

1 Which of the following could be a cause of death in an anorectic person?

- A) infections
- B) suicide
- C) heart ailments
- D) B and C
- E) A, B, and C

2 Which of the following is not considered a high risk sport for eating disorders?

- A) ballet
- B) swimming
- C) weight lifting
- D) gymnastics

3 The family of a(n) _____ person likely has high expectations.

- A) anorectic
- B) bulimic
- C) baryophobic

4 An early warning sign of anorexia nervosa is:

- A) hoarding food.
- B) withdrawal from family.
- C) secret bingeing.
- D) use of ipecac syrup.

5 Anorexia nervosa generally is a disease of:

- A) children.
- B) elderly women.
- C) young boys.
- D) teenage women.

6 A long-term health consequence of anorexia nervosa could be:

- A) fractures resulting from bone loss.
- B) atherosclerotic heart disease.
- C) esophageal ulcers.
- D) cancer.

7 Which of the following does not describe patients with anorexia nervosa who are suffering from semi-starvation?

- A) state of extreme weakness and collapse
- B) mental disorientation
- C) hyperactive, hungry, and actively clamoring for food
- D) extreme apathy and indifference

8 The most successful treatment for anorexia nervosa involves:

- A) isolation from the family and forced tube feeding.
- B) dietary counseling on an outpatient basis by a registered dietitian.
- C) inpatient psychological, nutritional, and medical therapy, often involving the whole family.
- D) use of diuretics.

9 A critical goal in the early stages of the treatment of a person with anorexia nervosa is to:

- A) increase the patient's weight to her goal body weight within the first month.
- B) establish regular meal patterns.
- C) increase the patient's weight to raise metabolic rate to normal and to reverse as many physical signs of the weight loss as possible..
- D) get the patient to realize how unattractive her body has become.

10 Which of the following may be practiced by the anorectic person?

- A) bingeing without purging
- B) frequent bingeing
- C) consuming 20 cans of diet soft drinks in a day
- D) B and C

11 The major health risk from frequent vomiting due to bulimia nervosa is:

- A) a potassium imbalance.
- B) constipation.
- C) lanugo.
- D) swollen glands.

12 Binge-eating disorder can be characterized as:

- A) bingeing accompanied by purging.
- B) secretive eating.
- C) eating to avoid feeling and dealing with emotional pain.
- D) the early phase of bulimia nervosa.

13 Bulimia nervosa patients often have a problem with:

- A) recognizing nutritious food choices.
- B) eating enough food to maintain a healthy body weight.
- C) extreme obesity.
- D) an inability to control responses to impulse and desire.

14 Food choices commonly consumed during binges include:

- A) fresh fruits and vegetables.
- B) T-bone steaks.
- C) pizza.
- D) convenience foods such as cakes, cookies, and pies.

15 Female athlete triad is characterized by:

- A) compulsive bingeing.
- B) low bone density.
- C) regular menses.
- D) self-induced vomiting.

16 Binge-eating disorder is different from anorexia nervosa and particularly bulimia nervosa because it doesn't necessarily involve:

- A) females.
- B) a persistent concern with body shape, weight, and thinness.
- C) purging, such as regular vomiting.
- D) health risks.
- E) B and C.

17 Treatment for binge-eating disorder typically includes:

- A) addressing deep emotional issues.
- B) discouraging food deprivation.
- C) restoration of a normal eating pattern.
- D) all of the above.

18 Typical people exhibiting baryophobia are

- A) young children.
- B) teenagers in general.
- C) adult men.
- D) elderly women.

19 Which of the following prevent(s) eating disorders?

- A) providing information about normal puberty changes
- B) encouraging children to eat only when hungry
- C) teaching the basics of proper nutrition and regular activity at school and home
- D) all of the above

20 Female Athlete Triad consists of:

- A) anorexia nervosa, lack of family support, over training
- B) disordered eating, over training, lack of menstrual period
- C) osteoporosis, lack of menstrual period, disordered eating
- D) osteoporosis, lack of sleep, disordered eating

21 What percentage of young women have some form of anorexia nervosa or bulimia nervosa?

- A) 2-8%
- B) 25-30%
- C) 50-65%
- D) 65-85%

22 Which statement is false?

- A) Anorexic people like to cook for other people
- B) a dentist may be the first to diagnose bulimia nervosa
- C) immediate purging after bingeing prevents energy absorption
- D) Those who have binge eating disorder perceive themselves as always hungry

23 What is true for both anorexia and bulimia nervosa?

- A) osteoporosis develops
- B) potassium deficiencies
- C) more sexually active
- D) parents underfeed children

24 Which symptom affects bulimia nervosa patients only?

- A) muscle weakness
- B) iron deficiency anemia
- C) stomach ulcers
- D) hair loss

25 Diagnosis of an eating disorder utilizes the

- A) RDAs

- B) Daily Values
- C) Estimated Energy Requirements
- D) DSM

Answer of MCQ

1-e	2-c	3-a	4-b	5-d	6-a	7-c	8-c	9-c	10-c	11-a	12-c	13-d
	14-d	15-b	16-e	17-d	18-a	19-d	20-c	21-a	22-c	23-b	24-c	25-d

1 Historically, the 'humours' impacted on health status in what way?

- A The equilibrium of the humours could only be altered by illness
- B They were attached to seasonal change
- C They were linked to personality and, as such, response to illness
- D When the humours were in balance, people were healthy

2 Hippocrates described four bodily humours thought to influence health and illness status. These were:

- A Yellow bile, phlegm, blood and green bile
- B Green bile, phlegm, bone marrow and black bile
- C Yellow bile, sweat, blood and black bile
- D Yellow bile, phlegm, blood and black bile

3 Descartes (1664) proposed that the mind and body were two separate entities, which interact. The link was thought to be the:

- A Adrenal gland
- B Pituitary gland

- C Pineal gland
- D Lymph system

4 The biomedical model:

- A Is reductionist, adheres to objective facts, and addresses symptoms and/or underlying pathology
- B Is mechanistic, considers the impact of personality on health, and adheres to objective facts
- C Is mechanistic, considers the impact of cognition on health, addresses symptoms and/or underlying pathology
- D Is reductionist, considers the impact of personality on health, and addresses symptoms and/or underlying pathology

5 Which of the following statements is incorrect in relation to cross-cultural perspectives on health?

- A Culture impacts on lay theories, attitudes, and behaviour
- B Western culture is individualistic
- C A holistic view of health is more prevalent in non-westernised cultures
- D Western civilisations are naturalised

6 Development is a function of the interaction between:

- A Learning, chronology and experience
- B Experience, chronology and maturation
- C Chronology, learning and experience
- D Experience, learning and maturation

7 Which of the following is a research question that health psychology does not ask?

- A Are individuals consistent in health protection behaviours?
- B What is the impact of socio-economic status on health status?
- C When is the most likely stage of development for particular disease(s) to occur?
- D Why do some people employ health protective behaviours, and others do not?

8 Health psychologists do not attempt to develop the understanding of:

- A The progression of disease at a cellular level
- B Prevention and treatment of illness
- C Health promotion and maintenance
- D Causes of illness in terms of vulnerability

9 Many significant life events can occur during early adulthood, such as career development, marriage, becoming a parent, or losing a significant other. Which of the following statements is true?

- A Married men have a lower illness index than married women
- B Transitions during adulthood impact on health in similar ways
- C There is little time for young adults to take up protective health behaviours
- D Due to stress, many young adults turn to unhealthy behaviours as a coping strategy

10 Bibace and Walsh (1979) found that children in the concrete operational stage of development (cf. Piaget, 1930, 1952):

- A Held magical views on how illness occurs
- B See health as a dichotomy
- C Held views that illness can be caused by being 'naughty'
- D See health as a continuum

Answer of MCQ

1-a 2-d 3-c 4-b 5-b 6-d 7-c 8-a 9-a 10-c

1 Life-span development begins with _____ and ends with _____.

- A) birth; death
- B) conception; old age
- C) infancy; old age
- D) conception; death

2 Parents adhering to the fundamental premise of Jean-Jacques Rousseau's "innate goodness" argument would:

- A) reject the need to "teach" language since speech is inherited.
- B) provide their children with little monitoring and few constraints.
- C) view their child as intellectually indistinguishable from themselves.
- D) argue that their newborn's brain is like a "blank slate."

3 Which view of children is stated in the doctrine of "original sin"?

- A) Children, although born good, are destined to become evil.
- B) Evil children are born only to parents who have sinned.
- C) Children are basically bad, and are born as evil beings.
- D) Children are born good and remain that way until adulthood.

4 Which philosophical view assumes that the child's mind at birth is a "blank tablet"?

- A) original sin

- B) tabula rasa
- C) determinism
- D) innate goodness

5 Contrary to the view held centuries ago, today we believe that:

- A) children are miniature adults.
- B) childhood is a unique and important period in life.
- C) children ought to be treated as small adults in need of training but little else.
- D) children are autonomous and may be expected to grow and develop with very little parental support.

6 The traditional approach to development emphasizes:

- A) little change from birth through old age.
- B) extensive change from birth to adolescence, adulthood, and old age.
- C) extensive change from birth to adulthood, then little change for the rest of the life span.
- D) extensive change from birth to adolescence, little or no change in adulthood, then decline in late old age.

7 The traditional and life-span perspectives are contrasting views of developmental change. According to the life-span perspective, when do developmental changes occur?

- A) during infancy and early childhood
- B) during adolescence and early adulthood
- C) during middle and late adulthood
- D) throughout the entire life cycle

8 Allan spends a great deal of time working and trying to establish his career. He also has been thinking about how his personal relationship is going and considering whether it could be long-term and lead to establishing a family. Allan is MOST LIKELY in:

- A) late adolescence.
- B) early adulthood.
- C) middle adulthood.
- D) late adulthood

9 The period of development during which school readiness skills are developed and most free time is spent playing with friends is called:

- A) infancy.
- B) early childhood.
- C) middle childhood.
- D) late childhood.

10 Paul depends almost completely on his parents. He is just learning to recognize things that he wants and how to get them. Paul is in the development period called:

- A) late childhood.
- B) middle childhood.
- C) early childhood.
- D) infancy.

11 Which period of development is characterized by establishing independence, developing an identity, and thinking more abstractly?

- A) middle childhood
- B) late childhood
- C) adolescence

D) early adulthood

12 Many older persons become wiser with age, yet perform more poorly on cognitive speed tests. This supports the life-span perspective notion that development is:

- A) multidirectional.
- B) multidimensional.
- C) lifelong.
- D) plastic.

13 Development consists of many aspects: biological, cognitive, socioemotional, etc. This statement supports Baltes' assertion that development is:

- A) contextual.
- B) multidirectional.
- C) multidimensional.
- D) plastic.

14 Development is characterized by growth and decline. This statement supports Baltes' assertion that development is:

- A) contextual.
- B) multidirectional.
- C) multidimensional.
- D) plastic.

15 In one study, the reasoning abilities of older adults were improved through retraining. This is an example of how development is:

- A) contextual.
- B) multidirectional.

- C) multidimensional.
- D) plastic.

16 Differences in families, neighborhoods, cultures, and even time periods affect development. This statement supports Baltes' assertion that development is:

- A) contextual.
- B) multidirectional.
- C) multidimensional.
- D) plastic.

17 In many cultures, people retire from their careers in their fifties or sixties. This is an example of a:

- A) normative age-graded influence.
- B) normative history-graded influence.
- C) nonnormative life event.
- D) nonnormative socioemotional event.

18 Like many others her age, Velma does not know how to use a computer, but her six-year-old grandson has no problem navigating the Internet and using a word processing program. This is an example of a:

- A) normative age-graded influence.
- B) normative history-graded influence.
- C) nonnormative life event.
- D) nonnormative socioemotional event.

19 When Ben was thirteen when his father was killed in a car accident. This is an example of a:

- A) normative age-graded influence.

- B) normative history-graded influence.
- C) nonnormative life event.
- D) nonnormative socioemotional event.

20 The onset of puberty is an example of:

- A) normative age-graded influences.
- B) normative history-graded influences.
- C) nonnormative life events.
- D) storm-and-stress events.

1-d 2-b 3-c 4-b 5-b 6-d 7-d 8-b 9-b 10-d 11-c 12-b 13-c
 14-b 15-d 16-a 17-a 18-b 19-c 20-a

1 _____ refers to all of the characteristics of a person.

- A) The self
- B) Self-concept
- C) Identity
- D) Personality

2 At approximately what age does rudimentary self-understanding (self-recognition) first take place?

- A) 6 months
- B) 18 months
- C) 24 months

D) 36 months

3 Preschoolers most often describe themselves in terms of their:

- A) thoughts.
- B) physical characteristics.
- C) emotions.
- D) relationships to other people.

4 Lauren is 4 years old. What would Lauren MOST likely say if you asked her to describe who she is?

- A) "I am quiet, nice, and friendly."
- B) "I have brown hair, and I have a bicycle."
- C) "I like preschool, especially reading, and I am good in art."
- D) "I am the daughter of Sam and Renee and the sister of William."

5 Jaymon is a third-grader and has been asked by his teacher to describe himself. What is the MOST likely description Jaymon will give?

- A) "I have a dog."
- B) "I have blue eyes."
- C) "I am friendly."
- D) "I am strong."

6 The ability to understand another person's thoughts and feelings is:

- A) self-awareness.
- B) perspective taking.
- C) self-control.

D) love.

7 In terms of self-understanding, children in late childhood are MORE likely than children in early childhood to:

- A) compare themselves to their peers.
- B) compare themselves to role models.
- C) use physical characteristics to describe themselves.
- D) use outer states to describe themselves.

8 Which of the following terms refers to self-evaluations in the different domains of an individual's life?

- A) self-concept
- B) self-esteem
- C) self-awareness
- D) self-control

9 If researchers measure an individual's self-concept at age 10, 20, 30, and 40, where are they likely to find the MOST self-concept stability?

- A) between the ages of 10 and 30
- B) between the ages of 20 and 30
- C) between the ages of 20 and 40
- D) There will be little change in self-concept over the life span.

10 Erikson believed that elderly adults use their impending death as a motivation to look back and evaluate their life. This form of retrospection is what many theorists call:

- A) life review.
- B) identity resolution.

- C) integrity formation.
- D) retrospective spirit.

Answer of MCQ

1-a 2-b 3-b 4-d 5-c 6-b 7-a 8-a 9-b 10-a

1 What organization publishes the Diagnostic and Statistical Manual of Mental Disorders?

- A) American Psychological Association
- B) American Psychiatric Association
- C) American Medical Association
- D) National Alliance for the Mentally Ill

2 On which axis of the DSM is medical disorders?

- A) I
- B) II
- C) III
- D) IV

3 Ken went to the emergency room because he was short of breath, had a rapid heart beat, was sweating, and feared that he was having a heart attack and would die. When the physician examined Ken, she was unable to find anything physically wrong with him. When she questioned Ken further, he told her that these physical symptoms occurred right before he was to give an important presentation. Which of the following is a possible explanation for Ken's symptoms?

- A) schizophrenia
- B) bipolar disorder
- C) panic disorder

D) generalized anxiety disorder

4 A soldier who survived a bloody battle finds that she has recurrent nightmares, avoids her military friends, and jumps when she hears a loud noise. Of what disorder are these symptoms characteristic?

A) major depressive disorder

B) generalized anxiety disorder

C) bipolar disorder

D) post-traumatic stress disorder

5 Which of the following is a personality disorder?

A) schizophrenia

B) schizotypal

C) schizoaffective

D) Type A personality

6 Which of the following is not an anxiety disorder?

A) panic disorder

B) obsessive-compulsive disorder

C) bipolar disorder

D) post-traumatic stress disorder

7 Which of the following does not fit with the others?

A) histrionic personality disorder

B) narcissistic personality disorder

C) schizoid personality disorder

D) borderline personality disorder

8 A person who is hearing voices that are not there is experiencing

A) delusions.

B) hallucinations.

C) mood disorder.

D) schizophrenia.

9 Which of the following statements is most consistent with the biopsychosocial model?

A) Mental illness is caused by brain abnormalities, neurochemical abnormalities, and genetic influences.

B) Societal forces such as oppression and poverty drive the development of mental illness.

C) Genetic heritage causes a predisposition to mental illness, but environmental and cognitive/emotional factors must be present for mental illness to develop.

D) Mental illness does not exist, but is rather a normal reaction to an abnormal situation.

10 Someone who finds that he has traveled to a new town and has no memory of his old life is likely suffering from

A) dissociative identity disorder.

B) dissociative fugue.

C) dissociative amnesia.

D) multiple personality disorder.

Answer of MCQ

1-b 2-c 3-c 4-d 5-b 6-c 7-c 8-b 9-c 10-b