1. The concept most consistent with a contemporary definition of wellness is
A) a healthy mind indicates a healthy body.
B) absence of disease.
C) being without symptoms.
D) overall well-being.

2. Which one of the following qualities contributes positively to one's physical wellness?
A) eating a balanced diet
B) maintaining an optimistic attitude
C) being open to new ideas
D) maintaining satisfying relationships

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

4. Adam's parents are not unduly concerned about their son's ability to adapt to college because he has always had a good sense of humor, been curious, and demonstrated an openness to ideas. These qualities are reflective of Adam's _________ wellness.
A) interpersonal
B) spiritual
C) intellectual
D) emotional
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.

6. Protecting yourself from exposure to toxic substances in the workplace is an example of promoting __________ wellness.
   A) social
   B) spiritual
   C) intellectual
   D) environmental

7. Interpersonal wellness involves all of the following EXCEPT
   A) learning good communication skills.
   B) monitoring your thoughts and feelings.
   C) developing the capacity for intimacy.
   D) building a support network.

8. The environmental health threats faced by our ancestors included all of the following EXCEPT
   A) unrefrigerated food.
   B) poor sanitary conditions.
   C) acid precipitation.
   D) polluted air.

9. The treatment considered to be the most effective against current health threats in the United States is
   A) prevention.
   B) antibiotics.
   C) surgery.
   D) genetic testing.
10. The best response to chronic diseases is
A) chemical treatment.
B) surgical treatment.
C) prevention.
D) rehabilitation.

11. Medical advances have contributed to improvements in personal and societal health. Which of the following is NOT attributable to these medical advances?
A) a reduction in death rates
B) an increase in life expectancies
C) control of infectious diseases
D) elimination of chronic diseases

12. Which of the following is a nation's most valuable resource?
A) a low or nonexistent national debt
B) a population that is comparatively equal in socioeconomic status
C) a highly technical defense system
D) a healthy population

13. The single most important factor in determining an individual's level of health is
A) genetics.
B) environment.
C) behavior.
D) age.

14. The first step in a behavior change program is
A) choosing a target behavior.
B) analyzing recorded data.
C) setting goals.
D) developing a personal contract.
The best plan for behavior change is to
A) start with a hard-to-change behavior.
B) concentrate on several behaviors.
C) refuse to tolerate temporary setbacks.
D) work at change systematically.
16. The weakest plan for changing health behavior is one that attempts to
A) incorporate rewards for reaching goals.
B) identify cues to behaviors.
C) make slow, systematic changes in behavior.
D) change more than one behavior simultaneously.

17. Which of the following statements regarding psychological health is true?
A) Psychological health is independent of physical health.
B) Psychological health is a myth.
C) Psychological health is freedom from disorders.
D) Psychological health and physical health are intertwined.

18. Which of the following statements is most true regarding psychological health?
A) Being normal is the same as being psychologically healthy.
B) It is harder to define psychological health than it is to tell what is not psychologically healthy.
C) Freedom from psychological disorders is a comprehensive definition of psychological health.
D) Psychological health is the absence of anxiety.

19. According to Maslow, basic human needs are ranked in the following order as they decrease in urgency
A) physiological needs, safety, being loved, maintaining self-esteem
B) safety, physiological needs, being loved, maintaining self-esteem
C) safety, physiological needs, maintaining self-esteem, being loved
D) physiological needs, safety, maintaining self-esteem, being loved

20. Which of the following statements describes a characteristic of self-actualized people?
A) They are largely able to accept themselves and others.
B) They are other directed.
C) They hesitate to trust their own senses and feelings.
D) They are autocratic.
21. Which of the following statements describes people who are free and 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.

22. An appreciation for the things that happen around oneself is most closely associated with
   A) self-esteem.
   B) autonomy.
   C) capacity for intimacy.
   D) creativity.

23. Which statement is FALSE regarding self-esteem?
   A) It is based on experiences that occur within the family.
   B) It is influenced by personality.
   C) Rejected children may fail to develop feelings of self-worth.
   D) Children knowingly build images of themselves based on the models of their parents.

24. Stability, as it relates to self-esteem, is best described as
   A) a complete absence of mixed messages about oneself from others.
   B) an integration of the self and its freedom from contradictions.
   C) an unwavering positive self-image.
   D) a necessary component for the establishment of a sense of love and belonging.

25. Which of the following statements is an example of negative self-talk?
   A) “I wonder why my boss wants to see me? I guess I'll just have to wait and see.”
   B) “I'll have to start working on that next paper earlier.”
   C) “I won the speech contest, but only because none of the other speakers was very good.”
   D) “Too bad I missed the one problem through carelessness, but overall I did pretty well on this test.”
26. Defense mechanisms like humor and rationalization might best be described as
A) temporary means of coping.
B) effective solutions to minor problems.
C) personality characteristics.
D) age-specific.

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 demonstrations of anxiety would be characterized as an anxiety disorder?
A) anxiety regularly experienced in daily situations
B) simple, acute anxiety
C) temporary, acute anxiety
D) anxiety that leads to self-defense behaviors

29. Which of the following is a social phobia?
A) fear of animals
B) fear of high places
C) fear of seeing blood
D) fear of speaking in public

30. Symptoms of panic disorder most likely include
A) a sudden drop in blood pressure.
B) a loss of physical equilibrium.
C) lethargy.
D) a depressed heart rate.
31. An example of a compulsion is  
A) the impulse to hurt a family member.  
B) anxiety about contracting HIV infection from a sneeze.  
C) uncontrollable worry about an accident.  
D) washing hands constantly out of fear of dirt.

32. Symptoms of post-traumatic stress disorder include  
A) loss of memory.  
B) reexperiencing of trauma in dreams.  
C) aggressive attempts to relive the stressful situation.  
D) heightened sensitivity and feelings.

33. Which one of the following is the most common expression of a mood disorder?  
A) depression  
B) manic episode  
C) agitation  
D) schizophrenia

34. Manic disorders are characterized by  
A) high energy levels.  
B) the individual's limited vision of his or her potential.  
C) slow, slurred speech.  
D) very focused thinking.

35. Which of the following is NOT a likely characteristic of a schizophrenic disorder?  
A) auditory hallucinations  
B) compulsive organization  
C) delusions  
D) deteriorating social functioning
36. Which of the following psychological health professionals is a licensed physician?
   A) clinical psychologist  
   B) psychiatrist  
   C) social worker  
   D) counselor

37. Essential nutrients include all of the following EXCEPT
   A) vitamins.  
   B) minerals.  
   C) enzymes.  
   D) fats.

38. Most of the absorption of nutrients takes place in the
   A) mouth.  
   B) stomach.  
   C) gastrointestinal tract.  
   D) liver.

39. Protein makes up all of the following EXCEPT
   A) muscles.  
   B) bones.  
   C) adipose tissue.  
   D) blood.

40. Protein consumed beyond one's daily needs is
   A) stored as glycogen.  
   B) excreted.  
   C) stored as fat.  
   D) stored as muscle.
41. Leading sources of saturated fat in the American diet include all of the following EXCEPT
   A) animal products.
   B) whole milk and cheese.
   C) peanut butter.
   D) hot dogs and lunch meats.

42. Hydrogenated vegetable oils are
   A) high in saturated fat.
   B) low in saturated fat.
   C) made of double-bonded carbons.
   D) more liquid in form.

43. If you consume more carbohydrates than you need, the excess will be
   A) converted to glucose.
   B) stored completely as glycogen.
   C) stored as fat.
   D) used to facilitate muscle development.

44. Most health experts agree that Americans should increase their intake of
   A) complex carbohydrates.
   B) simple carbohydrates.
   C) proteins.
   D) vitamins.

45. All of the following are examples of water-soluble vitamins EXCEPT
   A) thiamin.
   B) vitamin C.
   C) vitamin E.
   D) folate.
46. 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.

47. Vitamin deficiencies can cause all of the following EXCEPT
A) blindness.
B) mental illness.
C) seizures.
D) viral infections.

48. Examples of major minerals include
A) potassium, sodium, and iron.
B) zinc, iron, and calcium.
C) calcium, potassium, and magnesium.
D) iron, calcium, and copper.

49. The minerals most often lacking in our diet include all of the following EXCEPT
A) calcium.
B) zinc.
C) iron.
D) sodium.

50. Which of the following statements about free radicals is FALSE?
A) Free radicals neutralize antioxidants.
B) Free radicals are by-products of fat breakdown.
C) Free radicals cause cellular membrane damage.
D) Free radicals promote gene mutation.