1. The best definition of a psychoactive drug is a drug that
   A) increases the rate of physiological functions.
   B) alters a person's experiences or consciousness.
   C) is obtained only with a prescription.
   D) relieves pain and causes relaxation.

2. Which of the following statements about characteristics of marijuana use and
dependence is FALSE?
   A) Tolerance can develop.
   B) Withdrawal symptoms are severe.
   C) Marijuana can become the focus of the user's life.
   D) A chronic marijuana user is likely to be a heavy user of tobacco.

3. Which of the following beverages contains the most caffeine in a typical serving?
   A) coffee
   B) tea
   C) hot chocolate
   D) Coca-Cola

4. An addiction often starts when a person does something that she or he thinks will be
   pleasurable.

5. Gamma hydroxybutyrate causes anterograde amnesia.

6. Drug abuse is the same as drug dependence.

7. Alcoholics Anonymous groups follow a 12-step program.

8. Health consequences related to the use of spit tobacco are most likely to include
   A) gum disease, oral cancer, and heart disease.
   B) gum disease, bladder cancer, and lung cancer.
   C) oral, bladder, and lung cancer.
   D) heart disease, oral cancer, and lung cancer.
9. Which of the following beverages has the highest concentration of alcohol?
   A) sherry
   B) wine
   C) ale
   D) brandy

10. You come upon a friend who has been drinking heavily and appears to be “sleeping it off.” Describe in detail what steps you should take to keep your friend safe. In addition, list at least three factors that would indicate that your friend may need immediate medical assistance.

11. Someone who, perhaps unknowingly, allows another to continue excessive use of alcohol is called a(n)
   A) facilitator.
   B) enabler.
   C) reinforcer.
   D) predisposser.

12. The Dietary Reference Intakes
   A) are designed to prevent nutritional deficiencies and chronic diseases.
   B) will eventually be replaced by RDA values.
   C) are used as a basis for most food labels.
   D) are a food group plan.

13. Minerals
   A) help regulate body functions.
   B) are found only in animal products.
   C) provide the body with 4 calories per gram in energy.
   D) make up about 60% of total body weight.

14. How many daily servings of breads and cereals are recommended by the Food Guide Pyramid?
   A) 1-2
   B) 3-4
   C) 5-6
   D) 6-11

15. Food allergies are more common among adults than food intolerances.
16. Which of the following statements about vitamins is true?
A) Vitamins are required by the body in large amounts.
B) Vitamins initiate energy release from carbohydrates.
C) Vitamins provide direct energy to the body.
D) Vitamins are best taken in the form of vitamin supplements.

17. Which of the following performance-enhancing drugs has no negative side effects?
A) anabolic steroids
B) DHEA
C) ephedrine
D) none of the above

18. The body's maximum ability to transport and use oxygen is called maximal
A) cardiorespiratory capacity.
B) oxygen consumption.
C) pulmonary capacity.
D) overload.

19. The five components of fitness most important to health are endurance, strength, flexibility, body composition, and skill attainment.

20. Which of the following statements about the effects of exercise on metabolism and body composition is FALSE?
A) Endurance exercise raises metabolic rate for several hours after exercise.
B) Strength training increases muscle mass, which raises metabolic rate.
C) Exercise increases calorie expenditure and thus helps regulate body weight.
D) Exercise can cause substantial weight gain due to large increases in muscle mass.

21. Stretching exercises should be held for
A) 5-10 seconds.
B) 10-30 seconds.
C) 30-60 seconds.
D) 1-2 minutes.

22. Which of the following statements about chlamydia infection in women is FALSE?
A) Its symptoms are painful and long-lasting.
B) It is related to PID.
C) It can cause pneumonia and eye infection in newborns.
D) It can lead to infertility.
23. Vaginal douching reduces the risk of PID.

24. Which of the following statements about PID is FALSE?
   A) It can cause chronic pain.
   B) It is the leading cause of infertility in young women.
   C) Initial symptoms are severe and easily recognized.
   D) There may be recurrent problems despite treatment.

25. A drug used to treat herpes is
   A) podophyllin.
   B) flagyl.
   C) doxycycline.
   D) acyclovir.

26. The herpesvirus most often responsible for cold sores is
   A) HSV 1.
   B) HSV 2.
   C) EBV.
   D) HSV B.

27. The Harvard criteria for brain death require additional testing after _________ hours have elapsed since the first tests.
   A) 12
   B) 24
   C) 48
   D) There are no additional tests.

28. The testator of a will is the
   A) legal representative drawing up the will.
   B) person making the will.
   C) accumulated estate.
   D) executor of the estate.
29. Which of the following methods is the only certain way of diagnosing Alzheimer's disease?
   A) blood tests
   B) MRI
   C) autopsy
   D) CT scan

Bill and Rosie have been happily married over 40 years. They have never spent more than two nights apart. Bill has been battling illness for the past 3 years with Rosie providing most of his care at home. Bill is now in the end-stage of terminal cancer, and Rosie has help from visiting professional caregivers who provide medications for pain management.

30. For a time after Bill's death, Rosie alternates between periods of acute pining for Bill and periods where she begins to face the reality of the future by taking on tasks of daily living that Bill had handled, such as managing finances. This period is most characteristic of
   A) the first task of mourning.
   B) the initial phase of grief.
   C) the middle phase of grief.
   D) the last phase of active grief.

31. For a female born in the United States in 2000, life expectancy is approximately
   __________ years.
   A) 68.9
   B) 73.0
   C) 79.5
   D) 85.3

32. The NCCAM advises consumers to consult with their conventional health care provider before beginning CAM therapy.

33. Bioelectromagnetics has a firm footing in the scientific community due to the rigorous research being conducted to test it.

34. Psychiatrists are medical doctors.
35. Which one of the following statements about managing medical problems is FALSE?
A) Most symptoms require treatment with OTC drugs or professional assistance.
B) An individual with a chronic condition such as diabetes should consult a physician before using an OTC drug.
C) Professional medical advice is recommended for a symptom that is severe, unusual, persistent, or recurrent.
D) Self-evaluation of symptoms and self-treatment with OTC drugs is a major part of the U.S. health care system.

36. A characteristic of a well-designed clinical research study is that the members of the treatment and control groups are
A) different in key characteristics.
B) selected randomly.
C) aware of which group they are in.
D) all at the same research center.

37. Women tend to stay in violent relationships because of
A) low self-esteem.
B) financial dependence.
C) belief that their children need a father.
D) all of the above

38. A factor in most fatal motorcycle crashes is
A) alcohol use by the rider.
B) poor road conditions.
C) multiple collisions.
D) an insufficiently skilled rider.

39. Which of the following is the first step in providing emergency care?
A) call for help using 9-1-1 or a local emergency number
B) care for the victim if you know appropriate first aid
C) check to see if the situation is safe for you and the injured person
D) check the injured person to assess her or his condition

40. All of the following are examples of collective violence EXCEPT
A) genocide.
B) terrorism.
C) homicide.
D) organized violent crime
41. The term *accident* is used to differentiate between intentional and unintentional injury.

42. Noise pollution can cause hearing loss and stress-related illnesses.

Alec has graduated from college and is moving to a large city to start a new job. Once he arrives, he plans to buy his first new car. Since he has asthma and is concerned about the effects of air pollution, he wants to consider environmental factors in his choice of vehicle and in his driving habits. He also wants to avoid asthma-related health problems associated with air pollution.

43. If Alec wants to reduce the chance that he is contributing to the formation of smog, he should limit his driving time/distance in all of the following areas or conditions EXCEPT
   A) sunny weather.
   B) times of heaviest traffic.
   C) cold weather.
   D) a valley surrounded by mountains.

44. Temperature inversion prevents
   A) horizontal dispersion of air.
   B) vertical dispersion of air.
   C) horizontal winds.
   D) cooling of air.

45. The help reduce global warming, the United States is participating in the Kyoto Protocol to the United Nations Convention on Climate Change.

46. The ozone layer in the upper atmosphere
   A) shields the earth from the sun's ultraviolet rays.
   B) facilitates temperature inversions.
   C) maintains the pH of rain.
   D) is the key component of smog.