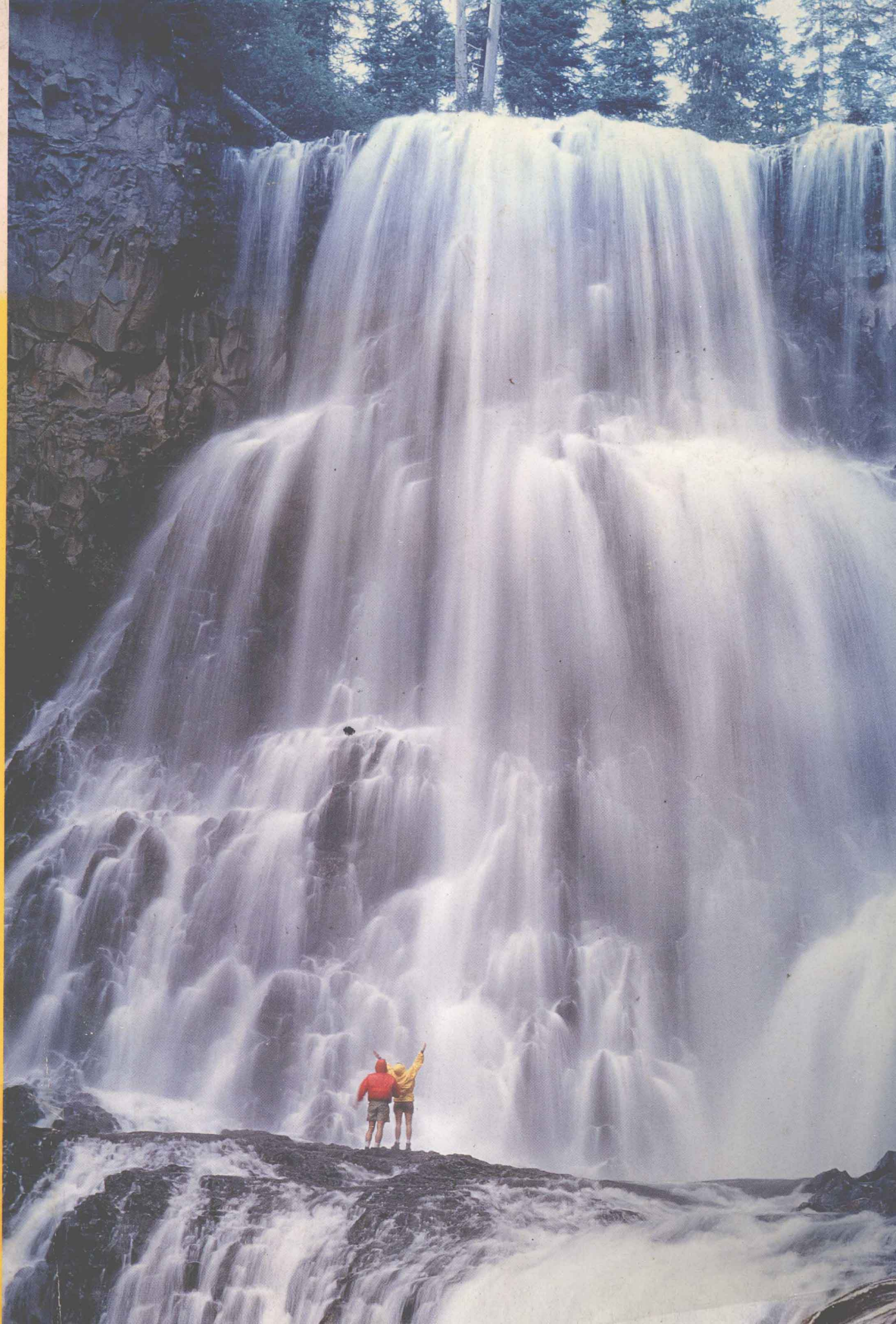


COMPANION FOR HALES'S

# Invitation to Health 7<sup>TH</sup> BARBARA W. SOYAD



**Student Companion for Hale's**  
**AN INVITATION TO HEALTH**  
**SEVENTH EDITION**

**Barbara W. Sayad**



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## PREFACE

The *Student Companion* which accompanies Dianne Hales', *An Invitation to Health, Seventh Edition*, was developed to help support and enrich the course you are taking. To do this, we have included the following:

***Learning objectives*** - these are the same objectives that appear in the textbook. They are also included here to help assist you in focusing on key concepts from the book.

***Sample test questions*** - these include multiple choice, true/false, and short answer questions. The last two questions from the multiple choice and true/false sample tests come directly from the *Instructor's Test Bank* and may appear on your examinations. All of these are intended to better prepare you to take exams by helping you to focus on key concepts from the text and practice your test-taking skills. In addition to these questions, we recommend that you develop flashcards for each of the key terms and practice the definitions in your free time. Answers to the sample test questions can be found at the end of the book.

***Personal assessment and observations*** - the intention of these is to provide an avenue for further exploration, assessment, and decision-making about health. These activities range from observations regarding the impact of the media on behavior to personal and historical assessments about the formation of your sexual and gender identity. We hope that you take the opportunity to integrate these experiences into your learning.

It is our hope that the combination of the above will be viewed as an aid and a facilitator to the course, thereby helping to make your learning easier, and the course more relevant to your life.

## **Part One**

### **Test Questions and Activities**

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## Part One: Test Questions and Activities

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## Chapter One

# AN INVITATION TO HEALTH FOR THE TWENTY-FIRST CENTURY

### Learning Objectives

*After studying the material in this chapter, you should be able to:*

1. Identify and explain the dimensions of health and how they relate to total wellness.
2. Explain the principles and goals of prevention, and differentiate prevention from protection.
3. Explain the principles of health promotion.
4. Discuss the relationship between culture, economics, and health care.
5. Describe the factors that influence the development of health behavior.
6. Create a complete plan to change or develop a health behavior.

### Practice Test Questions

#### Multiple Choice

1. Psychological health involves:
  - a. our feelings and our thoughts
  - b. the ability to interact effectively with other people
  - c. thinking, learning, and acting on information
  - d. a belief in some meaning or order in the universe
2. The number one killer in the United States today is/are:
  - a. respiratory infections
  - b. heart disease
  - c. diarrhea
  - d. cancer
3. Which of the following most positively influences your health?
  - a. income
  - b. prestigious job
  - c. peer group
  - d. education

4. Having skills, resources, accessible facilities and physical and mental capacities are otherwise called:
  - a. good luck
  - b. positive perceptions
  - c. enabling factors
  - d. reinforcing factors
  
5. Susan is anxious to shed ten pounds before the homecoming dance. Her decision to change her attitudes and behaviors will most likely succeed if she:
  - a. gets support from her friends
  - b. attempts to please and impress her date
  - c. establishes a permanent personal goal
  - d. purchases, in advance, a dress which is one size smaller than she currently wears
  
6. Which of the following is NOT a step for setting goals and making changes?
  - a. determine your goal or objective
  - b. set small, manageable goals
  - c. identify your resources
  - d. allow obstacles or conflicts to be your guide and alter your goal accordingly
  
7. Behaviors that are expected, accepted, or supported by a group are called:
  - a. social identity
  - b. locus of control
  - c. social and cultural norms
  - d. health promotion
  
8. The process of enabling people to improve and increase control over their lives is called health:
  - a. promotion
  - b. prevention
  - c. protection
  - d. awareness
  
9. A tenet of patient education and health is that the responsibility of the patients' health rests ultimately with:
  - a. the physician
  - b. the primary caregiver
  - c. the patient
  - d. the government



10. All of the following might be examples of health promotion programs EXCEPT which?

- a. the local drugstore conducts a cholesterol screening
- b. Students Against Drunk Driving (SADD) gives a free lecture
- c. someone goes to the doctor when they are sick
- d. Weight Watchers offers a free introductory program

**True/False**

Mark T or F on the line before the question.

- \_\_\_ 1. The holistic approach to health looks at health and the individual, part by part.
- \_\_\_ 2. A definition of health, as suggested by the World Health Organization, is the absence of disease or infirmity.
- \_\_\_ 3. Environmental health refers to the impact that your world has on your well-being.
- \_\_\_ 4. Compared to generations past, Americans are experiencing a significantly longer lifespan.
- \_\_\_ 5. Diversity poses no special challenges in health care.
- \_\_\_ 6. No medical treatment, however successful or sophisticated, can compare with the power of prevention.
- \_\_\_ 7. Beliefs are more powerful than knowledge and attitudes in shaping and changing health behaviors.
- \_\_\_ 8. The primary reason for the health problems faced by minorities in the United States today is race.
- \_\_\_ 9. Attending a smoking cessation program is an example of primary prevention.
- \_\_\_ 10. The process by which we seek to reduce the likelihood of occurrence of various diseases is known as prevention.

**Short Answer**

1. People are most likely to change health behavior if they hold three beliefs. List and briefly describe what these are.

2. Define and differentiate between the concepts of prevention and protection and give an example of each.

3. Identify 4 out of 6 dimensions of health and provide an example of each.

## Personal Assessment and Observations

### Establishing And Achieving Goals

We are a goal-setting society. We set goals to loose weight, run longer distances while improving our times, achieve certain grades in order to improve our eligibility for graduate school, and work hard to obtain items too numerous to mention. What motivates us to work so hard? How do we view obstacles? What helps to support us in achieving our goals?

The purpose of this exercise is to see the process of how others establish their goals. Following this, you will be asked to review and evaluate your own goal-setting patterns. Identify at least two friends whom you know have achieved a goal and ask them the following questions:

1. What was the goal you choose?
2. Why did you choose this particular goal?
3. What resources did you use to support you?
4. What obstacles or barriers did you encounter along the way and how did they affect you?
5. How would you evaluate your success in reaching this goal?

What did you learn as a result of your interview? How might you use the information you gathered to support any goal or plan that you are trying to achieve?

### **Prevent, Protect and Promote**

The text discusses the concepts of prevention, protection, and promotion, as they relate to health. Whether or not you have thought about it, you probably already incorporate practices and behaviors in your life which utilize these three concepts. The purpose of this activity is to help you see how certain existing behaviors help to safeguard your health. Pick a category of health behavior (i.e. sexuality, nutrition, alcohol or drug use, mental health) and respond to the following:

Behavior selected \_\_\_\_\_

What actions do I take to *prevent* problems in this area from occurring?

If and when I take risks, what do I do to *protect* myself?

What actions do I take to enhance, improve and *promote* my health ?

If you can respond to each of these questions in a positive manner, you are taking positive and health-enhancing steps towards protecting your health. If not, what can you do to incorporate these into your lifestyle? Feel free to repeat this activity using a different health behavior.

## Chapter Two

# MANAGING STRESS

### Learning Objectives

*After studying the material in this chapter, you should be able to:*

1. Define stress and stressors and use the general adaptation syndrome to explain how stress relates to health.
2. List some personal causes of stress, especially those felt by students, and discuss how their effects can be prevented or minimized.
3. List the major social stressors and explain how these can cause stress.
4. Describe the symptoms of stress-related adjustment disorders.
5. Explain the relationship of stress to heart disease, high blood pressure, the immune system, and digestive disorders.
6. Explain how you can improve your resistance to stress, and describe some techniques to help manage stress.

### Practice Test Questions

#### Multiple Choice

1. Stress is:
  - a. an external force
  - b. an internal state of arousal
  - c. the physical response of the body to various demands
  - d. all of the above
2. Roland experiences stress caused by weekly tests in biology. These usually occur on the same day as his swim team's events. This type of stress is referred to as:
  - a. acute
  - b. sequential
  - c. intermittent
  - d. chronic

3. Which of the following is NOT a reliable statement?
  - a. work in itself is hazardous to health
  - b. bad attitudes about work can be threats to health
  - c. a job, stressful or not, can be therapeutic for survivors of heart attacks
  - d. people who see change as a challenge are less prone to stress
  
4. Jim recently found out he is HIV positive. As a coping mechanism, he decides to use his experience to educate others about the disease. His way of dealing with stress is called:
  - a. sublimation
  - b. religiosity
  - c. altruism
  - d. denial
  
5. According to researchers, how can people best enjoy their leisure time?
  - a. just let it happen
  - b. prepare for it
  - c. save a lot of money in order to enjoy it
  - d. don't make it a priority
  
6. Intentionally increasing and then decreasing tension in the muscles is known as:
  - a. visualization
  - b. progressive relaxation
  - c. meditation
  - d. biofeedback
  
7. Which of the following are key signals of an adjustment disorder?
  - a. short term but acute symptoms
  - b. able to relate only to close friends
  - c. distress and impairment
  - d. a predictable set of symptoms
  
8. Many of those who have viewed violent crimes in their homes or on the street suffer from:
  - a. adjustment disorders
  - b. bi-polar disease
  - c. schizophrenia
  - d. post traumatic stress disorder (PTSD)
  
9. Which of the following best defines biofeedback?
  - a. reduces muscle tension by contracting and relaxing muscles
  - b. uses monitoring of physiological activity to altar the activity
  - c. uses guided imagery to self-heal and motivate life changes
  - d. involves experiencing the physical and mental sensations of the movement

10. The common observation that many people contract infectious diseases shortly after a long period of stress indicates that unresolved stress may influence our:
- cardiovascular system
  - digestive system
  - nervous system
  - immune system

**True/False**

Mark T or F on the line before the question.

- \_\_\_ 1. Some of life's happiest moments are enormously stressful.
- \_\_\_ 2. While stress can have a powerful impact on health, so can health affect a person's resistance or coping ability.
- \_\_\_ 3. According to researchers, college students have among the lowest rates of suicide.
- \_\_\_ 4. All stressors are personal in nature.
- \_\_\_ 5. People usually procrastinate because they are lazy.
- \_\_\_ 6. Mindfulness is a technique that involves maintaining awareness in the present moment.
- \_\_\_ 7. There are no specific remedies or treatments for adjustment disorders.
- \_\_\_ 8. Although it has been found that Type-A behavior is the major contributing factor in the early development of heart disease, the degree of danger associated with this behavior is controversial.
- \_\_\_ 9. The relaxation process that uses alternative tensing and relaxing of muscle groups is known as biofeedback.
- \_\_\_ 10. Buying a new house, getting married, having a baby, or receiving a job promotion are potential stressors that might be classified as distressors.

**Short Answer**

1. Name and briefly describe the three stages of Seyle's general adaptation syndrome.

2. Aside from studying, what are 4 strategies a student can take in order to help defuse the stress that often accompanies test taking?

3. Discuss the concept of burn-out, as it relates to work and careers.



## **Personal Assessments and Observations**

### **Looking At Stress From A Different Perspective**

Record the various stressors that are currently affecting you, noting both positive and negative events, changes and concerns:

#### **Stressors**

1. Put an asterisk (\*) next to the top five that are causing the most concern to you.
2. Now list one or two things you might be able to do to alleviate or reduce the intensity of stress in your life.
3. Given the priorities you have just assigned, is it possible to make adjustments and/or reduce expectations in other areas?
4. Does your list look more manageable?
5. Don't forget that while dealing with stressors, it is important to also take time away from them, to give yourself perspective, and to relax. Controlling your stress levels will help to support a higher level of wellness.