Chapter 12: Gender and Physical Health

Test Bank

# Multiple Choice

1. Which of the following changes in life expectancy over the past century is TRUE?

A. The gender gap in life expectancy is larger today than it was 100 years ago.

B. Men’s life expectancy has increased by around 10 years.

C. Life expectancy peaked in the 1950s and has slowly declined since.

D. The gender gap in life expectancy is a relatively new phenomenon.

Ans: A

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Changes in Life Expectancy

Difficulty Level: Easy

2. In the US which of the following groups has the highest life expectancy?

A. gays and lesbians living in areas high in anti-gray prejudice

B. White people

C. Latino people

D. Black people

Ans: C

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Changes in Life Expectancy

Difficulty Level: Easy

3. Which of the following causes of death DECREASED in prevalence from 1900 to 2010?

A. Alzheimer’s Disease

B. Heart disease

C. Cancer

D. Influenza

Ans: D

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Mortality (Death) and Morbidity (Sickness)

Difficulty Level: Easy

4. In 1900, the leading cause of death was \_\_\_\_\_\_.

A. accidents

B. infectious disease

C. war

D. heart disease

Ans: B

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Mortality (Death) and Morbidity (Sickness)

Difficulty Level: Easy

5. The morbidity-mortality paradox refers to what?

A. the fact that women have higher rates of sickness but lower rates of death than men

B. the inverse relationship between morbidity and mortality

C. countries with higher life expectancies also tend to have higher rates of infectious disease

D. men have higher life expectancies than women after controlling for rates of sickness

Ans: A

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Mortality (Death) and Morbidity (Sickness)

Difficulty Level: Easy

6. Women are more likely to suffer from various chronic pain conditions such as arthritis, neck or back pain, and headaches, which may rule out which of the following explanations of the morbidity-mortality paradox?

A. that women over inflate their self-reported ill health

B. that men over inflate their reports of physical health

C. that social norms influence how men describe their physical health

D. that because men die at a younger age fewer of them tend to suffer chronic illnesses

Ans: A

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Comprehension

Answer Location: Mortality (Death) and Morbidity (Sickness)

Difficulty Level: Medium

7. In what way does having two X chromosomes provide a health advantage for girls and women?

A. X chromosomes are less likely to carry genetic diseases.

B. X chromosomes are less susceptible to genetic mutations.

C. Having two X chromosomes triggers the production of hormones that strengthen the immune system.

D. Having two X chromosomes allows normal genes on one X chromosomes to override any abnormalities on the other.

Ans: D

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Genetic Factors

Difficulty Level: Medium

8. \_\_\_\_\_\_ are DNA sequences at the ends of chromosomes strands that protect genetic data and allow for cells to divide.

A. Monemes

B. Vacuoles

C. Ribosomes

D. Telomeres

Ans: D

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Genetic Factors

Difficulty Level: Easy

9. Research on telomeres reveals that they may be key in understanding sex differences in what?

A. disease susceptibility

B. aging

C. aggression

D. genetic variability

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Genetic Factors

Difficulty Level: Easy

10. In which of the following ways may higher levels of testosterone in males affect their physical health?

A. increasing levels of bad cholesterol and the risk of cardiovascular disease

B. increasing the rate of cell division and risks of cancer

C. overworking cardiac muscles by increasing metabolism

D. inhibiting neurogenesis leading to risks of neurodegenerative disease

Ans: A

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Hormonal Influences

Difficulty Level: Easy

11. The typically higher levels of estrogen and women than men are associated with all of the following health benefits EXCEPT \_\_\_\_\_\_.

A. general decreased risks of cancer

B. lower blood pressure

C. the expression of longevity associated genes

D. increased cardiac output

Ans: A

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Hormonal Influences

Difficulty Level: Easy

12. Which of the following sex hormones is associated with suppressing the body’s immune system?

A. progesterone

B. estrogen

C. testosterone

D. prolactin

Ans: C

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Hormonal Influences

Difficulty Level: Easy

13. Which of the following is most consistent with how evolutionary theorists argue males adaptive strategies resulted in an earlier average age of death relative to females?

A. Males escape child-rearing responsibilities by exhibiting dangerous, unpredictable behavior.

B. Having sex with multiple partners increases exposure to sexually transmitted infections.

C. Shorter lifespans lead men to better take advantage of reproductive opportunities.

D. Risky and dangerous behavior gives males a reproductive advantage.

Ans: D

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: An Evolutionary Theory of Health and Longevity

Difficulty Level: Medium

14. Evolutionary theorists propose that males’ bodies evolved to prioritize \_\_\_\_\_\_ and females’ bodies evolves to prioritize \_\_\_\_\_\_.

A. self-preservation, procreation

B. procreation, self-repair

C. survival; signaling attractiveness

D. passing on their genes; ensuring the genes of their mates are passed on

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: An Evolutionary Theory of Health and Longevity

Difficulty Level: Medium

15. The more that \_\_\_\_\_\_ contributes to a given cause of death, the larger the sex differences in rates of death from that cause tend to be.

A. genetics

B. socioeconomic status

C. mental health

D. behavior

Ans: D

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: How Do Social Factors Contribute to Sex Disparities in Health?

Difficulty Level: Easy

16. In which of the following causes of death should sex differences be the SMALLEST?

A. accidents

B. homicides

C. neurodegenerative disease

D. suicides

Ans: C

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Application

Answer Location: How Do Social Factors Contribute to Sex Disparities in Health?

Difficulty Level: Hard

17. Men exhibit riskier behavior in each of the following EXCEPT \_\_\_\_\_\_.

A. driving

B. sexual behavior

C. leisure activities

D. in the workplace

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Accidents and Risky Sex

Difficulty Level: Easy

18. Studies of HIV/AIDS among various populations in the United States reveals each of the following EXCEPT \_\_\_\_\_\_.

A. Latino people live in networks with higher concentrations of HIV-infected partners

B. HIV/AIDS disproportionately affects Black and Latino people in the United States

C. ethnic disparities in HIV infection rates are caused by differences in risky sexual behaviors

D. in the United States, but not globally, the majority of new HIV cases each year are among men

Ans: C

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Accidents and Risky Sex

Difficulty Level: Easy

19. In what way have highly active antiretroviral therapies (HAARTs) been shown to sometimes backfire in reducing the impact of HIV?

A. It may actually increase the ease in which HIV spreads.

B. Knowledge of its availability may cause people to be less concerned about risky sexual behaviors.

C. It gives people the false impression that they can no longer infect others with HIV.

D. It increases the suicide rate among HIV-positive patients.

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Accidents and Risky Sex

Difficulty Level: Easy

20. Which of the following trends likely contributed to a decrease in the gender longevity gap over the past few decades?

A. increased standards of living

B. decreases in the tendency to overwork

C. women becoming more likely to be targeted with violence

D. men reducing the gap in how much they smoke relative to women

Ans: D

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Smoking, Alcohol Use, and Diet

Difficulty Level: Medium

21. \_\_\_\_\_\_ is associated with eating fruits, vegetables, and fish, which likely explains a portion of sex differences in healthy diets.

A. Social support

B. Erectile dysfunction

C. Femininity

D. Estrogen production

Ans: C

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Smoking, Alcohol Use, and Diet

Difficulty Level: Easy

22. Men are more likely than women to do each of the following EXCEPT \_\_\_\_\_\_.

A. binge drink

B. live a sedentary lifestyle

C. drive dangerously

D. eat high-fat foods

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Physical Activity and Exercise

Difficulty Level: Easy

23. Which of the following healthy activities should you predict women to be less likely to engage in relative to men?

A. buckling their seatbelts

B. eating large portions of vegetables with every meal

C. avoiding cigarettes

D. being physically active each day

Ans: D

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Application

Answer Location: Physical Activity and Exercise

Difficulty Level: Hard

24. Which of the following shares a positive relationship with physical *inactivity*?

A. the average income or wealth of a country

B. being male

C. youth/being young

D. working in an office

Ans: A

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Physical Activity and Exercise

Difficulty Level: Easy

25. Which of the following traits is associated with better adjustment to illness?

A. cooperativeness

B. competitiveness

C. warmth

D. nurturance

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Easy

26. This trait negatively impacts physical health by creating interpersonal conflicts, eroding social support, and increases behaviors such as smoking and drinking.

A. competitiveness

B. unmitigated communion

C. unmitigated agency

D. nurturance

Ans: C

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Easy

27. This trait negatively impacts physical health by leading people to be overly intrusive and to exert great deals of energy to support others.

A. competitiveness

B. unmitigated communion

C. unmitigated agency

D. nurturance

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Easy

28. People’s levels of \_\_\_\_\_\_ explain sex differences in depression.

A. competitiveness

B. unmitigated communion

C. unmitigated agency

D. nurturance

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Easy

29. Suppose you know a man who endorses very traditional beliefs about masculinity. How might you predict this to affect his behaviors relevant to seeking healthcare.

A. He will be more likely to seek female doctors.

B. He will communicate more openly with doctors.

C. He will be especially likely to postpone seeking medical help.

D. He won’t hesitate to ask friends about his physical problems.

Ans: C

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Application

Answer Location: Seeking Health Care

Difficulty Level: Hard

30. Which of the following groups of people in this United States will be least likely to have a doctor or healthcare provider they visit regularly?

A. Latino men

B. Latino women

C. White Women

D. White men

Ans: A

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Application

Answer Location: Seeking Health Care

Difficulty Level: Hard

31. Which of the following factors is especially likely to discourage Black men, relative to White men, from seeking healthcare?

A. masculinity norms

B. mistrust of the healthcare industry

C. religious beliefs

D. reliance upon local communities

Ans: B

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Comprehension

Answer Location: Seeking Health Care

Difficulty Level: Medium

32. What event may be largely responsible for the mistrust of the healthcare industry among African-Americans?

A. the Tuskegee syphilis study

B. the Milgram experiments

C. the Kligman dermatology experiments

D. the Skid Row cancer studies

Ans: A

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Seeking Health Care

Difficulty Level: Easy

33. Imagine Linda and Bob both come into a doctor’s office complaining of stress, lack of appetite, and fatigue. Doctors diagnose Linda with depression and Bob with overwork. Which of the following phenomenon likely helps explain the different diagnoses despite identical symptoms.

A. explicit physician expertise

B. pluralistic ignorance

C. cognitive dissonance

D. implicit physician biases

Ans: D

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Application

Answer Location: Receiving Health Care

Difficulty Level: Hard

34. Among groups that have similar roles for women and men, such as the Israeli Kibbutz societies, what impacts upon sex differences in mortality and morbidity do these egalitarian gender roles have?

A. Sex differences in health status or illness tend to be reduced or disappear entirely.

B. Sex differences in longevity disappear but differences in illness remain.

C. Meta-analyses of gender egalitarian cultures find no impact upon longevity or illness.

D. Sex differences in life expectancy become larger in such cultures.

Ans: A

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Gender-Egalitarian Communities and Health

Difficulty Level: Easy

35. Sex differences in mortality tend to be smaller in each of the following groups EXCEPT \_\_\_\_\_\_.

A. Israeli Kibbutz societies

B. ethnic minorities

C. nuns and monks

D. 7th-day Adventists

Ans: B

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Gender-Egalitarian Communities and Health

Difficulty Level: Easy

36. The fact that women still outlive men even in gender egalitarian cultures suggests that \_\_\_\_\_\_ also influence sex differences in health and longevity

A. biological factors

B. social norms

C. personal values

D. social support

Ans: A

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Gender-Egalitarian Communities and Health

Difficulty Level: Medium

37. Each of the following contribute to a substantial portion of the life expectancy gap between White men and Black men EXCEPT for \_\_\_\_\_\_.

A. homicide

B. heart disease

C. autoimmune diseases

D. cancer

Ans: C

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Comprehension

Answer Location: Race, Ethnicity, and Sex

Difficulty Level: Medium

38. People of color in the United States are more likely to live in \_\_\_\_\_\_, making it more difficult for them to have access to fresh and healthy food.

A. food deserts

B. high crime areas

C. shared housing

D. urban environments

Ans: A

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Race, Ethnicity, and Sex

Difficulty Level: Easy

39. Men around the world are more likely to be classified as \_\_\_\_\_\_ and women tend to be classified more often as \_\_\_\_\_\_.

A. overweight; obese

B. obese; underweight

C. healthy weight; overweight

D. underweight; obese

Ans: A

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Race, Ethnicity, and Sex

Difficulty Level: Easy

40. How does high SES tend to relate to physical health?

A. It predicts lower morbidity but not lower mortality.

B. It predicts lower mortality but not lower morbidity.

C. It predicts both lower mortality and lower morbidity.

D. It predicts neither mortality nor morbidity.

Ans: C

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Socioeconomic Status, Sex, and Race/Ethnicity

Difficulty Level: Easy

41. The feminization of poverty refers to \_\_\_\_\_\_.

A. the global tendency for women to experience disproportionate rates of poverty

B. stereotypes describing women as more impoverished

C. the phenomenon that feminine traits tend to promote poverty

D. norms dictating that women should not strive to have high incomes

Ans: A

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Socioeconomic Status, Sex, and Race/Ethnicity

Difficulty Level: Easy

42. \_\_\_\_\_\_ posit(s) that belonging to a stigmatized group creates unique stressors, such as harassment, abuse, and employment discrimination, that combine to increase minority individuals’ vulnerability to all types of health problems regardless of their SES.

A. Minority stress theory

B. Stereotype threat

C. Intersectional theories

D. Implicit biases

Ans: A

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Socioeconomic Status, Sex, and Race/Ethnicity

Difficulty Level: Easy

43. Minority stress theory would argue that transgender individuals will be more likely to engage in what kind of health related behaviors?

A. healthcare seeking

B. unhealthy coping behaviors, such as alcohol use

C. risky leisure activities

D. unnecessary medical treatments

Ans: B

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Comprehension

Answer Location: Sexual Orientation and Gender Identity

Difficulty Level: Medium

44. Research finding that stressful events predict greater risk for cardiovascular disease among sexual minorities but not heterosexuals most directly supports which of the following?

A. stereotype threat

B. the orientation ideology hypothesis

C. internalized homophobia

D. minority stress theory

Ans: D

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Comprehension

Answer Location: Sexual Orientation and Gender Identity

Difficulty Level: Medium

45. Williams and Fredrikson-Goldsen (2014) found that same-sex couples who lived in \_\_\_\_\_\_ experience better health outcomes.

A. northern states

B. places that legally recognized their relationships

C. more affluent regions

D. environments with more racial and ethnic diversity

Ans: B

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Sexual Orientation and Gender Identity

Difficulty Level: Easy

46. The medicalization of which of the following most directly contributes to views of women’s bodies as being regularly sick?

A. menstruation

B. childbirth

C. menopause

D. pregnancy

Ans: A

Learning Objective: 12-4: Explain key issues that result from the medicalization of sexual and reproductive health.

Cognitive Domain: Knowledge

Answer Location: How Has Reproductive Health and Medicalized?

Difficulty Level: Easy

47. When doctors know the sexual orientation and gender identity status of patients, it often increases the likelihood of \_\_\_\_\_\_.

A. poorer health outcomes

B. open doctor–patient communication that improves health outcomes

C. patients lying about their underlying conditions

D. doctors prescribing the wrong medications to their patients

Ans: B

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Sexual Orientation and Gender Identity

Difficulty Level: Easy

48. Cesarean births (compared to rational births) are associated with each of the following EXCEPT \_\_\_\_\_\_.

A. decreased interactions with their infants upon returning home

B. less satisfaction with the birth experience

C. increased time required to bond with the infant

D. increased likelihood to breast-feed

Ans: D

Learning Objective: 12-4: Explain key issues that result from the medicalization of sexual and reproductive health.

Cognitive Domain: Comprehension

Answer Location: How Has Reproductive Health and Medicalized?

Difficulty Level: Medium

49. Depression is classified as a(n) \_\_\_\_\_\_ disorder.

A. externalizing

B. internalizing

C. personality

D. cognitive

Ans: B

Learning Objective: 12-4: Explain key issues that result from the medicalization of sexual and reproductive health.

Cognitive Domain: Knowledge

Answer Location: How Has Reproductive Health and Medicalized?

Difficulty Level: Easy

50. Alcohol abuse is classified as a(n) \_\_\_\_\_\_ disorder.

A. externalizing

B. internalizing

C. personality

D. cognitive

Ans: A

Learning Objective: 12.4

Cognitive Domain: Knowledge

Answer Location: How Has Reproductive Health and Medicalized?

Difficulty Level: Easy

# True/False

1. Women outlive men in every country in the world.

Ans: T

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Gender and Physical Health

Difficulty Level: Easy

2. The gender gap in life expectancy has grown over the past century.

Ans: T

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Changes in Life Expectancy

Difficulty Level: Easy

3. The more that behavior contributes to a cause of death, the smaller the sex difference in rates of death from that cause.

Ans: F

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: How Do Social Factors Contribute to Sex Disparities in Health?

Difficulty Level: Easy

4. The availability of treatments that greatly reduce the risk of dying from HIV-related causes may sometimes cause people to engage in riskier sex behaviors.

Ans: T

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Accidents and Risky Sex

Difficulty Level: Easy

5. In most countries around the world, girls and women tend to be more physically active.

Ans: F

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Physical Activity and Exercise

Difficulty Level: Easy

6. People who are more assertive tend to have fewer physical symptoms and better adjustment to illnesses than those who are lower in agency.

Ans: T

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Easy

7. In the United States, men and women are equally likely to seek medical care.

Ans: F

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Accessing Health Care

Difficulty Level: Easy

8. Women still outlive men even in engender egalitarian cultures.

Ans: T

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Gender-Egalitarian Communities and Health

Difficulty Level: Easy

9. Well educated black men are still more likely to die from homicide than the least educated White men.

Ans: T

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Socioeconomic Status, Sex, and Race/Ethnicity

Difficulty Level: Easy

10. For every one of the top causes of death in 2010 except Alzheimer’s disease, men died at higher rates than women.

Ans: T

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Knowledge

Answer Location: Mortality (Death) and Morbidity (Sickness)

Difficulty Level: Easy

11. Increased testosterone leads to more robust immune system responses.

Ans: F

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Hormonal Influences

Difficulty Level: Easy

12. Actual healthcare-related discrimination is rare according to the experiences reported by transgrender people seeking medical care.

Ans: F

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Sexual Orientation and Gender Identity

Difficulty Level: Easy

13. Research on telomeres, or DNA sequences at the ends of chromosomes, reveal that males’ telomeres shorten more quickly than females’.

Ans: T

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Genetic Factors

Difficulty Level: Easy

14. Alcohol abuse is an example of an internalizing psychological disorder.

Ans: F

Learning Objective: 12.4: Explain key issues that result from the medicalization of sexual and reproductive health.

Cognitive Domain: Knowledge

Answer Location: How Has Reproductive Health been medicalized?

Difficulty Level: Easy

15. People of color in the United States are disproportionately likely to live in neighborhoods that lack accessible grocery stores.

Ans: T

Learning Objective: 12-3: Analyze the roles of race, social class, sexual orientation, gender identity, and intersectionality in physical health.

Cognitive Domain: Knowledge

Answer Location: Race, Ethnicity, and Sex

Difficulty Level: Easy

# Short Answer

1. Describe how having 2X chromosomes may provide a healthy advantage to girls and women?

Ans: Among people who have two X chromosomes, if they carry a recessive, disease-producing, abnormal gene on one X chromosome, the normal gene on the other X chromosome can override the abnormal gene and prevent the expression of the disease. In this case, the individual will be a carrier of the defective gene, but she will not experience the disease. In contrast, among people who have only one X chromosome, if they carry a disease-producing, abnormal gene on that X chromosome, they do not have another X chromosome to overcome the abnormality, thus making them more likely to develop the disease.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Genetic Factors

Difficulty Level: Medium

2. Describe how implicit biases may impact women’s health specifically in the context of heart disease.

Ans: Stereotypes link heart disease with men more so than women. As a result, research shows that when women present symptoms of heart disease they are less likely to be prescribed essential cardiovascular drugs.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Receiving Health Care

Difficulty Level: Medium

3. Briefly explain one physical health correlate for higher levels of estrogen and one for higher levels of testosterone.

Ans: Answers may vary. For example: Increased levels of testosterone have be linked to suppressed immune system responses and increase vulnerability to infections. Having higher levels of estrogen has been associated with lower blood pressure and reduced incidence of cardiovascular disease.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Knowledge

Answer Location: Hormonal Influences

Difficulty Level: Easy

4. How might norms related to masculinity affect the diets of men and women and what effects might this have upon physical health?

Ans: Men and masculinity are associated with red meat and alcohol, while women and femininity are associated with fruits, vegetables, and fish. Thus, eating healthy and low fat foods may be threatening to men’s masculinity if they view it as more feminine. Moreover, eating unhealthy food may function as a risk-taking strategy to signal men’s masculinity. Combined these norms may increase men’s susceptibility to health risks such as cardiovascular disease.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Smoking, Alcohol Use, and Diet

Difficulty Level: Medium

5. How do communal and agentic traits relate to physical health? Provide examples of personality traits that have health benefits.

Ans: Agentic traits tend to be associated with showing fewer physical symptoms and better adjustment to illness. These include traits such as competitiveness, assertiveness, and leadership. Communal traits do not show consistent relationships with physical health outcomes.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Medium

6. Why might living in a gender egalitarian society erase or reduce sex differences in longevity? To what extent is this actually the case?

Ans: Because gender norms prompt men to more frequently engage in unhealthy behaviors and to show less concern for their health and diet, living in a gender egalitarian culture may decrease women’s advantage in life expectancy. Research on cultures lacking traditional gender roles does reveal a reduction in the sex difference for health and longevity but does not completely erase it.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Comprehension

Answer Location: Gender-Egalitarian Communities and Health

Difficulty Level: Medium

7. What is meant by the “medicalization” of reproductive health? Describe how one aspect of women’s reproductive health may be impacted by medicalization.

Ans: Varies. Medicalization refers to the process whereby normal conditions, such as the menstrual cycle, can be viewed as medical conditions that require treatment. For example, considering premenstrual syndrome a diagnosable illness--characterized by pains, anxiety, and depressed mood--encourages views of women’s bodies as regularly sick and unable to function.

Learning Objective: 12-4: Explain key issues that result from the medicalization of sexual and reproductive health.

Cognitive Domain: Comprehension

Answer Location: How Has Reproductive Health and Medicalized?

Difficulty Level: Medium

# Essay

1. What is meant by the morbidity-mortality paradox and how we know it exists? Describe how both errors in self-report and gender role ideologies may or may not explain this paradox.

Ans: The morbidity-mortality paradox refers to the phenomenon in which women have higher rates of sickness but lower rates of death relative to men. This is supported by data showing men die at higher rates than women for nearly all of the top causes of death, however women tend to suffer from more chronic, debilitating conditions like arthritis and osteoporosis. One possible explanation for this phenomenon is that women are more likely to exaggerate their physical health afflictions than are men or, conversely, that social factors lead men to downplay their ill health. However, research investigating the links between sex, self-reported health, and chronic conditions finds that women’s poorer self-reported health is fully explained by their higher likelihood of suffering various chronic pain conditions--suggesting the morbidity gap is not due to women over-reporting illness. Among men, since fewer older men survive, outliving their male peers may cause older men to inflate their physical health. Others propose that women’s higher morbidity rates are due to women’s traditional role of serving as caretakers for others. Because being a caretaker can increase stress and make people vulnerable to various debilitating conditions and because taking care of others may reduce the likelihood of taking care of oneself, women may experience more conditions of chronic discomfort than men do. Thus traditional gender roles may produce higher levels of chronic illness among women despite their increased longevity relative to men.

Learning Objective: 12-1: Describe the major causes of mortality for men and women and how they have changed over time.

Cognitive Domain: Analysis

Answer Location: Mortality (Death) and Morbidity (Sickness)

Difficulty Level: Medium

2. Identify two sets of personality traits that research shows predict physical health outcomes and discuss their outcomes. Describe how extreme versions of each of these sets of traits play a central role in physical health and how they contribute to health outcomes. To what extent do sex differences exist for extreme versions of these traits?

Ans: In general, people higher in agentic traits like competitiveness, leadership, and assertiveness also show fewer physical symptoms during illness. In contrast, no relationships tend to emerge between physical health and communal traits such as warmth and nurturance. However extreme versions of these traits, unmitigated agency and unmitigated communion respectively, both contribute to worse physical health outcomes. People high in unmitigated agency are often arrogant, dominating, and self-absorbed. This leads to more interpersonal conflicts and a lack of social support. These individuals are also more likely to engage in negative health behaviors like smoking and drug use while disregarding advice from doctors. Combined this puts people high in unmitigated agency at greater risk for a variety of negative health outcomes. People high in unmitigated communion chronically over nurture and overexert themselves while trying to support others. This increases stress and decreases the effectiveness of the immune system making people high in unmitigated communion at greater risk of illness. They also tend to be intrusive and overly controlling in their relationships with others which may deprive them of the positive health outcomes associated with social support from others. In general, unmitigated agency and unmitigated communion are associated with men and women respectively, though the correlation is not perfect. Both women and men can be high in either unmitigated agency or unmitigated communion, and these tendencies are bad for people’s health regardless of their sex.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Analysis

Answer Location: Health-Relevant Traits: Ways That People *Are*

Difficulty Level: Medium

3. Identify one genetic factor and one social factor that contribute towards sex differences in physical health. Describe evidence to support the influence of each factor that you identify. Overall, what conclusions can you draw about the relative contributions of biological and social factors to sex disparities in health?

Ans: Answers will vary. Students may discuss genetic or hormonal influences as biological factors. They may discuss accidents, risky health behaviors such as smoking, alcohol use, and diet, and physical activity as social factors. Example response may proceed as follows:

Sex hormones represent one biological contributor to sex disparities in health. Research shows that testosterone, which exists in higher levels among men, is associated with higher levels of bad cholesterol and risks of cardiovascular disease. Furthermore testosterone suppresses the body’s immune system and leads to less robust immune responses among men. Conversely, estrogen, which is higher among women on average, is associated with lower blood pressure and decreased risks for cardiovascular disease. Thus the sex hormones that are prevalent among men and women contributes to differences in physical health.

One social factor that helps explain sex differences in health is gender role norms that influence dieting behavior. Healthier foods, such as fruits and vegetables which tend to predict better cardiovascular health, are stereotyped as feminine. Conversely, unhealthy, high fat foods are stereotyped as more masculine. These norms may contribute to man’s resistance to adopt diets that may combat risks to their physical health, such as cardiovascular disease.

In sum, research reveals both biological and social mechanisms that uniquely contribute to the sex disparity in physical health.

Learning Objective: 12-2: Explain biological and social causes for gender gaps in health and longevity.

Cognitive Domain: Analysis

Answer Location: How Do Biological Factors Shape Sex Differences in Health? | How Do Social Factors Contribute to Sex Disparities in Health?

Difficulty Level: Medium