

## Chapter Two—Cultural Approaches to Health

### MULTIPLE CHOICE

1. The use of red bracelets and the use of black dots on children's foreheads are cultural practices explicitly designed to:
- |                            |                          |
|----------------------------|--------------------------|
| a. enhance growth          | c. prevent sickness      |
| b. increase attractiveness | d. ward off the evil eye |

ANS: D                      REF: CULTURAL APPROACHES TO HEALTH (INTRO)

2. Some ancient beliefs often find their way into contemporary literature, such as the *Harry Potter* series. What part of the human body was believed to be the site of power and magic, and this same animal part used in a range of treatments?
- |          |          |
|----------|----------|
| a. heart | c. liver |
| b. mind  | d. eyes  |

ANS: D                      REF: VARIETIES OF WORLD MEDICINE

3. Most Americans refer to any other medical approach for health and wellness besides the Western approach as:
- |   |                          |
|---|--------------------------|
| a. complementary and alternative medicine | c. allopathy             |
| b. not appropriate for healthcare         | d. conventional medicine |

ANS: A                      REF: WESTERN BIOMEDICINE

4. The belief that if an individual had a lot of blood, they would have a cheerful or sanguine personality stems from:
- |  |
|--|
| a. Egyptian physicians such as Imhotep, the chief physician to Pharaoh Zozer |
| b. Vesalius's study of human anatomy   |
| c. Hippocrates' humoral theory   |
| d. William Harvey, an English physician                                      |

ANS: C                      REF: WESTERN BIOMEDICINE

5. Each of the following directly contributed to our knowledge of human anatomy except:
- |            |                      |
|------------|----------------------|
| a. Fleming | c. Leonardo Da Vinci |
| b. Galen   | d. Andreas Vesalius  |

ANS: A                      REF: WESTERN BIOMEDICINE

6. Yin is defined by Traditional Chinese Medicine as being:
- |                                 |                            |
|---------------------------------|----------------------------|
| a. Tao, the supreme source      | c. light, sun, hot, male   |
| b. darkness, moon, cold, female | d. the later stage of life |

ANS: B                      REF: TRADITIONAL CHINESE MEDICINE

7. Chinese and Chinese Americans tend to choose this type of health care system:
- |  |
|--|
| a. Western medicine  |
| b. Traditional Chinese Medicine (TCM)                                |
| c. Western medicine for acute problems, and TCM for chronic problems |
| d. Qi, and Yin and Yang  |

ANS: C                      REF: TRADITIONAL CHINESE MEDICINE

8. One folk remedy common to American Indian, Mexican American, and Traditional Chinese medicine is:
- a. plants
  - b. warm rocks
  - c. saunas
  - d. prayer candles

ANS: A

REF: TRADITIONAL CHINESE MEDICINE, CURANDERISMO AND SPIRITUALISM, & AMERICAN INDIAN MEDICINE

9. The Ayurvedic physician uses the following methods to diagnose a disease:
- a. looks for abnormalities in the body, and smelling the patient.
  - b. X-rays and laboratory workups
  - c. smudging
  - d. meridian theory

ANS: A

REF: AYURVEDA: TRADITIONAL INDIAN MEDICINE

10. One of the most recent empirical validations of traditional East Indian medicine relates to the use of an herbal remedy (called forskolin, isolated from the *Coleus forskohlii* plant) for the treatment of:
- a. heart disease
  - b. impotence
  - c. insomnia
  - d. obesity

ANS: A

REF: AYURVEDA: TRADITIONAL INDIAN MEDICINE

11. Illness caused if a person's energy field is weakened or disrupted is a common belief of:
- a. curanderismo
  - b. shamanism
  - c. voodoo
  - d. Native American

ANS: A

REF: CURANDERISMO AND SPIRITUALISM

12. *Curanderos* use three levels of treatment depending on the source of the illness:
- a. basic, moderate and complex
  - b. material, spiritual, and mental
  - c. mal de ojo, curar, parteras
  - d. prayer, candles and herbal ointments

ANS: B

REF: CURANDERISMO AND SPIRITUALISM

13. "Walking in beauty" refers to:
- a. the involvement of female shamans in ceremonies.
  - b. the employment of Qi gong rather than aromatherapy as the best mode of healing.
  - c. the use of herbal remedies to reduce the signs of aging.
  - d. the worldview that everything in life is connected to everything else.

ANS: D

REF: CURANDERISMO AND SPIRITUALISM

14. What cultural belief uses the concept of "Walking in Beauty"?
- a. Native American
  - b. Mexican American
  - c. Hmong
  - d. Middle Eastern

ANS: A

REF: AMERICAN INDIAN MEDICINE

15. A medicine man holds lodges or “sweats” for different reasons, such as:
- a sweat may be dedicated to someone with cancer or another terminal illness
  - to make individuals aware of the need to make health care changes
  - to purify his mind before he spends time with a member of the tribe
  - as a last resort during illness

ANS: A                      REF: AMERICAN INDIAN MEDICINE

16. Who would most likely use “smudge” in their treatment?
- a clinical health psychologist from the U.S..
  - curanderos
  - sangomas
  - shamans

ANS: D                      REF: AMERICAN INDIAN MEDICINE

17. Chiropractic medicine:
- enhances the flow of qi in the body
  - small, highly diluted quantities of medicinal substances are given to cure symptoms
  - uses laying on of hands, the healing force of the provider affects the patient’s recovery
  - focuses on the relationship between body structure and function, and uses manipulative therapy as an integral treatment tool

ANS: D

REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

18. \_\_\_\_\_ refers to the belief that “like cures like,” meaning that small, highly diluted quantities of medicinal substances are given to cure symptoms.
- Naturopathic medicine
  - Homeopathic medicine
  - Dietary supplements
  - Smudging

ANS: B

REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

19. A method of healing developed in China at least 2,000 years ago. Procedures involve stimulation of anatomical points on the body by a variety of techniques. This healing technique is called:
- chiropractic
  - massage
  - qi gong
  - acupuncture

ANS: D

REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

20. The following are complementary and alternative medicines that originated from Asia:
- Reiki, Qi, gong, acupuncture
  - electromagnetic fields, qi gong
  - Ayurveda and chiropractic
  - naturopathic medicine and medicine wheel

ANS: A

REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

21. In 1998, Congress established the National Center for complementary and Alternative Medicine (NCCAM) to stimulate, develop, and support research on complementary and alternative medicines including:
- a. dance, music and art therapy
  - b. hypnosis
  - c. prayer
  - d. all of the above

ANS: D

REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

22. Many African cultures rely on traditional healers called:
- a. sangomas
  - b. yogis
  - c. sadhus
  - d. curanderismos

ANS: A

REF: AFRICAN AMERICAN BELIEFS

23. Latino and Asian Indian mothers try to make sure that their children do not get the “evil eye” by:
- a. keeping a knife in the room or area where the baby sleeps..
  - b. Keeping a dead animal’s eye hidden in the house during pregnancy and for the first year of the child’s life.
  - c. placing a large black dot on their child’s forehead..
  - d. holding them at all times until they turn one year of age.

ANS: C

REF: INTRO

24. Practitioners of Traditional Chinese Medicine determined that there are as many:
- a. as 2000 acupuncture points on the human body
  - b. 100 acupuncture points on the human body
  - c. as 250 meridians
  - d. acupuncture points as there are meridians.

ANS: A

REF: FOCUS ON APPLICATIONS

25. One theory on why acupuncture works is:
- a. due to “mind over matter,” if the patient believes in the treatment it will work
  - b. that the pain impulses are blocked from reaching the spinal cord or brain at various “gates” to these areas
  - c. the pain from the prick of the needle diverts the patient’s thoughts about the actual pain
  - d. that the impact of the needle stops that area from having the ability to recognize pain

ANS: B

REF: FOCUS ON APPLICATIONS

26. The World Health Organization in the late 1970s recognized that acupuncture and Traditional Chinese Medicine can treat many ailments, including:
- a. cancer of the brain
  - b. diabetes
  - c. gout
  - d. arteriosclerosis

ANS: D

REF: FOCUS ON APPLICATIONS

27. The National Institutes of Health declared in 1997 that acupuncture could be useful by itself or in combination with other therapies to treat:
- a. addiction and menstrual cramps
  - b. pancreatic and brain cancer
  - c. macular degeneration
  - d. hearing impairments

ANS: A

REF: FOCUS ON APPLICATIONS

28. Studies have demonstrated that acupuncture may help in the rehabilitation of stroke patients, and:
- may help children with delayed growth to get back into the typical growth chart
  - can reduce growth of bacteria in a staph infection
  - can assist patients with spinal chord injuries to gain the ability to use limbs
  - can relieve nausea in patients recovering from surgery

ANS: D                      REF: FOCUS ON APPLICATIONS

29. Which of the following is FALSE regarding TCM?
- Acupuncture is a form of TCM
  - Meridians are the passageways of qui and blood flow through the body.
  - In TCM, a healthy individual has a balanced amount of yin and yang.
  - TCM focuses on a cellular microscopic level of diagnosis.

ANS: D                      REF: TRADITIONAL CHINESE MEDICINE

30. If you were flushed, have a fever, are constipated and have high blood pressure, a TCM practitioner would say:
- you do not have enough Tao.
  - you need your gallbladder out
  - you have too much yang
  - your liver is not well

ANS: C                      REF: TRADITIONAL CHINESE MEDICINE

31. The five elements that balance the internal organs of the body according to TCM are:
- heat, cold, rock, ice, fire
  - earth, water, fire, wind, rock
  - coal, wood, fire, dirt, water
  - fire, water, wood, earth and metal

ANS: D                      REF: TRADITIONAL CHINESE MEDICINE

32. If a provider is talking about Vata dosha, Pitta dosha, and Kapha dosha, she would be talking about components of this type of health care:
- Greek humors
  - Hmong shamanism
  - Japanese Reiki
  - Ayurvedic medicine

ANS: D                      REF: AYURVEDA: TRADITIONAL INDIAN MEDICINE

33. If you as a patient are purging the body of toxins by vomiting, laxatives, enemas, nasal medication, and bloodletting, you are following this tradition.
- ancient Greek medicine
  - Ayurvedic medicine
  - modern holistic medicine
  - Traditional Chinese Medicine

ANS: B                      REF: AYURVEDA: TRADITIONAL INDIAN MEDICINE

34. In Sub-Saharan Africa, there are four types of traditional healers who provide health care. The following is one of those types:
- blood-letters
  - fire keepers
  - singers
  - faith healers

ANS: D                      REF: CULTURAL APPROACHES TO HEALTH (INTRO)

35. In Sub-Saharan Africa, diviners are typically:
- men
  - herbalists
  - women
  - elders

ANS: C                      REF: CULTURAL APPROACHES TO HEALTH (INTRO)

36. What was one of the first specimens observed under the lens of the electron microscope that was invented in 1932?
- a. blood
  - b. saliva
  - c. viruses
  - d. sperm

ANS: D REF: WESTERN BIOMEDICINE

37. Who first described the circulation of blood and the functioning of the heart in 1628?
- a. William Harvey
  - b. Antonius van Leeuwenhoek
  - c. Leonardo da Vinci
  - d. Wilhelm Roentgen

ANS: A REF: WESTERN BIOMEDICINE

38. The most commonly seen form(s) of Ayurvedic treatment in North America is:
- a. yoga
  - b. *Panchakarma* or “Five actions”
  - c. *Vata*
  - d. *Charaka Samhita*

ANS: B REF: AYURVEDA: TRADITIONAL INDIAN MEDICINE

39. Which of the following is TRUE?
- a. There is no research on Mexican American folk healing practices.
  - b. Latinos are considered a homogeneous group, meaning that they are similar to one another regardless of where they live.
  - c. Curanderos do not believe that germs and other natural factors can cause illness.
  - d. Healers (curanderismos) do not make appointments, do not have forms or fees, and you pay whatever you believe the healer deserves.

ANS: D REF: CURANDERISMO AND SPIRITUALISM

40. Native American medicine has four traditional practices that are common to most tribes. The following is an example of one of them:
- a. the use of herbal remedies..
  - b. the use of animals in healing
  - c. using eggs and garlic for healing.
  - d. the use of the wind in healing.

ANS: A REF: AMERICAN INDIAN MEDICINE

41. The lodge used for the “sweat” in Native American culture symbolizes:
- a. the heartbeat of Mother Earth
  - b. the rocks which are *elders*
  - c. the womb of Mother Earth
  - d. the source of energy for the earth’s rotation.

ANS: C REF: AMERICAN INDIAN MEDICINE

42. The healing ceremony that uses the medicine wheel, the sacred hoop, the *sing*, and lasts from two to nine days, occurs:
- a. among Latinos.
  - b. in the Lakota and Navajo tribes
  - c. those using Traditional Chinese Medicine (TCM).
  - d. among African Americans

ANS: B REF: AMERICAN INDIAN MEDICINE

43. Voodoo is a legitimate religion in a number of areas of the world, including:
- a. Brazil, where it is called *Candomble*
  - b. Puerto Rico, where it is called *Gullah*
  - c. Philippines
  - d. Guatemala

ANS: A                      REF: AFRICAN AMERICAN BELIEFS

44. What are the similarities between Hmong and Native American cultures?
- a. They both utilize shamans.
  - b. The use of eggs and herbs in healing practices.
  - c. They both use similar dietary requirements during healing ceremonies.
  - d. There are no similarities.

ANS: A                      REF: AMERICAN INDIAN MEDICINE

45. According to the most recent census data, the largest minority group in the United States is:
- a. Asian American
  - b. African American
  - c. Native American
  - d. Latino

ANS: D                      REF: CURANDERISMO AND SPIRITUALISM

46. Which of the following is **not** something a *curandero* would do?
- a. charge the family a specific rate
  - b. utilize material such as fruits, eggs, candles, herbs
  - c. allow the patient to see a Western physician
  - d. offer healing based on patient's faith

ANS: A                      REF: CURANDERISMO AND SPIRITUALISM

#### TRUE/FALSE

1. Many Southeast Asian and Latino mothers place a black spot on their babies' heads to ward away the "evil eye" that could cause their babies harm.

ANS: T                      REF: CULTURAL APPROACHES TO HEALTH (INTRO)

2. The chemical composition of some drugs, such as opioids, mirrors that of naturally occurring substances, such as opiates.

ANS: T                      REF: WESTERN BIOMEDICINE

3. Traditional Chinese Medicine (TCM) and Ayurveda share many similarities, including the notion of basic elements.

ANS: T  
REF: TRADITIONAL CHINESE MEDICINE; AYURVEDA: TRADITIONAL INDIAN MEDICINE

4. Surveys of Mexican Americans show that highly assimilated Mexican Americans no longer follow traditional and indigenous practices.

ANS: F                      REF: CURANDERISMO AND SPIRITUALISM

5. During a Native American sweat lodge ceremony, a “firekeeper” heats rocks in a wood fire, and the rocks are called elders because the rocks of the earth are seen as ancient observers.

ANS: T                      REF: AMERICAN INDIAN MEDICINE

6. Individuals in the sweat lodge experience hallucinations that connect to spirit guides or provide insight into personal conditions. The hallucinations are a result of a toxicity that occurs during this ceremony.

ANS: F                      REF: AMERICAN INDIAN MEDICINE

7. The practice of acupuncture in North America began in the 1920’s and later the Chinese started using this as a therapeutic treatment as well.

ANS: F                      REF: FOCUS ON APPLICAITONS

8. Orthomolecular therapies is a treatment in which patients eat substances such as magnesium, melatonin, and mega-doses of vitamins.

ANS: T  
REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

9. In the late 1970s, the World Health Organization recognized the ability of acupuncture and Traditional Chinese medicine to treat nearly four dozen common ailments, including the following: neuromusculoskeletal conditions, and emotional and psychological disorders.

ANS: T                      REF: FOCUS ON APPLICAITONS

10. Overall, CAM is used more by people from lower SES backgrounds who cannot afford traditional medicine and by men.

ANS: F  
REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

## ESSAY

1. One of the main elements of Western biomedicine is surgery. What do you know about the origin of surgery and some technological milestones in surgery?

ANS: First practiced by early Egyptians and Peruvians some 6,000 years ago. First coronary bypass was performed in 1951, and the first heart transplant was performed in 1967. Surgery and drugs are the primary attempts to cure or treat illness in Western medicine.

REF: WESTERN BIOMEDICINE



2. *Curanderos*, traditional Mexican American healers, use three levels of treatment depending on the source of the illness: material, spiritual, and mental (Trotter & Chavira, 1997). What are some of the techniques used in two of the following: the material, spiritual, and mental levels?

ANS: Material: eggs, lemons, garlic, ribbons, religious symbols, crucifix, water, oils, and incense. These are used to either emit or absorb vibrating energy that repairs the energy field around a person. Ceremonies include prayers, ritual sweepings, or cleansing (Torres & Sawyer, 2005). Spiritual: *curandero* entering a trance, leaving his or her body, and playing the role of a medium. Mental level: using the power the healer has, such as using herbs as treatments.

REF: CURANDERISMO AND SPIRITUALISM

3. How should the field of health psychology best use information about diverse approaches to health?

ANS: The rituals and ceremonies used by diverse cultures reflect the values of those cultures. Health psychologists should understand that those who believe in them should not be ignored and ridiculed. A provider needs to be aware of a person's beliefs in order to treat the person comprehensively. What people believe influences what they do to remedy the situation, and needs to be taken into consideration when receiving advice from a psychologist with a Western viewpoint on how to maintain health and prevent illness.

REF: INTRO/VARIETIES OF WORLD MEDICINE

4. Name three complementary and alternative medicines, and give descriptions of their techniques and goals.

ANS: No answer provided.

REF: ARE COMPLEMENTARY AND ALTERNATIVE APPROACHES VALID?

5. What are two of the three theories discussed in our text on how acupuncture works?

ANS: 1. Pain impulses are blocked from reaching the spinal cord or brain at various "gates" to these areas. 2. Acupuncture stimulates the body to produce endorphins, which reduce pain. 3. Opioids may be released into the body during acupuncture treatment.

REF: FOCUS ON APPLICATIONS