1. Optimism, trust, and self-confidence are components of
   A. physical wellness.
   B. emotional wellness.
   C. spiritual wellness.
   D. interpersonal wellness.

2. People with low incomes and less education
   A. have higher rates of many diseases.
   B. are more likely to be underweight.
   C. are less likely to smoke.
   D. have better access to health care.

3. The behavior one identifies for change is called
   A. bad news.
   B. enabling behavior.
   C. target behavior.
   D. predisposed behavior.

4. When compared to the general U.S. population, Asian Americans have
   A. higher overall death rates.
   B. shorter life expectancies.
   C. higher rates of sickle cell anemia.
   D. lower rates of coronary heart disease.

5. Spiritual wellness is best described as having
   A. a strong support network of family and friends.
   B. meaning and purpose in one's life.
   C. the ability to express oneself creatively.
   D. the ability to share one's feelings.
Situation

Carla has become very busy since she came to college. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities.

6. Carla made a plan to spend more time with her friends but found that her plan didn't seem to be working too well. Which of the following is the most likely reason that Carla's plan is not working as she expected?

A. Carla made a plan without first monitoring and evaluating her schedule.
B. Carla is not adequately motivated.
C. Carla is more committed to her activities than to her friends.
D. Carla has an external locus of control.

7. Which of the following is a positive social influence on health behaviors?

A. personal skills
B. attitudes
C. supportive friends
D. money

8. The average life span in the twentieth century

A. did not change significantly.
B. increased slightly.
C. nearly doubled.
D. nearly tripled.

9. Carla will probably be able to balance her time so that she can study, be active on campus, and have fun with her friends because she

A. has an internal locus of control.
B. has an external locus of control.
C. is persuasive and her friends will do as she asks.
D. will stick to her plan without making changes.
10. The six dimensions of wellness include all of the following EXCEPT

A. emotional wellness.
B. environmental, or planetary, wellness.
C. spiritual wellness.
D. dietary wellness.

11. One important target of the sympathetic nervous system is the

A. central nervous system.
B. endocrine system.
C. reproductive system.
D. digestive system.

12. The hormone released by the pituitary gland during the stress response is

A. norepinephrine.
B. epinephrine.
C. cortisol.
D. ACTH.

13. A person who suppresses anger, and feels hopeless has characteristics of which personality type?

A. Type A
B. Type B
C. Type C
D. Type D

14. Which statement about people with hardy personalities is FALSE?

A. They view stressors as challenges.
B. They tend to perceive fewer situations as stressful.
C. They tend to believe their lives are controlled by outside factors.
D. They feel at least partly in control of their lives.

15. All of these are considered counterproductive coping strategies EXCEPT

A. tobacco use.
B. drug abuse.
C. use of a multivitamin.
D. alcohol use.
16. Which of the following statements is TRUE regarding stress and the lives of college students?

A. It is a period of low stress.
B. It is a period when stress is easily managed.
C. It may be one of the most stressful periods in one’s life.
D. It is a period where stress will have little impact on your sense of wellness.

17. Which one of the following statements is TRUE of progressive relaxation?

A. It is based on the use of your imagination and your skill at imagery.
B. It requires no willpower or imagination.
C. It increases oxygen consumption to the muscles.
D. It is the only relaxation technique that also permits you to achieve cardiovascular fitness benefits.

18. Which one of the following is a stressor?

A. bad grade
B. sweaty palms
C. rapid pulse
D. high fever

19. Mohammed just received an F on his term paper. Which type of stress is he likely to experience?

A. eustress
B. malstress
C. distress
D. unmanaged stress

20. Psychoneuroimmunology (PNI) is the study of the interaction between all the following systems EXCEPT the _____________ system.

A. nervous
B. endocrine
C. immune
D. respiratory
Situation

Roger is a single father of two young daughters and has been dating Cheryl for the past 2 years. He recently learned that his company is going to be downsizing. Although Roger is financially stable, he is worried that his job is in jeopardy. He hasn't told anyone of the situation. Cheryl and his daughters have noticed that Roger is irritable and doesn't seem to be interested in doing anything. He is experiencing headaches, restlessness, and insomnia. Roger decides to seek professional help and starts seeing a cognitive therapist.

21. Roger's symptoms are signs of
   A. panic disorder.
   B. depression.
   C. personality disorder.
   D. ineffective use of defense mechanisms.

22. Which of the following statements describes people who are autonomous?
   A. They don't express their feelings because of fear of disapproval.
   B. They respond only to what they feel as outside pressure.
   C. They act because they feel driven.
   D. They are inner-directed.

23. Which of the following is NOT a risk factor for suicide?
   A. a history of previous attempts
   B. readily available means
   C. addiction to alcohol or drugs
   D. a high anxiety level

24. Being self-actualized is characterized by
   A. passivity.
   B. good work habits.
   C. good physical health.
   D. realism.
25. Repetitive, hard-to-resist actions associated with obsessions are
   A. delusions.
   B. phobias.
   C. hallucinations.
   D. compulsions.

26. Religious belief
   A. undermines problem solving.
   B. is a substitute for a positive self-concept.
   C. promotes psychological health for some individuals.
   D. has little bearing on mental health.

27. Which of the following statements about fear is FALSE?
   A. It is a basic and useful emotion.
   B. It is considered to be a problem if it is out of proportion to real danger.
   C. It is another word for anxiety.
   D. It undermines the attainment of positive self-esteem.

28. Which of the following phrases is the best description of normality?
   A. what most people do
   B. the right thing to do
   C. what most people should do
   D. what people think they should do

29. Our early identity models are most likely to be
   A. parents.
   B. celebrities.
   C. peers.
   D. political leaders.

30. Symptoms of panic disorder typically include
   A. a sudden drop in blood pressure.
   B. a loss of physical equilibrium.
   C. lethargy.
   D. a depressed heart rate.