Psychology of Aging 1st edition Margolin Test Bank

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Psychology of Aging (1st)

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Total Questions: 50

Multiple Choice (25)

Q1. *[Multiple Choice] · Cognitive Domain: Knowledge*

Adults typically gain weight steadily throughout adulthood until about age _____.

a) 45
b) 60 ✓ correct
c) 50
d) 55

Q2. *[Multiple Choice] · Cognitive Domain: Comprehension*

Loss of height during the aging process could be related to loss of _____.

a) cognitive ability
b) weight
c) posture
d) bone density ✓ correct

Q3. *[Multiple Choice] · Cognitive Domain: Comprehension*

The exposure of our cells to free radicals within the environment can lead to cellular _____.

a) oxidation ✓ correct
b) growth
c) stability
d) death

Q4. *[Multiple Choice] · Cognitive Domain: Application*

Francis is an older adult who has recently started noticing that she will walk into a room and forget what she went into the room to do. This is most likely an age-related change demonstrating impact to _____ functioning.

a) cellular
b) physical
c) neurological ✓ correct
d) hormonal

Q5. *[Multiple Choice] · Cognitive Domain: Comprehension*

The ability to maintain and adjust neural connections throughout the lifespan is known as neural _____.

a) capacity
b) networking
c) growth
d) plasticity ✓ correct

Q6. *[Multiple Choice] · Cognitive Domain: Application*

Jasmine is an older female who is experiencing the beginning stages of menopause. These specific age-related changes are due to changes in _____.

a) appearance
b) hormones ✓ correct
c) neurology
d) cells

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Q7. *[Multiple Choice] · Cognitive Domain: Knowledge*

A condition characterized by loss of bone density is _____.

a) arthritis
b) atherosclerosis
c) osteoporosis ✓ correct
d) menopause

Q8. *[Multiple Choice] · Cognitive Domain: Application*

Sharon's mother had osteoporosis, with brittle bones leading to complications in older age. Due to the familial history, Sharon may be at _____ risk for developing the condition.

a) increased ✓ correct
b) no greater
c) decreased
d) significantly decreased

Q9. *[Multiple Choice] · Cognitive Domain: Comprehension*

Atherosclerosis, cardiac arrest, coronary artery disease, and high blood pressure are examples of _____.

a) cellular changes
b) cardiovascular disease ✓ correct
c) hormonal changes
d) neurological disease

Q10. *[Multiple Choice] · Cognitive Domain: Application*

Jerome is experiencing chest pain and shortness of breath. He should immediately be evaluated for _____.

a) arthritis
b) osteoporosis
c) cardiac arrest ✓ correct
d) a neurological disorder

Q11. *[Multiple Choice] · Cognitive Domain: Analysis*

The difference between rheumatoid arthritis and osteoarthritis is that, in rheumatoid arthritis, there is _____.

a) pain
b) age-related wear and tear
c) exceptional use of the joint
d) an immune response ✓ correct

Q12. *[Multiple Choice] · Cognitive Domain: Comprehension*

Research has demonstrated that _____ may be helpful in reducing pain related to osteoarthritis.

a) sleep
b) activity ✓ correct
c) diet
d) positive mood

Q13. *[Multiple Choice] · Cognitive Domain: Knowledge*

Functional limitations that can impact our ability to lead our daily lives relate to _____.

a) quality of life ✓ correct
b) life span
c) appearance
d) mood

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Q14. *[Multiple Choice] · Cognitive Domain: Application*

Sam was just diagnosed with arthritis in the joints of his fingers and is finding it more difficult to use the can opener in the kitchen and perform other activities while cooking. This is an example of an impact to _____.

a) flexibility
b) ADLs
c) cognition
d) IADLs ✓ correct

Q15. *[Multiple Choice] · Cognitive Domain: Knowledge*

Activities of daily living are those activities relating to _____ needs.

a) independence
b) basic ✓ correct
c) advanced
d) physical

Q16. *[Multiple Choice] · Cognitive Domain: Comprehension*

Early identification of impact to IADLs is important in allowing for proper intervention but may be difficult due to inaccuracy in patient _____.

a) thoughts
b) performance
c) reporting ✓ correct
d) belief

Q17. *[Multiple Choice] · Cognitive Domain: Knowledge*

Substantial limitation in at least one major life area is defined as _____.

a) disability ✓ correct
b) limitation
c) deficit
d) infirmity

Q18. *[Multiple Choice] · Cognitive Domain: Comprehension*

_____ is a result of advances in healthcare that extend our life expectancy, on top of healthcare improving overall health at a higher rate than the extension of life expectancy.

a) Socioeconomic health gap
b) Quality of life
c) Compression of morbidity ✓ correct
d) Disability

Q19. *[Multiple Choice] · Cognitive Domain: Analysis*

The difference between assisted living and a nursing home is in level of _____.

a) care ✓ correct
b) activities
c) socialization
d) meal options

Q20. *[Multiple Choice] · Cognitive Domain: Comprehension*

Licensed professionals such as doctors and nurses are employed in _____.

a) assisted living facilities
b) retirement communities
c) nursing homes ✓ correct
d) independent homes

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Q21. *[Multiple Choice] · Cognitive Domain: Comprehension*

An important consideration related to quality of life in a nursing home is _____.

a) avoiding nursing care
b) providing complete care
c) providing multiple medications
d) ensuring autonomy ✓ correct

Q22. *[Multiple Choice] · Cognitive Domain: Analysis*

Retirement communities typically allow individuals to remain _____.

a) hopeless
b) active ✓ correct
c) young
d) isolated

Q23. *[Multiple Choice] · Cognitive Domain: Knowledge*

Worldwide rates of elder mistreatment reported by the WHO indicate between _____.

a) 20% and 29%
b) 10% and 18%
c) 2% and 14% ✓ correct
d) 1% and 7%

Q24. *[Multiple Choice] · Cognitive Domain: Comprehension*

Poor physical and mental health _____ the risk for elder mistreatment.

a) increase ✓ correct
b) do not change
c) significantly decrease
d) decrease

Q25. *[Multiple Choice] · Cognitive Domain: Knowledge*

A potential intervention that has shown to be effective in reducing elder mistreatment is _____.

a) EM
b) ADL
c) IADL
d) E-MDT ✓ correct

True/False (15)

Q26. *[True/False] · Cognitive Domain: Comprehension*

Age-related body changes are generally similar across genders.

a) True ✓ correct
b) False

Correct answer: True

Q27. *[True/False] · Cognitive Domain: Analysis*

Hormonal changes have no impact on weight gain over the life span.

a) True
b) False ✓ correct

Correct answer: False

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Q28. *[True/False] · Cognitive Domain: Knowledge*

Antioxidants can help slow down the oxidative process of cellular aging.

a) True ✓ correct
b) False

Correct answer: True

Q29. *[True/False] · Cognitive Domain: Comprehension*

In the normative aging process, neurological changes are mild and slow.

a) True ✓ correct
b) False

Correct answer: True

Q30. *[True/False] · Cognitive Domain: Comprehension*

Osteoporosis is more common among men than women.

a) True
b) False ✓ correct

Correct answer: False

Q31. *[True/False] · Cognitive Domain: Comprehension*

High blood pressure may indicate risk for cardiac arrest.

a) True ✓ correct
b) False

Correct answer: True

Q32. *[True/False] · Cognitive Domain: Analysis*

Women tend to exhibit chest pain, shortness of breath, and shooting pain in the left arm when experiencing cardiac arrest.

a) True
b) False ✓ correct

Correct answer: False

Q33. *[True/False] · Cognitive Domain: Comprehension*

Diminished functioning is more likely with rheumatoid arthritis as opposed to osteoarthritis.

a) True ✓ correct
b) False

Correct answer: True

Q34. *[True/False] · Cognitive Domain: Analysis*

ADLs are distinguished from IADLs in that ADLs are activities that allow an individual to live independently, such as paying bills and doing laundry.

a) True
b) False ✓ correct

Correct answer: False

Q35. *[True/False] · Cognitive Domain: Knowledge*

Social and emotional health and physical well-being may impact quality of life.

a) True ✓ correct
b) False

Correct answer: True

Q36. *[True/False] · Cognitive Domain: Knowledge*

The ability to stave off decline in functioning and extend life expectancy is known as compression of morbidity.

a) True ✓ correct

b) False

Correct answer: True

Q37. *[True/False] · Cognitive Domain: Analysis*

Developing countries are more likely to report a compression of morbidity than those that are already developed.

a) True

b) False ✓ correct

Correct answer: False

Q38. *[True/False] · Cognitive Domain: Comprehension*

Retirement communities provide help with maintenance activities but allow the same level of independence as an individual has always had.

a) True ✓ correct

b) False

Correct answer: True

Q39. *[True/False] · Cognitive Domain: Comprehension*

Nursing care is typically provided in an assisted living facility.

a) True

b) False ✓ correct

Correct answer: False

Q40. *[True/False] · Cognitive Domain: Knowledge*

Victims of elder abuse may not always report the abuse.

a) True ✓ correct

b) False

Correct answer: True

Essay (10)

Q41. *[Essay] · Cognitive Domain: Analysis*

Identify the specific parameters that may change in physical appearance as related to the aging process. Are these changes similar independent of gender?

Suggested answer: *Sample response: Parameters that may change in physical appearance as they relate to age include weight, height, musculature, skin, and hair. Some changes are independent of gender, but others may not be. For instance, everyone gets wrinkles and graying hair at some point. Weight gain happens for each sex, but height changes may be more likely with the female gender due to changes in hormones and bone density.*

Q42. *[Essay] · Cognitive Domain: Analysis*

Compare and contrast osteoarthritis and rheumatoid arthritis. Is one more detrimental than the other? Explain.

Suggested answer: *Sample response: Osteoarthritis is a typical type of arthritis related to normal, age-related wear and tear on the joints. Rheumatoid arthritis, in contrast, is an autoimmune disease that causes joint degeneration related to an immune response. While high rates of joint use may be detrimental, such as with athletes and others involved in high physical activities, typical joint wear and tear is less detrimental than that related to rheumatoid arthritis. This is because the immune response may be activated by a variety of factors such as genetics and environmental triggers. Also, because rheumatoid arthritis is an autoimmune disorder, it affects the body systemically and often leads to higher levels of pain and diminished functioning.*

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Q43. *[Essay] · Cognitive Domain: Analysis*

Define activities of daily living and instrumental activities of daily living. Describe the differences as they relate to level of independence.

Suggested answer: *Sample response: Activities of daily living refer to basic life activities. Examples of this include brushing teeth, taking a shower, and using the bathroom. Instrumental activities of daily living refer to activities that allow an individual to live independently. These are activities such as paying bills and cooking a meal. An individual must be able to perform both ADLs and IADLs to continue living and functioning in an independent environment. If the ability to complete IADLs independently is diminished, the individual may be in need of a higher level of care such as assisted living.*

Q44. *[Essay] · Cognitive Domain: Application*

Explain the concept of compression of morbidity. What factors influence this compression? Provide an example.

Suggested answer: *Sample response: Compression of morbidity refers to the process of staving off decline in functioning and extending the lifespan. This is due to a variety of factors, such as advances in healthcare, more effective treatments for chronic medical conditions, and a focus on healthier lifestyles. For instance, better recognition and higher rates of diagnosis for cardiovascular disease may greatly increase life expectancy through intervention and treatment.*

Q45. *[Essay] · Cognitive Domain: Analysis*

Identify the different types of elder care. What level of independence is provided in each type of care?

Suggested answer: *Sample response: Types of elder care include independent living in one's own home, living with an adult child, retirement communities, assisted living, and skilled nursing facilities. While each of these options may include nursing care and medical treatment, this is not typical of each type of care and the level of independence with each option may vary. Living independently in one's own home would provide for complete independence, but as we age this becomes less feasible. Retirement communities provide for social connections and increased activities but allow for assistance with maintenance activities such as yard work and snow removal. Assisted living centers provide yet more assistance, which still provides for some independence in living but a higher level of care related to IADLs, such as meal prep or cleaning. Skilled nursing facilities or typical nursing homes provide the highest level of care, and typically have licensed medical professionals on staff.*

Q46. *[Essay] · Cognitive Domain: Application*

Share normative age-related changes related to physical appearance, cellular aging, neurological aging, and hormonal aging. Describe specific ways intervention may provide relief.

Suggested answer: *Sample response: There are many normative age-related changes that happen to various areas of the body. In terms of physical appearance, there are changes to weight, height, musculature, skin, and hair. It is typical for weight to fluctuate on a u-shaped curve, in which you gain weight throughout adulthood until the later years. Height typically decreases, which is more pronounced in females due to increased loss of bone density and specific hormonal changes. Muscle loss occurs, wrinkles form, and hair begins to gray. Cells are impacted and begin to degenerate due to free radicals and have more difficulty regenerating. Neurologically speaking, our cognitive processing, memory, and executive functioning may be impacted. Neuron growth and pruning may occur as neural plasticity fluctuates, and disease may occur. Hormones fluctuate as well, leading to changes such as menopause in women. Intervention may provide relief in various ways. Weight gain is typical but can be modified to an extent through diet and exercise, and the height differences due to bone density could be addressed through hormone therapy. Antioxidants can help slow the oxidation process of cells due to free radicals. Individuals can learn to make new neural connections, though possibly in a slower process, to mitigate some of the negative effects of neural pruning. Additionally, hormone levels and negative impact related to changes in these levels can be addressed through symptom intervention.*

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Q47. *[Essay] · Cognitive Domain: Application*

Identify areas of chronic disease associated with the aging process. Does gender impact outcomes related to chronic disease? Share any ideas to decrease gender related discrepancies.

Suggested answer: *Sample response: Chronic diseases closely associated with the aging process include those such as osteoporosis, cardiovascular disease, and arthritis. Osteoporosis is related to the fluctuating changes in hormone level and overall bone density. As bone density decreases, various changes can occur such as loss of height, brittle bones, and potential for breakage which can be a risk to older adults. Cardiovascular disease is another area of concern, as many older adults experience high blood pressure which leads to an increased risk for cardiac arrest. Osteoarthritis is also common in older adults, as the lifespan wear and tear on joints can lead to joint degradation, pain, and diminished functioning. This is differentiated from rheumatoid arthritis, which is an autoimmune disorder in which the joints are negatively impacted. Gender may have some impact on the development and recognition of chronic disease as related to age. For instance, osteoporosis may be experienced in higher rates in women, due to specific hormone changes and a larger decrease in bone density. Cardiovascular disease may not have varying rates between men and women, but the symptom presentation is more easily recognized in men which could leads to higher rates of morbidity in women. While osteoarthritis may impact both males and females, rheumatoid arthritis is typically more prevalent in women. Addressing gender-related discrepancies is about identifying the specific needs. For instance, rates of osteoporosis among women can be decreased through proper identification and treatment to stave off the negative effects. The greater cardiovascular impacts to women can also be addressed through education and a better understanding of the differences in symptom presentation between men and women. Arthritis can be addressed through medications and treatment dependent upon the specific type of arthritis, and by reducing potential for environmental triggers as related to rheumatoid arthritis. For all areas of chronic disease, no matter the differences to gender, healthier lifestyles could contribute to a more positive outcome.*

Q48. *[Essay] · Cognitive Domain: Analysis*

Choose one specific chronic disease and share the ways in which that disease may impact the aging process and overall quality of life. Discuss the importance of quality of life during the aging process.

Suggested answer: *Sample response: One specific chronic disease that becomes more prevalent with the aging process is that of osteoporosis. This is a chronic disease that disproportionately impacts women, due to specific hormone fluctuations leading to a decrease in bone density. Risk of fall is an important consideration with this chronic disease, as loss of bone density leads to more brittle bones which increases the overall risk of breakage. The older you get, the more difficult it becomes to heal from serious medical issues, and some bone breakages may lead to a higher risk for long term complications. Continuing down this path, breaking a bone may lead to disability which is a more serious outcome. Disability means that specific life activities become more difficult, such as showering, cooking, and cleaning, and could lead to a loss of independence. For a period of time during the healing process the risk for disability is heightened, and if the healing does not progress as it should then the potential for long-term disability exists. Quality of life is impacted, as well. The concept of quality of life simply refers to how well we are able to participate in and enjoy our lives. If our abilities are limited due to chronic disease, and we must rely on others at increased rates, it could negatively impact quality of life. It is important to consider quality of life during the aging process because it is not enough to understand changes throughout the aging process. It is also important to recognize how these changes may impact our overall level of wellness and happiness.*

Q49. *[Essay] · Cognitive Domain: Application*

Explain what is meant by ‘socioeconomic health gap.’ What factors influence this gap? Provide suggestions to alleviate the problem.

Suggested answer: *Sample response: Socioeconomic health gap refers to the differences in health for various countries. Rates of disease, morbidity, and overall health may vary from country to country, and more specifically, may differ greatly as related to developing vs. developed countries. The concept of compression of morbidity relates to the ways in which advances in healthcare and wellness have led to lower rates of chronic disease and increased life expectancy. Research demonstrates that developed countries have higher rates of compression of morbidity, which is likely related to the ability to properly address medical problems and wellness in a more comprehensive way. Additionally, the poverty in developing countries leads to less opportunity to get medical treatment and decreased access to care. Disability in developing countries is also more likely to occur. There are many factors influencing these discrepancies, but the socioeconomic gap, or differences in socioeconomic status, impact all factors to some extent. Suggestions to alleviate the problem begin with continued research to identify underlying causes and to better understand where changes need to occur.*

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Q50. *[Essay] · Cognitive Domain: Application*

Share the types of abuse and neglect that might be encompassed within elder mistreatment. What factors impact both reporting and intervention? Choose one type of abuse and identify ways to decrease risk.

Suggested answer: *Sample response: Elder mistreatment refers to the abuse and neglect that might occur within the elder community. The types of abuse and neglect encompassed within this include physical abuse, psychological abuse, emotional abuse, sexual abuse, financial abuse, and neglect. The types of abuse and neglect are no different than might occur within any population, but the factors influencing the abuse and neglect and rates of reporting may differ. For instance, abuse and neglect by family members may be more prevalent, and elders may be less likely to report the abuse or neglect because they are afraid to get the family member in trouble. This is often the case when the abuse or neglect is taking place from child to parent. Additionally, elders may be less likely to be able to live on their own, which could create a power dynamic between the elder and the person perpetrating the abuse or neglect. It is also possible that the elder may not fully recognize the abuse or neglect for what it is, particularly if it exhibits as emotional abuse. A specific type of abuse we can discuss is financial abuse, which may be more common among the elder community due to decreased capacity and cognition coupled with a lifetime of building resources. In these instances, even financial abuse from child to parent may occur, such as a child being granted decision-making power over their parent's finances. In a similar scenario, the child may manipulate the parent to use their financial resources in the way in which the child wants, which also could be considered financial abuse. This risk could be decreased by providing elders with a more well-rounded support system. By spreading the responsibility and knowledge related to the elder's care and support, there is less opportunity to take advantage and/or manipulate the system.*

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