

Health Psychology 7th edition Marks Test Bank

SKU: 9781529609899-TEST-BANK

Multiple choice questions

Chapter 1: Health psychology: An introduction

1. In the definition given in this book, health psychology is defined as an _____ field.

- a. international
- b. interdisciplinary
- c. interactive
- d. interesting

Ans: B

2. The leading risk factor for global disease burden in 2002 was:

- a. alcohol
- b. childhood and maternal underweight
- c. tobacco
- d. high blood pressure

Ans: B

3. According to the textbook, a psychological approach in the absence of environmental change is like:

- a. whistling in the wind
- b. an excellent idea
- c. revolutionary and ingenious
- d. a breath of fresh air

Ans: A

4. According to S.S. Stevens, measurement is the assignment of numbers to attributes according to:

- a. formulae
- b. size
- c. rules
- d. quality

Ans: C

5. According to Michell, before quantification can happen, it is first necessary to obtain evidence that the relevant attribute is quantitative in _____

- a. structure
- b. stature
- c. status
- d. studies

Ans: A

6. When findings are difficult to generalize to the world outside of the laboratory, we say the research is lacking in _____ validity

- a. ecological
- b. economical
- c. empirical
- d. experimental

Ans: A

7. The 'Health Onion' is an example of a:

- a. paradigm

- b. model
- c. theory
- d. framework

Ans: D

8. In this chapter, evidence-based practice (EBP) is likened to:

- a. slicing an onion
- b. filtering coffee
- c. making wine
- d. baking bread

Ans: B

9. More research is necessary to confirm the assumption that _____ cause positive changes to quality of life.

- a. lifestyle changes
- b. research findings
- c. survey data
- d. questionnaire responses

Ans: A

10. _____ have some of the characteristics of paradigms (Kuhn, 1970) as they refer to a complete system of thinking about a field of inquiry.

- a. pathways
- b. theories
- c. frameworks
- d. models

Ans: C

11. Fill in the missing word: Health is a state of well-being, wants and needs based on the satisfaction of biological, psychosocial, cultural, _____, political, social justice and spiritual wants and needs, not simply the absence of illness.

- a. economic
- b. educational
- c. environmental
- d. experiential

Ans: A

12. The hierarchy of needs was proposed by:

- a. Murray
- b. MacDonald
- c. Marks
- d. Maslow

Ans: D

13. In the hierarchy of needs, the most basic level is defined as:

- a. safety
- b. belonging
- c. esteem
- d. physiological

Ans: D

14. In the hierarchy of needs, the highest level was defined as:

- a. safety
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- c. esteem
- d. self-actualisation

Ans: D

15. Who defined happiness as: ‘the meaning and the purpose of life, the whole aim and end of human existence’? Was it:

- a. Aristotle
- b. Diener
- c. Doyal
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Ans: A

16. According to _____ subjective well-being is ‘An umbrella term for different valuations that people make regarding their lives, the events happening to them, their bodies and minds, and the circumstances in which they live’.

- a. Aristotle
- b. Diener
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Ans: B

17. QoL is an acronym for the phrase:

- a. quality of living
- b. quality of learning
- c. quality of life
- d. quality of liking

Ans: C

18. According to Diener and Chan (2011), having high subjective well-being, adds _____ years to one's life.

- a. 1–2
- b. 2–4
- c. 4–5
- d. 4–10

Ans: D

19. A popular term for a person who smokes, eats fatty foods, drinks alcohol and watches TV many hours every day is:

- a. lucky devil
- b. lazy lump
- c. couch cowboy
- d. couch potato

Ans: D

20. A term used for an environment that is conducive to eating too much and taking too little exercise is:

- a. obesogenic
- b. oboozogenic
- c. obeasogenic
- d. obusogenic

Ans: A

Health Psychology (7th)

ISBN 9781529609899 | Chapter 1

Total Questions: 20

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