

Course > Health in later life > Quiz 5 > Quiz 5

## Quiz 5

Below you will find 15 quiz questions.

Ten (10) of these questions are drawn randomly from a pool of questions on this current topic.

The remaining five (5) questions are drawn randomly from a pool of questions on the previous topic.

## Multiple Choice

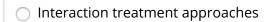
1/1 point (graded)

Which types of treatment models are highly effective with older persons, particularly those with complex mental illnesses or dementia?

$\bigcirc$	Brief n	svchody	/namic	nsvcho	therapy
	DilCi P	3 y Ci 10 G	y i i a i i i i c	paycino	ti i Ci upy

<ul> <li>Interdisciplinary treatment models •</li> </ul>
--

$\bigcirc$	Internersonal	psychotherapy
$\sim$	mice personal	payeriotriciapy



Submit

You have used 1 of 1 attempt

# **Multiple Choice**

1/1 point (graded)
Secondary ageing changes are due to



o presen	ce of dementia
onone o	f the above
Submit	You have used 1 of 1 attempt
heckbo) I point (grad hich of the oply.	
☐ Higher	level of education
☑ Poor ge	eneral health
✓ Smokin	g
Childho	ood physical or sexual abuse
Submit	You have used 1 of 1 attempt
ultiple ( I point (grac hat is a col	
	born during the same period of time tend to have lived through similar experiences, g in a similar outlook on certain subjects. 🗸

	born during the same period of time often have dissimilar experiences, resulting in lar outlooks on certain subjects.
The ten	ndency for people to remain friends with their peers at high school throughout early bod.
Submit	You have used 1 of 1 attempt
heckbo	kes
1 point (gra hat are so	ded) me protective factors against depression in later life? Select all that apply.
✓ Greate	r perceived social support
✓ Regula	r physical exercise
☐ Having	a large family
✓ High so	ocio-economic status
~	
Submit	You have used 1 of 1 attempt
1ultiple	Choice
1 point (gradhat is the	ded) goal of brief psychodynamic therapy for older adults with depression or anxiety?
O To imp	rove an individual's ability to cope with stressful life events
<ul><li>To imp behavi</li></ul>	rove an individual's understanding of the impact of past experiences on present our 🗸

O To help	an individual resolve interpersonal problems
Submit	You have used 1 of 1 attempt
Checkbo	kes
The research	ded) Gee (2003) presented psychologists with information about a female patient's symptoms. Hers told the psychologists that the patient was either 42 or 72 years of age. Which of the dings demonstrates that there was evidence of ageism among the psychologists? Select al
☐ The psy	ychologists were less likely to diagnose the older patient with depression
☑ The old	ler patient was described as having a poorer prognosis than the younger patient.
	ychologists reported that they would be less willing to accept the older patient as their or treatment.
	ler patient was described as less able to develop a therapeutic relationship with the st than the younger patient.
<b>✓</b> Submit	You have used 1 of 1 attempt
	ded) following are effective psychosocial interventions designed to improve quality of life for a
	with dementia? Select all that applybased therapies that keep people living with dementia stimulated
☐ Memor	y activities using flash cards and other cognitive aids
☐ Hypnos	sis techniques to help recover lost memories

Submit Y	ou have used 1 of 1 attempt
Multiple Ch	
I/1 point (graded Leonard is 70 yos an example o	) ears old. His eyesight has gradually deteriorated over the last decade. This deterioration
o primary a	geing ✔
secondary	y ageing
o clinical ago	eing
o gerontolo	gical ageing
Submit	ou have used 1 of 1 attempt
Multiple Ch	oice
	) r are both 70 years old. Jamal forgot to pick up the mail from the post box. Peter forgot despite hints from his wife. Jamal is showing signs of Peter is showing signs of
o normal ag	geing; dementia 🗸
O dementia;	; normal ageing
onormal ag	geing; normal ageing
o dementia;	; dementia

You have used 1 of 1 attempt Submit Multiple Choice 1/1 point (graded) A loss, when you are deprived of something that you are used to having, can cause stress through Frustration Failure Pressure Conflict Submit You have used 1 of 1 attempt **Multiple Choice** 1/1 point (graded) The link between Type A personality and heart disease is primarily due to an increase in consumption of unhealthy food o increased levels of anger and hostility 🗸 a lack of patience a strong competitive orientation You have used 1 of 1 attempt Submit

#### Checkboxes

0/1 point (graded)

In the final seconds of a basketball game, Jonah misses an easy, well-practiced shot that would have won the team the championship. What are some possible explanations for this? Select all that apply.

☐ Fight or flight response
Competing thoughts
Approach-approach conflict
☑ Choking under pressure
Submit You have used 1 of 1 attempt
Multiple Choice  1/1 point (graded)  What is the problem with the fight or flight response in today's modern world?
It is not a large enough response to deal with modern stressors.
Most modern stressors can be dealt with the "flight" response on its own.
O Most modern stressors can't be handled by either fight or flight. ✓
Getting into a fight can result in more stress.
Submit You have used 1 of 1 attempt

# Multiple Choice

1/1 point (graded)

Which of the following is true about constructive coping?

	ves being task oriented e your body for stress	d in dealing with the specific stressor, in general. ✔	but also behaviours that
O It guar	ntees that you will be	able to effectively cope with the stres	sor.
O It invol	ves letting out your em	notions and feelings.	
O It invol	ves not asking for help	because you would never need it.	
Submit	You have used 1 of 1 a	ttempt	
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