

## CHAPTER 1

### Welcome to Health Psychology

#### Multiple Choice Questions

1. The term behavioural medicine emerged because of the
  - a. link between behaviour and germ theory
  - b. activity of micro organisms as a cause of illness
  - c. link between behaviour and health
  - d. identification of illnesses which could not be treated with medicines
  - e. strong influence of psychosomatic medicine

Answer: c      Difficulty: easy      Page: 2      Skill: recall

2. A health psychologist can help a cardiac patient restore his or her quality of life by
  - a. addressing fears of having another heart attack
  - b. setting up a post surgical exercise program
  - c. developing the conviction that change is inevitable
  - d. teaching appropriate dietary skills
  - e. referring the patient to a cardiologist

Answer: e      Difficulty: easy      Page: 3      Skill: recall

3. The term Health Psychology replaced Behavioural Medicine as the preferred name for a new discipline linking psychology and health. The reason for this eventual name change was
  - a. The term Health Psychology includes the treatment of illness
  - b. Health Psychology also includes health maintenance
  - c. Health Psychology includes behavioural, cognitive and social perspectives
  - d. Behavioural medicine was too closely linked to animal studies
  - e. Psychosomatic medicine was too closely linked to psychoanalysis

Answer: c      Difficulty: moderate      Page: 2      Skill: recall

4. new The discovery that many illnesses are caused by the activity of microorganisms, such as bacteria is known as
- psychosomatic medicine
  - germ theory
  - behavioural medicine
  - psychoneuroimmunology
  - biopsychosocial approach

Answer: b      Difficulty: easy      Page: 3      Skill: recall

5. In 1983 Neal Miller, a behaviourist, identified non-compliance with medical regimens as an important problem that can be explained in terms of what he called a gradient of reinforcement. By this he meant that the \_\_\_\_\_ the lag time between behaviour and the reinforcer, the \_\_\_\_\_ the behaviour would be.
- greater, weaker
  - greater, stronger
  - shorter, weaker
  - shorter, stronger
  - longer, stronger

Answer: a      Difficulty: moderate      Page: 3-4      Skill: recall

6. Larry went to the physician for an annual physical exam not prompted by any complaint. He was told that his blood pressure was high and that he needed to start an exercise program and to stop smoking. Furthermore, his father just had a stroke the previous week. Which of the following would be the only reason that Larry might be compliant with physician's instructions according to Miller?
- a change in behaviour will result in delayed gratification
  - his condition was asymptomatic
  - smoking is considered socially undesirable
  - his father just had a stroke the previous week
  - Larry recognizes that he is out of shape

Answer: d      Difficulty: easy      Page: 4      Skill: applied

7. Although all of the following behaviours have been linked to coronary heart disease (CHD), the one behaviour shown to significantly increase the risk of heart disease is:
- hostility
  - Type A Behaviour
  - achievement orientation
  - time urgency
  - prone to anger

Answer: a      Difficulty: moderate      Page: 5      Skill: applied

8. Identifying the Type A Coronary Prone Behaviour pattern was most beneficial because it
- linked germ theory and coronary heart disease
  - generated research attempting to link psychology with health
  - attempted to identify the frequency of coronary heart disease
  - stimulated behaviour change in the general population
  - it decreased the incidence of heart attacks

Answer: b      Difficulty: moderate      Page: 5      Skill: recall

9. The application of psychological principles to the understanding of and improvement of health refers to the work of
- behaviourists
  - clinical psychologists
  - counselling psychologists
  - health psychologists
  - psychoanalysts

Answer: d      Difficulty: easy      Page: 2      Skill: recall

10. Germ theory, which is based on the discovery that many illnesses are caused by microorganisms, produced the following important development in medicine
- the success of antibiotics changed the profile of life-threatening illnesses
  - all diseases could now be treated successfully with antibiotics
  - germ theory stimulated the development of the biopsychosocial perspective
  - health was viewed as a product of what we do, not what we think
  - prevention became legitimate form of medical treatment

Answer: a      Difficulty: moderate      Page: 3      Skill: applied

11. Which of the following is the leading cause of death in Canada?
- a. circulatory diseases
  - b. infectious diseases
  - c. respiratory diseases
  - d. cancer
  - e. smoking

Answer: a      Difficulty: easy      Page: 7      Skill: recall

12. Suzanne Miller identified two patterns of coping strategies which influence whether or not an individual will seek information in times of stress. The information seekers are called
- a. blunterners
  - b. monitors
  - c. avoiders
  - d. problem solvers
  - e. emotional risk takers

Answer: b      Difficulty: moderate      Page: 6      Skill: recall

13. Significantly more people will follow instructions to take an antibiotic to relieve a painful ear infection than will change their lifestyle to reduce high blood pressure. The behavioural explanation for this phenomenon is
- a. delayed gratification theory
  - b. asymptomatic conditioning theory
  - c. the Health Belief Model
  - d. behavioural non-compliance
  - e. reasoned action

Answer: a      Difficulty: moderate      Page: 4      Skill: applied

14. The study of compliance was important because
- a. it led to a more in depth study of the physician-patient relationship
  - b. most patients were not complying with physician recommendations
  - c. physicians were frustrated because patients were uncooperative
  - d. drug costs were escalating
  - e. non-compliance is very expensive

Answer: a      Difficulty: moderate      Page: 6      Skill: recall

15. Some time around the middle of the twentieth century the major source of life threatening conditions became
- superbugs
  - bacteria
  - lifestyle
  - environmental carcinogens
  - animals

Answer: c      Difficulty: easy      Page: 7-8      Skill: recall

16. In understanding the cause of health related conditions such as heart attack, we must consider
- both biological and psychological causes
  - biological, psychological and sociological causes
  - psychological, sociological and environmental causes
  - biological and environmental causes
  - biological, psychological, sociological and environmental causes

Answer: e      Difficulty: easy      Page: 2      Skill: recall

17. A branch of medicine concerned with the relationship between health and behaviour is
- psychoneuroimmunology
  - rehabilitation
  - behavioural medicine
  - biomedicine
  - epidemiology

Answer: a      Difficulty: easy      Page: 2      Skill: recall

18. From the biopsychosocial model, psychological causal factors of interest in the common cold would be
- viruses and the spread of infection
  - stress
  - exposure to an infected person
  - the statistical probability of catching a cold
  - subsidized inoculation programs

Answer: b      Difficulty: moderate      Page: 10-11      Skill: applied

19. The biomedical model suggests that
- health is best understood in terms of our biology
  - health is best understood in terms of biology and medicine
  - health is best understood in terms of psychological factors
  - health is best understood in terms of medicine
  - health is best understood in terms of the patient-physician relationship

Answer: a      Difficulty: easy      Page: 11      Skill: recall

20. Jenna has recently been diagnosed as having cancer. The best treatment approach for a patient with cancer would be
- a biomedical approach
  - a psychosocial approach
  - a biopsychosocial approach
  - alternative medicine approach
  - a risk reduction approach

Answer: c      Difficulty: easy      Page: 11-12      Skill: applied

21. The health belief model has been used extensively in predicting behaviours associated with
- dental hygiene
  - AIDS risk related behaviour
  - having plastic surgery
  - finding a family physician
  - joining a fitness club

Answer: b      Difficulty: moderate      Page: 15-16      Skill: recall

22. The extent to which you think a course of action will actually work to reduce a threat is called
- a response efficacy belief
  - a cost gain belief
  - a biomedical belief
  - risk reduction belief
  - the capacity to believe

Answer: a      Difficulty: easy      Page: 13      Skill: recall

23. One important assumption of the Theory of Reasoned Action that is different from the Health Belief Model is
- that health behaviours are explained by our health beliefs
  - a person's beliefs regarding the subjective norm
  - a person's belief that a health threat exists
  - the belief that a given course of action will affect a health threat
  - a person's intent to act

Answer: b      Difficulty: moderate      Page: 16      Skill: recall

24. In the case of the health belief model, the particular behaviour will not follow unless the person
- truly believes
  - is from a wealthy family
  - values good health
  - is healthy to begin with
  - is young and motivated

Answer: c      Difficulty: moderate      Page: 16      Skill: recall

25. The notion of internal perceived behavioural control makes more sense to people who have been raised in a(n)
- Asian culture
  - Individualist culture
  - Collectivist culture
  - Health conscious culture
  - Culture with universal medical care

Answer: b      Difficulty: moderate      Page: 22      Skill: recall

- I
26. Beliefs regarding what others think we should do and the extent to which we are motivated to go along with other people are called
- objective norms
  - subjective norms
  - efficacy beliefs
  - cost-gain beliefs
  - social facilitation

Answer: b      Difficulty: easy      Page: 16      Skill: recall

27. The only difference between the Theory of Reasoned Action and the Theory of Planned Behaviour is the addition of the belief that a
- person is actually capable of performing the behaviour
  - behaviour is preceded by intention
  - health threat exists
  - given course of action will affect the threat
  - society approves of the behaviour

Answer: a      Difficulty: easy      Page 19      Skill: recall

28. Jas, a high school student, has decided that he will not drink at his graduation dance. It has been shown that having made that decision there is a greater likelihood that he will follow through. Which theory most accurately applies in Jas's case?
- Theory of Planned Behaviour
  - Theory of Reasoned Action
  - The Health Belief Model
  - Psychological Impact Model
  - Early Commitment Model

Answer: a      Difficulty: moderate      Page: 19      Skill: applied

29. Which of the following is **not** an element of the theory of planned behaviour as it might be applied to predict whether Alan will attend a Healthy Heart Program?
- Belief about the efficacy of the program
  - Value placed on being healthy
  - Subjective norms
  - Perceived behavioural control
  - Internal Cognitive Control

Answer: d      Difficulty: moderate      Page: 14      Skill: applied

30. One reason Health Psychology has come into prominence is the
- change in mortality statistics over the twentieth century
  - link between unemployment and health
  - acknowledgement of the World Health Organization
  - establishment of the Health Psychology section in the Canadian Psychological Association
  - recognition that psychological health is important to physical well being

Answer: a      Difficulty: moderate      Page: 7      Skill: recall

31. For victims of heart attack such as the example of Alan, Health Psychology can provide
- a. little because it is too late to prevent the attack
  - b. methods for implementing lifestyle change
  - c. mortality statistics
  - d. cross cultural comparisons
  - e. cardiac treatment recommendations

Answer: b      Difficulty: easy      Page 10      Skill: recall

32. Whether or not you engage in exercise behaviour will depend largely on
- a. your belief that the long term gain from exercise will outweigh the immediate costs
  - b. your social economic status
  - c. your perception of people who exercise
  - d. your perception of yourself, exercising
  - e. your previous exercise experiences

Answer: a      Difficulty: easy      Page: 13      Skill: recall

33. In making the decision to comply with medical advice, one will likely assess the costs involved. This refers to the
- a. response efficacy belief
  - b. cost-gain belief
  - c. health belief costs
  - d. theory of reasoned action
  - e. theory of planned behaviour

Answer: b      Difficulty: easy      Page: 13      Skill: recall

34. The health belief model is most predictive for people who
- a. are men
  - b. place a high value on their health
  - c. feel personally vulnerable
  - d. want to avoid visiting the doctor
  - e. are religious

Answer: b      Difficulty: easy      Page: 15      Skill: recall

35. In applying the Health Belief Model to the decision to have back surgery a patient must first
- acknowledge that a health threat exists
  - consult with his/her family member to see what they think
  - try every possible medical treatment
  - check the internet for possible alternative treatments
  - find out what others in the same situation have done

Answer: a      Difficulty: moderate      Page 16      Skill: applied

36. According to the theory of reasoned action, our \_\_\_\_\_ and our \_\_\_\_\_ determine our intention regarding the behaviour.
- subjective norms and objective norms
  - outcomes and consequences
  - thinking and intention
  - subjective norms and attitudes
  - attitudes and behaviour

Answer: d      Difficulty: moderate      Page 16      Skill: applied

37. The main distinguishing feature between the Health Belief Model and the Theory of Reasoned Action is
- other people's beliefs
  - outcome expectancies
  - health values
  - efficacy beliefs
  - locus of control

Answer: a      Difficulty: moderate      Page: 16      Skill: applied

38. The predictive power of the Theory of Reasoned Action over the health belief model is increased when applied to
- cancer screening
  - exercise Behaviour
  - smoking Behaviour
  - HIV and AID prevention
  - exercise behaviour

Answer: d      Difficulty: moderate      Page: 18      Skill: recall

39. The difference between the Theory of Reasoned Action and the Theory of Planned Behaviour is the notion of
- intention
  - perceived behavioural control
  - social norms
  - severity of consequences
  - vulnerability

Answer: b      Difficulty: easy      Page: 19      Skill: recall

40. The Stages of Change model identifies six stages. Which of the following is the correct order of these stages?
- action, precontemplation, contemplation, termination, maintenance, relapse
  - precontemplation, contemplation, action, termination, maintenance relapse
  - precontemplation, contemplation, action, relapse, termination, maintenance
  - relapse, precontemplation, contemplation, termination, maintenance
  - contemplation, action, precontemplation, termination, relapse, maintenance

Answer: b      Difficulty: easy      Page 20      Skill: recall

41. The most valuable contribution of the stages of change model is that
- smoking behaviour can be explained
  - procrastination is understood
  - one can join a support group of people at the same stage
  - relapse is not considered failure
  - motivation is recognized

Answer: d      Difficulty: moderate      Page 21      Skill: recall

42. The notion of internal perceived behavioural control tends to make more sense to people who have been raised in
- upper socioeconomic conditions
  - lower socioeconomic conditions
  - individualist cultures
  - collectivist cultures
  - primitive cultures

Answer: c      Difficulty: easy      Page 21      Skill: recall

43. Motivational models address \_\_\_\_\_ while Behavioural enaction models address the \_\_\_\_\_ .
- intention; gap between intention and behaviour
  - beliefs; actions required to change behaviour
  - thinking; behaviour
  - implementation; underlying motivation
  - goals; rewards for behavioural change

Answer: a      Difficulty: moderate      Page: 12 & 19      Skill: recall

44. Bagozzi's Goal Theory is
- similar to the Stages of Change Model
  - an example of a motivational model
  - includes the possibility of fear of success or fear of failure
  - similar to the Health Belief model but has an end goal
  - an example of a multi-stage modelgo through stages of change to implement a program

Answer: c      Difficulty: moderate      Page: 20      Skill: recall

45. The three most common topics addressed by hospital psychologists are
- pain, eating disorders and cancer
  - cancer, cardiovascular disease and diabetes
  - cardiovascular disease, spinal cord injuries, caner
  - cardiovascular disease, pain, cancer
  - respiratory disease, cancer, cardiovascular disease

Answer: a      Difficulty: moderate      Page: 23      Skill: recall

46. Gollwitzer's implementation intentions model posits that if people have a \_\_\_\_\_, they will be much more likely to engage in the behaviour.
- life coach
  - life partner
  - implementation plan
  - goal
  - possibility of success

Answer: c      Difficulty: moderate      Page: 20      Skill: recall

47. Which of the following does **not** describe a psychologist who conducts research in health psychology?
- a. Holds a doctoral degree
  - b. Works in
  - c. epidemiology
  - d. biopsychology
  - e. health psychology

Answer: c    Difficulty: easy    Page: 23    Skill: recall

48. Which of the following does not describe a distinguishing difference between Clinical and Counselling Psychologists?
- a. Clinical and Counselling Psychologists require different training
  - b. Clinical Psychologists usually have a year of internship
  - c. Counselling psychologists do not require a Ph.D.
  - d. Only Clinical Psychologists can work in health care facilities
  - e. Salaries tend to be lower for Counselling Psychologists

Answer: d    Difficulty: easy    Page: 22-23    Skill: recall

49. New The arrival of health psychology as a subdiscipline in psychology is attributed to
- a. Miller's article on behavioural medicine
  - b. Matarazzo proposing the first definition
  - c. Friedman and Rosenman identifying Type A behaviour patterns
  - d. WHO promotes the notion of being "healthy"
  - e. The discovery of germ theory

Answer: a    Difficulty: easy    Page 3    Skill: recall

50. New Which of the following is an example of a motivational model of health behaviour
- a. Gollwitzer's Implementation Intentions Model
  - b. Bagozzi's Goal Theory
  - c. Health Action Process Approach
  - d. Stages of Change Model
  - e. Health Belief Model

Answer: e    Difficulty: easy    Page 19-20    Skill: recall

51. The extent to which our immune system is functioning properly to ward off microorganisms is called
- psychoneuroimmunology
  - immunocompetence
  - behavioural medicine
  - biomedical model
  - germ theory

Answer: b      Difficulty: easy      Page 6      Skill: recall

52. Behaviour Enaction Models attempt to address the gap between
- intention and emotion
  - internal intention and external intention
  - intention and behaviour
  - perceived behavioural control and actual behavioural control
  - attitudes and behaviour

Answer: c      Difficulty: moderate      Page 19      Skill: recall

53. Abdul believes that flu is a real threat to his health during the school term. He also believes that getting a vaccination will prevent or at least diminish his risk of getting ill. If Abdul decides to get the flu shot, we can explain his behaviour best by the
- Theory of Reasoned Action
  - Theory of Planned Behaviour
  - Stages of Change Model
  - Health Belief Model
  - Health Action Process Approach

Answer: d      Difficulty: moderate      Page 16      Skill: applied

### **Short Answer/Essay Questions**

1. Alan was admitted to hospital with classic symptoms of a heart attack. Using the biopsychosocial model discuss the causes which may have contributed to Alan's condition.

Difficulty: moderate      Page: 2, 10-12      Skill: applied

2. Following Neal Miller's initial review of the field in 1983, several perspectives in addition to the behavioural medicine approach, contributed to the development of Health Psychology. Describe these perspectives and give an example of how they have contributed to the current status of Health Psychology.

Difficulty: moderate      Page: 3-4      Skill: recall

3. What is psychoneuroimmunology? Conclude your answer by explaining immunocompetence.

Difficulty: easy

Page: 6-7

Skill: recall

4. Identify the factors which led to the growing prominence of Health Psychology as a discipline.

Difficulty: easy

Page: 3-9

Skill: recall

5. Describe the Health Belief Model and provide an example of how it can be used to predict health behaviours.

Difficulty: moderate

Page: 13-16

Skill: recall

6. John has been smoking for 20 years. He has developed emphysema (a respiratory problem) and has been told to stop smoking. He enjoys smoking, has seen friends struggle with stopping and doesn't think that it would help anyway. Based on the Health Belief Model would you predict that John will stop smoking? Support your answer.

Difficulty: moderate

Page: 13-16

Skill: applied

7. Joan had a breast lumpectomy for the treatment of cancer. The following year she underwent a bilateral mastectomy to further control the spread of cancer. At that time, Joan was given a choice between chemotherapy and radiation therapy. It was recommended that she have both chemotherapy and radiation therapy. Using the Health Belief Model predicts whether or not Joan will agree to the combined chemotherapy and radiation therapy. Support your answer.

Difficulty: moderate

Page: 13-16

Skill: applied

8. Compare the Theory of Planned Behavior and the Theory of Reasoned Action.

Difficulty: moderate

Page: 16-19

Skill: applied

9. What are the most common health concerns addressed by hospital psychologists?.

Difficulty: easy

Page: 23

Skill: recall

10. Compare the biomedical model and the biopsychosocial model of health. What are the implications of accepting one model over the other?

Difficulty: moderate      Page: 10-11      Skill: applied

11. Apply the Stages of Change Model to smoking cessation. Identify each stage and describe the smoker's behaviour at that particular stage.

Difficulty: easy      Page: 20-21      Skill: recall

12. Explain Miller's model of non-compliance using the language of behaviourism.

Difficulty: moderate      Page 3-4      Skill: recall

13. Distinguish between the following terms: behavioural medicine, health psychology, biopsychosocial approach

Difficulty: easy      Page 2-4,10      Skill: recall

14. Why has health psychology grown so quickly in recent years?

Difficulty: moderate      Page 7-9      Skill: recall

15. Describe the differences between the Motivational Models of health behaviour and the Behaviour Enaction Models providing an example of each.

Difficulty: moderate      Page 12-20      Skill: recall