

Paper CD 

Selected Items from the Interactive Companion™ CD-ROM for

health

in the new millennium

Jeffrey S. Nevid

Spencer A. Rathus

Hannah R. Rubenstein

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Smart Quizzes

Gary W. Piggrem

DeVry Institute of Technology

HealthChecks

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Jeffrey S. Nevid, Spencer A. Rathus, and Hannah R. Rubenstein:
Health in the New Millennium

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1

Health in the New Millennium

Answers begin on p. Q-161

Q0101 (p. 6) What Is Health?

1. According to the text, one of the best definitions of health is that put forth by the ancient Greeks, who defined health as:
 - a. the absence of disease.
 - b. moral purity.
 - c. the absence of physical pain.
 - d. a sound mind in a sound body.
2. Your ability to think clearly, to adjust to life's demands, to solve problems, to pursue goals, and to maintain your emotions on an even keel are all part of _____ health.
 - a. psychological
 - b. spiritual
 - c. physical
 - d. social
3. Matt finds fulfillment in molding clay sculptures. He also finds enjoyment in volunteering at the local homeless shelter. These activities serve to enhance Matt's _____ health, specifically.
 - a. psychological
 - b. spiritual
 - c. environmental
 - d. social
4. The relationship between the individual and the world—natural or human-made—around him or her refers to _____ health.
 - a. psychological
 - b. spiritual
 - c. environmental
 - d. social

Q0102 (p. 9) Striving for Wellness

1. Factors that either promote or hinder change, including beliefs, attitudes, knowledge, expectancies, and values, are called _____ factors.
 - a. enabling
 - b. predisposing
 - c. reinforcing
 - d. neutralizing
2. Factors that promote change, including skills or abilities, physical and mental capabilities, and availability and accessibility of resources, are called _____ factors.
 - a. enabling
 - b. predisposing
 - c. reinforcing
 - d. neutralizing
3. Factors that include the praise and support you receive from others and from yourself that encourage healthy behavior are called _____ factors.
 - a. enabling
 - b. predisposing
 - c. reinforcing
 - d. neutralizing
4. When Barb began her exercise program, she set down a precise plan in which she established goals to improve her cardiovascular fitness by running for 30 minutes a day, three times a week, and going to an aerobics class twice a week. Barb's behavior is an example of:
 - a. tracking your problem behavior.
 - b. acquiring information you need to know.
 - c. identifying specific behaviors to be changed.
 - d. not giving up when you give in.
5. Each of the following is an appropriate way to make healthful changes in your life *except*:
 - a. adopt an external locus of control.
 - b. approach goals gradually.
 - c. don't give up when you give in.
 - d. acquire information you need to know.
6. Maggie believes that she is in control of her own fate. She believes that, generally, what happens to her is primarily the result of the choices she makes in her own behavior. Maggie appears to have a(n) _____ locus of control.
 - a. primary
 - b. external
 - c. secondary
 - d. internal

7. Marcus believes that what happens to him is mainly the result of chance, luck, or fate. He believes that the choices he makes have little real impact on the course his life takes. Marcus appears to have a(n) _____ locus of control.
- primary
 - external
 - secondary
 - internal

Q0103 (p. 15) Healthy People 2000—Into the New Millennium

- The average life expectancy for Americans is _____ years.
 - 56
 - 64
 - 76
 - 84
- The average African American lives _____ *healthy* years in a lifetime.
 - 36
 - 44
 - 56
 - 64
- In 1955, about _____ percent of adults smoked; today, about _____ percent smoke.
 - 50; 50
 - 50; 25
 - 25; 50
 - 25; 25
- The leading cause of death in the United States in 1995 was:
 - cancer.
 - AIDS.
 - murder/suicide.
 - heart disease.
- In the last few years, there has been a small _____ in the health-related quality of life, and the percentage of Americans with private health insurance _____.
 - decline; declined
 - decline; increased
 - increase; declined
 - increase; increased
- The leading cause of preventable deaths in the United States each year is:
 - sexually transmitted diseases.
 - alcohol abuse and its related problems.
 - tobacco use and its related problems.
 - the illegal use of firearms.

7. About _____ of 10 emergency room visits in the United States result from accidents.
- 1
 - 4
 - 6
 - 9
8. Mimi wants to reduce the risk of preventable accidents in her life. Which of the following should she *not* do?
- Use her cellular phone while driving.
 - Anticipate accidents before they occur.
 - Obey all traffic laws, including the speed limit laws.
 - Use seat belts while driving.

Q0104 (p. 19) Human Diversity and Health—Nations within the Nation

- If current national population trends continue, non-Hispanic whites will:
 - remain the majority group indefinitely.
 - become a minority group in the 23rd century.
 - become a minority group in the 21st century.
 - become a minority group before the year 2000.
- Harry is suffering from a blood disorder that makes it difficult for him to get the oxygen he needs to the cells in his brain and body. His father had the disorder, as does his brother. Harry's disorder sounds most like:
 - Tay-Sachs disease.
 - hypertension.
 - osteoporosis.
 - sickle-cell anemia.
- A fatal, inherited disorder that afflicts primarily Jews of East European origin is:
 - Tay-Sachs disease.
 - Korsakoff's syndrome.
 - Klinefelter's syndrome.
 - sickle-cell anemia.
- Of the following people, the one most likely to suffer from hypertension is a(n):
 - black African.
 - African American.
 - white American.
 - Hispanic American.
- Which of the following people is *least* likely to develop cancer?
 - an African American
 - a Hispanic American
 - a non-Hispanic white American
 - All have an equal chance of developing cancer.

6. Given cross-cultural differences in health, in which of the following countries is someone *most* likely to die from cancer?
 - a. Thailand
 - b. the Philippines
 - c. Canada
 - d. Japan
7. Historically, women's health research has focused on issues of:
 - a. metabolism.
 - b. fertility and reproduction.
 - c. mental health.
 - d. aging and infirmity.
8. Women are at higher risk than men for developing which of the following disorders?
 - a. heart disease and breast cancer
 - b. osteoporosis and heart disease
 - c. heart disease and arthritis
 - d. osteoporosis and arthritis
9. Jasmine coughs constantly. Her throat always feels tight and irritated. The lining of her breathing tubes is persistently swollen and inflamed. Jasmine would appear to have:
 - a. emphysema.
 - b. pneumonia.
 - c. tardive dyskinesia.
 - d. chronic bronchitis.
10. Generally speaking, people higher in socioeconomic status have _____ health and lead _____ lives.
 - a. worse; shorter
 - b. better; shorter
 - c. worse; longer
 - d. better; longer

Q0105 (p. 25) Critical Thinking and Health

1. Each of the following is involved in thinking critically *except*:
 - a. taking care not to oversimplify or overgeneralize.
 - b. recognizing that correlation is causation.
 - c. being skeptical.
 - d. examining the definitions of terms.
2. Of the following females, who would be *least* likely, on average, to abuse or neglect her children?
 - a. a single mother
 - b. a teenaged mother
 - c. a wealthy mother
 - d. a poorly educated mother

3. The Internet holds _____ health-related information.
 - a. a vast repository of
 - b. in a few restricted topic areas, a moderate amount of
 - c. only a minimal amount of
 - d. almost no
4. Which of the following would probably *not* be the most credible source of accurate information on the harmful effects of cigarette smoking?
 - a. the National Institutes of Health website
 - b. the American Tobacco Institute website
 - c. the American Cancer Society website
 - d. the American Heart Association website
5. The most reliable sources of medical information on the Internet are:
 - a. commercial websites selling health-related products.
 - b. the websites of anti-medical establishment groups trying to keep the medical establishment honest.
 - c. the websites of scientific journals subject to peer review.
 - d. websites maintained by nonmedical government agencies.

Q0106 (p. 27) Take Charge—Practicing Self-Care

1. A physician who provides a patient with regular, ongoing medical care and makes recommendations and referrals to specialists when needed is a(n):
 - a. board-certified physician.
 - b. tertiary care physician.
 - c. primary care physician.
 - d. secondary care physician.
2. Which of the following is *not* something you should do in choosing a primary care physician?
 - a. Ignore recommendations, as too often they reflect personality factors rather than medical competence.
 - b. Set up an appointment at which time you can judge the physician on the basis of credentials, personality, availability, and so on.
 - c. Ask the physician about his or her professional background and check it out.
 - d. Consider a trial period to see how well the physician lives up to your expectations.
3. A physician who has met the criteria required for certification in a medical specialty area by a recognized medical board is a:
 - a. board-certified physician.
 - b. tertiary care physician.
 - c. primary care physician.
 - d. psychiatrist.
4. About _____ of the nearly 700,000 physicians in the U.S. are board-certified.
 - a. one-third
 - b. one-half
 - c. two-thirds
 - d. nine-tenths

5. The American Medical Association's *Directory of Physicians in the U.S.* provides readers with each of the following types of information *except*:
- a. the number of malpractice claims made against the doctor.
 - b. a doctor's medical and residency training.
 - c. a doctor's hospital affiliations and teaching positions.
 - d. whether or not a doctor is board eligible or board certified.
6. Tooth decay is caused by _____ in your mouth.
- a. sugar
 - b. viruses
 - c. bacteria
 - d. lesions
7. To best fight tooth decay, you should brush your teeth at least _____ and floss at least _____.
- a. daily; daily
 - b. twice a day; daily
 - c. daily; weekly
 - d. twice a day; weekly
8. The best way to brush your teeth to remove plaque and food particles without harming your tooth enamel is to use:
- a. a soft-bristled brush and horizontal strokes, and brush hard.
 - b. a hard-bristled brush and vertical strokes, and brush long and hard.
 - c. a hard-bristled brush and horizontal strokes, and brush hard.
 - d. a soft-bristled brush and vertical strokes, and brush long, not hard.

2

The Healthy Personality

Q0201 (p. 36) Getting to Know Yourself: What Are Your Needs, Values, and Goals?

1. The best-known psychological model of needs was offered by:
 - a. Kobasa.
 - b. Bandura.
 - c. Freud.
 - d. Maslow.
2. Maslow believed that achieving the full measure of psychological health and wellness requires that _____ levels of needs be satisfied.
 - a. only one of his five
 - b. only two of his five
 - c. four of his five
 - d. all five of his
3. Margaret prefers a challenge in her job and is willing to take reasonable, but not foolish, risks to meet her objectives. She is driven by her personal goals to be the best manager in her sales division. She most likely has a high need for:
 - a. power.
 - b. stimulation.
 - c. affiliation.
 - d. achievement.
4. Performance goals are usually:
 - a. not reinforceable.
 - b. reinforced by external rewards such as money and prestige.
 - c. reinforced by internal rewards such as self-satisfaction.
 - d. equally reinforced by external and internal rewards.
5. A conflict between countries in which one country says the rights of the individual are paramount, whereas the other country says that the rights of the state are most important, is actually a conflict over:
 - a. traditions.
 - b. parameters.
 - c. values.
 - d. goals.

6. Abby is setting goals for herself regarding college and career. Her goals will be most likely to motivate her and give her a sense of satisfaction if they are:
- unrealistic and easy.
 - realistic and easy.
 - realistic and challenging.
 - unrealistic and challenging.

Q0202 (p. 42) The Healthy Personality

- The core component of a healthy personality is:
 - self-concept.
 - self-confidence.
 - self-esteem.
 - psychological hardiness.
- People with high self-esteem tend to have a _____ view of themselves.
 - negative, unrealistic
 - positive, perfectionistic
 - negative, perfectionistic
 - positive, realistic
- The difference between people's perceptions of their *ideal* self and their perceptions of their *actual* self directly affects their:
 - psychological hardiness.
 - self-esteem.
 - self-concept.
 - self-direction.
- Clarissa has low self-esteem. Thus there is probably a _____ difference between her perceptions of her _____ and her _____.
 - small; ideal self; actual self
 - small; self-direction; self-confidence
 - large; ideal self; actual self
 - large; self-direction; self-anxiety
- Compared to people with lower self-confidence, people with high self-confidence are more likely to do each of the following *except*:
 - face the challenges of life rather than retreat from them.
 - adopt healthful changes in their behavior.
 - stick to their efforts, even when they confront obstacles in their paths.
 - know more about the positive and negative outcomes of their behavior.
- A constellation of traits that may explain why some people continue to effectively function in the face of stresses that might overwhelm others is known as:
 - ego-identity.
 - self-esteem.
 - self-concept.
 - psychological hardiness.

7. Sandy exhibits high levels of commitment to her endeavors, sees changes in her life as challenges to be faced rather than avoided, and sees herself as being in control of her own life. She shows all of the qualities of someone with high levels of:
 - a. self-discipline.
 - b. psychological hardiness.
 - c. cognitive dissonance.
 - d. ego dystonia.
8. People with an internal locus of control who have health problems are _____ likely than those with an external locus of control to actively seek medical advice and are _____ likely to follow it.
 - a. less; less
 - b. less; more
 - c. more; less
 - d. more; more
9. The expression of one's genuine feelings and beliefs is called:
 - a. self-assertiveness.
 - b. self-deprecation.
 - c. self-confidence.
 - d. ego-identity.
10. Which of the following is *not* one of the text guidelines for assertive behavior aimed at overcoming stress?
 - a. Start sentences with "I think . . ." instead of "I feel . . ."
 - b. Don't apologize unnecessarily.
 - c. Join campus social organizations.
 - d. Accentuate the positive.
11. A firm sense of who we are and what we stand for, based on understanding our personal needs, values, and goals, defines:
 - a. psychological hardiness.
 - b. self-esteem.
 - c. ego identity.
 - d. self-assertiveness.
12. Achievement of ego identity is a key developmental task of:
 - a. infancy and childhood.
 - b. childhood and adolescence.
 - c. adolescence and young adulthood.
 - d. young and middle adulthood.
13. Which of the following is *not* true of an identity crisis?
 - a. It is an opportunity for growth.
 - b. It is always a stressful experience.
 - c. It is a normal aspect of the development of healthy personality.
 - d. It is a time for serious reflection.

14. To a college student, the issues of which college major or career path to pursue are most closely related to the formation of:
 - a. self-esteem.
 - b. self-confidence.
 - c. ego identity.
 - d. psychological hardiness.
15. Randy is a hopeful type. He sees a bright and prosperous future full of opportunities waiting to be explored. He always sees the glass as half full as opposed to half empty. Randy is best described as a(n):
 - a. pragmatist.
 - b. realist.
 - c. centrist.
 - d. optimist.
16. Researchers have found that holding optimistic attitudes is linked to _____ recoveries.
 - a. slower, less successful
 - b. faster, but less successful
 - c. slower, but more successful
 - d. faster, more successful
17. Each of the following is a way in which people find meaning in life *except*:
 - a. muddling through each day the best they can.
 - b. connecting spiritually to something larger.
 - c. developing ethnic pride.
 - d. becoming involved in community service.

Q0203 (p. 46) Factors that Contribute to the Healthy Personality

1. What connects the central nervous system to other parts of the body and to the world outside?
 - a. the endocrine system
 - b. the peripheral nervous system
 - c. the endometrium
 - d. the lymph system
2. You are a neuron in Jane's eye carrying messages from her eye to her brain. As such, you are part of her:
 - a. central nervous system.
 - b. endocrine system.
 - c. spinal cord.
 - d. peripheral nervous system.
3. We are each born with approximately _____ neurons.
 - a. 120,000
 - b. 12 million
 - c. 12 billion
 - d. 120 billion

4. Each of the following is a structural part of a neuron *except*:
 - a. the septum.
 - b. the soma.
 - c. the axon.
 - d. the dendrite.
5. The neural fiber that extends from the cell body of a neuron and transmits messages from the neuron to other adjacent neurons or to the muscles, glands, or other body parts is called the:
 - a. myelin sheath.
 - b. soma.
 - c. dendrite.
 - d. axon.
6. A neuron has _____ axon(s).
 - a. a single
 - b. 2 to 4
 - c. a few dozen
 - d. several hundred
7. Chemical substances that carry messages from neurons to other neurons are known as:
 - a. neurotransmitters.
 - b. hormones.
 - c. endocrine fluids.
 - d. chromosomes.
8. Which of the following correctly identifies the sequence of structures through which a neural impulse moves from one neuron to the next?
 - a. axon, soma, dendrite, synaptic cleft, receptor site
 - b. receptor site, dendrite, soma, axon, synaptic cleft
 - c. soma, receptor site, synaptic cleft, dendrite, axon
 - d. synaptic cleft, soma, dendrite, axon, receptor site
9. Which of the following best describes how a neurotransmitter fits into a receptor site?
 - a. one size fits all
 - b. a lock and key
 - c. an ice cube melting in warm water
 - d. a ball and chain
10. Chemical substances that are secreted by glands into the bloodstream are called:
 - a. neurotransmitters.
 - b. analgesics.
 - c. glial fluids.
 - d. hormones.
11. A hormone that stimulates labor in pregnant women is:
 - a. lactose.
 - b. oxytocin.
 - c. prolactin.
 - d. cholinesterase.