet answered

Marked out of 1.00

Mary, who has a family history of Coronary Heart Disease (CHD), wants to reduce her risk. What modifiable risk factor should she focus on?

- ☐ a. Heredity
- ☐ b. Diet
- ☐ c. Age
- ☐ d. Gender

Question 12

Not yet answered

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Barriers to accessing health and social care contribute to:

- ☐ a. Better health outcomes
- ☐ b. Health disparities
- ☐ c. Reduced chronic conditions
- ☐ d. Increased health literacy

Question 13

Not yet answered

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The purpose of the "sick role" in the medical context is to:

- ☐ a. make patients feel guilty for seeking help
- ☐ b. help doctors avoid diagnosing patients
- ☐ c. legitimize a patient's symptoms and provide them with benefits
- ☐ d. increase medical expenses for patients

Question 14

Not yet answered

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What is the difference between eustress and distress?

- ☐ a. Eustress is harmful, while distress is beneficial.
- ☐ b. Eustress is positive and beneficial, while distress is harmful and damaging.
- ☐ c. Eustress is chronic, while distress is acute.
- ☐ d. Eustress is external, while distress is internal.

Question 15

Not yet answered

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Problem-focused coping is always more effective than emotion-focused coping.

- ☐ a. True
- ☐ b. False

Question 16

Not yet answered

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What is the significance of an effective physician-patient relationship?

- ☐ a. It reduces healthcare costs
- ☐ b. It increases patient satisfaction with the treatment process
- ☐ c. It leads to faster recovery
- ☐ d. It leads to frequent hospital visits

Question 17

Not yet answered

Marked out of 1.00

Which of the following is a core dimension of illness beliefs?

- ☐ a. Treatment options
- ☐ b. Family history
- ☐ c. Emotional state
- ☐ d. Socioeconomic status

Question 18

Not yet answered

Marked out of 1.00

Exercise, sleep, and diet are all important ways to manage stress and anxiety related to a chronic health condition.

- ☐ a. True
- ☐ b. False

Question 19

Not yet answered

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A 65-year-old man has been diagnosed with prostate cancer. He is feeling very hopeful and is confident that he will beat the cancer. Which of the following psychological factors is most likely to contribute to his hopefulness?

- ☐ a. Coping styles
- ☐ b. Depression
- ☐ c. Stress
- ☐ d. Hardiness

Question 20

Not yet answered

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Mike is taking a new job that is very demanding. He is not sure if he will be able to cope with the stress of the job. According to the transactional model of stress, which type of coping is most likely to be effective in this situation?

- ☐ a. Approach coping
- ☐ b. Avoidance coping
- ☐ c. Problem-focused coping
- ☐ d. Emotion-focused coping

