

# ***Invitation to Health 18th edition Hales Test Bank***

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## Chapter 02

1. As with physical health, psychological well-being can be measured, tested, X-rayed, and dissected.
  - a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Understand

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2. Theorist Abraham Maslow identified human needs as the motivating factors in personality development.
  - a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* Meet Your Needs

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

3. Prayer and other religious experience, including meditation, can actually change the brain for the better.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* Spirituality and Physical Health

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Understand

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4. The use of prescription sleeping pills has decreased by nearly 50 percent in the past decade.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* Sleeping Pills

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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5. Unless a person deserves to be forgiven, the forgiveness process will not be successful.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* Forgive

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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6. Autonomous individuals base each judgment on the values of others instead of their own.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* Develop Autonomy

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Understand

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7. Compared with all other ethnic groups, African Americans report getting less sleep.
- a. True
  - b. False

*ANSWER:* True  
*POINTS:* 1  
*REFERENCES:* Sleep and Health  
*QUESTION TYPE:* True / False  
*HAS VARIABLES:* False  
*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.  
*KEYWORDS:* Bloom's: Remember  
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8. Unlike aggression, a far less healthy means of expression, assertiveness seldom effects a change in a situation.
- a. True
  - b. False

*ANSWER:* False  
*POINTS:* 1  
*REFERENCES:* Assert Yourself  
*QUESTION TYPE:* True / False  
*HAS VARIABLES:* False  
*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.  
*KEYWORDS:* Bloom's: Understand  
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9. On campus, female students generally have poorer sleep patterns than males and suffer more consequences as a result.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* Sleepless on Campus

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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10. Cultural rituals often divide people, severing bonds and cheapening the values and beliefs they once shared.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Understand

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11. Which type of health encompasses our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living?
- a. Social health
  - b. Emotional health
  - c. Spiritual health
  - d. Economic health
  - e. Mental health

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Remember

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12. Which factors are most relevant to overall psychological health?
- a. Aerobic and anaerobic capacity
  - b. Mental and social awareness
  - c. Emotional and mental states
  - d. External and internal networks
  - e. Emotional and cultural awareness

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Remember

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13. Development of a sense of meaning, affirmation of life, and adaptability to a variety of circumstances are characteristic of \_\_\_\_ health.

- a. mental
- b. emotional
- c. spiritual
- d. social
- e. financial

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Apply

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14. Which term refers to a set of shared attitudes, values, goals, and practices of a group that are internalized by an individual within the group?

- a. Morals
- b. Beliefs
- c. Laws
- d. Culture
- e. Political affiliation

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Remember

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15. Instead of engaging in self-criticism and focusing on her failures, Rachel decides to accept herself and her flaws. Her attitude is best described as \_\_\_\_.
- a. self-esteem
  - b. self-compassion
  - c. self-awareness
  - d. self-motivation
  - e. self-worth

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Develop Self-Compassion

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Apply

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16. John has trouble focusing on clear, manageable goals and tends to rely on his “gut” feelings. This aspect of John’s behavior exhibits low \_\_\_\_.
- a. emotional intelligence
  - b. self-esteem
  - c. cognitive aptitude
  - d. self-actualization
  - e. spiritual health

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Boost Emotional Intelligence

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Apply

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17. Which human need(s) would Maslow say is(are) the most basic?

- a. Self-respect
- b. Food and shelter
- c. Safety and security
- d. Love and affection
- e. Fulfillment of one's potential

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Meet Your Needs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Understand

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18. Which level of psychological health tops the Maslow pyramid?

- a. Self-esteem
- b. Love and affection
- c. Self-actualization
- d. Safety and security
- e. Personality development

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Meet Your Needs

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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19. Which factor contributes the least to happiness?

- a. Health
- b. Income
- c. Anxiety
- d. Intelligence
- e. Pain

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Boost Emotional Intelligence

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Understand

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20. Which emotional state can color one's view of the world for hours or days?

- a. Feeling
- b. Idea
- c. Mood
- d. Thought
- e. Belief

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Manage Your Moods

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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21. Melanie asked friends and family about which job offer to accept, but, ultimately, chose the one she thought was best for her. Melanie attained which goal?
- a. Self-actualization
  - b. Autonomy
  - c. Happiness
  - d. Self-esteem
  - e. Optimism

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Develop Autonomy

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Apply

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22. Thomas persuaded Mark and Ted that their choice of restaurant was a poor one because the parking lot was a few blocks away and dimly lit. The trio went elsewhere. Which trait did Mark exemplify?
- a. Aggression
  - b. Assertiveness
  - c. Pessimism
  - d. Self-esteem
  - e. Absolute control

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Assert Yourself

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Analyze

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23. Which type of health encompasses the ability to identify one's basic purpose in life and to experience the fulfillment of achieving one's full potential?
- a. Emotional health
  - b. Spiritual health
  - c. Social health
  - d. Intellectual health
  - e. Financial health

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Spiritual Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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24. Which set of criteria determines how you choose among thoughts, actions, goals, and ideals?
- a. Values
  - b. Beliefs
  - c. Religion
  - d. Expectations
  - e. Culture

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Clarify Your Values

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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25. Which practice is the most commonly used form of complementary and alternative medicine?

- a. Prayer
- b. Reading
- c. Sleep
- d. Meditation
- e. Relaxation

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Consider the Power of Prayer

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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26. Which trait refers to appreciation not just for a special gift but for everything that makes life a bit better?

- a. Gratitude
- b. Forgiveness
- c. Happiness
- d. Autonomy
- e. Optimism

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Cultivate Gratitude

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Apply

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27. According to the American College Health Association–National College Health Assessment, about one in \_\_\_\_ college students said that sleep difficulties have affected their academic performance.
- a. three
  - b. five
  - c. seven
  - d. nine
  - e. eleven

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Sleepless on Campus

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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28. According to the Centers for Disease Control and Prevention (CDC), about \_\_\_\_ of U.S. adults say they get enough sleep.
- a. one-half
  - b. one-third
  - c. one-fourth
  - d. one-fifth
  - e. one-tenth

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Sleep and Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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29. As a dietary supplement, which hormone might help control your body's internal clock?

- a. Estrogen
- b. Testosterone
- c. Epinephrine
- d. Melatonin
- e. Chamomile

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Sleeping Pills

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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30. In which stage(s) of non-REM sleep do brain waves become larger and punctuated with occasional sudden bursts of electrical activity?

- a. Stage 1 only
- b. Stage 2 only
- c. Stage 3 only
- d. Stages 1 and 4
- e. Stages 3 and 4

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* What Happens When We Sleep?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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31. Another term for dream sleep is \_\_\_\_.

- a. twilight
- b. unconsciousness
- c. REM sleep
- d. sleep apnea
- e. slow-wave sleep

*ANSWER:*

c

*POINTS:*

1

*REFERENCES:*

What Happens When We Sleep?

*QUESTION TYPE:*

Multiple Choice

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:*

INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:*

Bloom's: Remember

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32. Adequate sleep has been found essential in preventing \_\_\_\_ in college students.

- a. heavy drinking
- b. sleep inertia
- c. insomnia
- d. progressive muscle relaxation
- e. sleep apnea

*ANSWER:*

a

*POINTS:*

1

*REFERENCES:*

Sleep's Impact on Health

*QUESTION TYPE:*

Multiple Choice

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:*

INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:*

Bloom's: Apply

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33. When trying to sleep, Teresa tosses and turns for an hour or more, wakes frequently, and then wakes earlier than she wanted in the morning. Teresa is experiencing \_\_\_\_.
- a. stress
  - b. sleep inertia
  - c. insomnia
  - d. progressive muscle relaxation
  - e. sleep apnea

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Getting a Better Night's Sleep

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Apply

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34. A heavy snorer, Eugene occasionally gasps for air and thrashes about in bed. Eugene is showing symptoms of \_\_\_\_.
- a. cognitive appraisal
  - b. sleep inertia
  - c. insomnia
  - d. progressive relaxation
  - e. sleep apnea

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* Breathing Disorders (Snoring and Sleep Apnea)

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Apply

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35. Which movement disorder is characterized by symptoms often described as pulling, burning, tingling, creepy-crawly, grabbing, buzzing, jitteriness, or gnawing?
- a. Restless legs syndrome
  - b. Circadian rhythm disorder
  - c. Progressive muscle relaxation
  - d. Rapid eye movement
  - e. Panic attack

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Movement Disorders

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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36. Which sleep disorder is often attributed to jet lag?
- a. Restless legs syndrome
  - b. Circadian rhythm disorder
  - c. Periodic insomnia
  - d. Rapid eye movement
  - e. Sleep inertia

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Circadian Rhythm Sleep Disorders

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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37. Sleep drugs such as Lunesta and Ambien help induce sleep because they \_\_\_\_.
- a. restore circadian rhythm
  - b. relax the muscles
  - c. quiet the nervous system
  - d. reduce snoring
  - e. induce rapid eye movement

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Sleeping Pills

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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38. Over-the-counter sleeping pills typically contain \_\_\_\_, which induce drowsiness by working against the central nervous system chemical histamine.
- a. antihistamines
  - b. dietary supplements
  - c. hypnotic medications
  - d. valium
  - e. heartbeat regulators

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Sleeping Pills

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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39. Developing the habit of positive thinking and talking can be helpful for attaining which level of psychological health?
- a. Happiness
  - b. Self-esteem
  - c. Self-actualization
  - d. Emotional intelligence
  - e. Self-compassion

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Boost Self-Esteem

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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40. Which term refers to the ability to monitor and use emotions to guide thinking and actions?
- a. Intelligence quotient
  - b. Autonomy
  - c. Assertiveness
  - d. Emotional quotient
  - e. Aggression

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Boost Emotional Intelligence

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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41. With \_\_\_\_\_, college students' \_\_\_\_\_?
- a. decreasing levels of stress; sleep quality declines
  - b. increasing levels of stress; sleep quality declines
  - c. more sleep; levels of stress increase
  - d. increase levels of stress; sleep quality improves
  - e. greater autonomy; sleep quality declines

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Sleepless on Campus

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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42. Connie tends to seek out, remember, and expect pleasurable experiences. In doing so, she is exhibiting which emotional state?
- a. Aggression
  - b. Optimism
  - c. Personal mastery
  - d. Autonomy
  - e. Assertiveness

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Become Optimistic

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Apply

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43. Matthew tends to feel that he is in control of whatever circumstances life presents. In doing so, he is exhibiting which emotional state?
- a. Aggression
  - b. Optimism
  - c. Personal mastery
  - d. Autonomy
  - e. Assertiveness

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Develop Autonomy

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Apply

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44. A collective term for one's degree of involvement in a wide variety of spiritual practices is \_\_\_\_.
- a. faith spectrums
  - b. self-awareness
  - c. resilience
  - d. religiosity
  - e. ritualization

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Spiritual Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

45. According to the text, an additional \_\_\_\_ years of life can be attained with church attendance, and an additional \_\_\_\_ years of life can be attained with exercise.
- a. 7 to 10; 1 to 2
  - b. 1 to 2; 7 to 10
  - c. 3; 1 to 2
  - d. 2 to 3; 3 to 5
  - e. 3 to 5; 2 to 3

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* Spirituality and Physical Health

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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46. One reason people might be unaware that they possess \_\_\_\_ is because they confuse it with religion, dogma, or old-fashioned morality.
- a. inner strength
  - b. spiritual intelligence
  - c. resilience
  - d. a moral compass
  - e. autonomy

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* Deepen Your Spiritual Intelligence

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

47. People who pray regularly \_\_\_\_.
- a. also attend religious services at least once a week
  - b. also keep detailed gratitude journals
  - c. have reclaimed their power to choose
  - d. are able to improve symptoms and the recovery of patients undergoing medical procedures
  - e. have stronger immune systems and significantly lower blood pressure

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* Consider the Power of Prayer

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Apply

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48. Mary keeps a diary in which she records three things she is grateful for each day. This is a technique is known as \_\_\_\_.
- a. emotional quotient
  - b. spiritual enrichment
  - c. gratitude intervention
  - d. positive thinking
  - e. self-actualization

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* Cultivate Gratitude

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Apply

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## Chapter 02

49. Which word stems from the Greek for “letting go?”

- a. Forgive
- b. Forget
- c. Gratitude
- d. Pray
- e. Relax

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* Forgive

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Apply

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50. During which stage of sleep do brain waves resemble those of waking more than those of quiet sleep?

- a. “Delta” sleep
- b. Stage 1 non-REM sleep
- c. REM sleep
- d. Stage 2 non-REM sleep
- e. Semiconscious sleep

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* What Happens When We Sleep?

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

51. \_\_\_\_\_ health is the ability to express and acknowledge one's feelings and moods and exhibit adaptability and compassion for others.

*ANSWER:* Emotional

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Remember

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52. In the diverse society of the United States, many \_\_\_\_\_ influences affect our sense of who we are, where we came from, and what we believe.

*ANSWER:* cultural

*POINTS:* 1

*REFERENCES:* Emotional and Mental Health

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

*KEYWORDS:* Bloom's: Remember

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53. The scientific study of ordinary human strengths and virtues is known as positive \_\_\_\_\_.

*ANSWER:* psychology

*POINTS:* 1

*REFERENCES:* The Lessons of Positive Psychology

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

54. People high in \_\_\_\_\_ tend to recognize that all humans are imperfect and avoid ruminating about their past errors in judgment.

*ANSWER:* self-compassion  
self compassion

*POINTS:* 1

*REFERENCES:* Develop Self-Compassion

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Understand

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55. The ability to monitor and use emotions to guide thinking and actions is known as \_\_\_\_\_.

*ANSWER:* emotional intelligence  
EQ

*POINTS:* 1

*REFERENCES:* Boost Emotional Intelligence

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Understand

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56. \_\_\_\_\_ can be briefly defined as confidence and satisfaction in yourself.

*ANSWER:* Self-esteem  
Self esteem

*POINTS:* 1

*REFERENCES:* Boost Self-Esteem

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

57. The ability to draw on internal resources and stake your independence from familial and societal influences is known as \_\_\_\_\_.

*ANSWER:* autonomy

*POINTS:* 1

*REFERENCES:* Develop Autonomy

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Remember

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58. Being \_\_\_\_\_ means recognizing your feelings and making your needs and desires clear to others.

*ANSWER:* assertive

*POINTS:* 1

*REFERENCES:* Assert Yourself

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Remember

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59. \_\_\_\_\_ can be defined as the capacity to sense, understand, and tap into the highest part of ourselves, others, and the world around us.

*ANSWER:* Spiritual intelligence

*POINTS:* 1

*REFERENCES:* Deepen Your Spiritual Intelligence

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember

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## Chapter 02

60. \_\_\_\_\_ gives rise to a strong sense of purpose, values, morals, and ethics.

*ANSWER:* Spirituality  
*POINTS:* 1  
*REFERENCES:* Spiritual Health  
*QUESTION TYPE:* Completion  
*HAS VARIABLES:* False  
*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.  
*KEYWORDS:* Bloom's: Understand  
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61. \_\_\_\_\_ can foster a state of peace and calm that could lead to beneficial changes in the cardiovascular and immune systems.

*ANSWER:* Prayer  
*POINTS:* 1  
*REFERENCES:* Consider the Power of Prayer  
*QUESTION TYPE:* Completion  
*HAS VARIABLES:* False  
*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.  
*KEYWORDS:* Bloom's: Understand  
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62. Sleep deprivation alters \_\_\_\_\_ function, including the activity of the body's killer cells.

*ANSWER:* immune  
*POINTS:* 1  
*REFERENCES:* Sleep's Impact on Health  
*QUESTION TYPE:* Completion  
*HAS VARIABLES:* False  
*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.  
*KEYWORDS:* Bloom's: Understand  
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## Chapter 02

63. Each of us seems to have an innate sleep \_\_\_\_\_ that is as much a part of our genetic programming as hair color and skin tone.

*ANSWER:* appetite

*POINTS:* 1

*REFERENCES:* How Much Sleep Do You Need?

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Understand

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64. Although not a long-term solution to a sleep problem, \_\_\_\_\_ can be helpful if travel, injury, or illness interfere with your nightly rest.

*ANSWER:* sleeping pills  
sleep medications

*POINTS:* 1

*REFERENCES:* Sleeping Pills

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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65. \_\_\_\_\_ is translated from the Greek words meaning “no” and “breath.”

*ANSWER:* Apnea

*POINTS:* 1

*REFERENCES:* Breathing Disorders (Snoring and Sleep Apnea)

*QUESTION TYPE:* Completion

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:* Bloom's: Remember

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Match the items.

a. values

b. spirituality

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- c. mood
- d. self-actualization
- e. self-compassion
- f. emotional health
- g. emotional intelligence
- h. autonomy
- i. optimism
- j. self-esteem

*REFERENCES:* Emotional and Mental Health  
Spiritual Health  
The Lessons of Positive Psychology

*QUESTION TYPE:* Matching

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.  
INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.  
INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.  
INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Remember | Bloom's: Understand

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66. realizing your fullest potential

*ANSWER:* d

*POINTS:* 1

67. whispers “you’re worth it; you can do it; you’re okay.”

*ANSWER:* j

*POINTS:* 1

68. ability to express feelings and moods

*ANSWER:* f

*POINTS:* 1

69. anticipating positive outcomes

*ANSWER:* i

*POINTS:* 1

## Chapter 02

70. ability to monitor and use emotions to guide thinking and actions

*ANSWER:* g

*POINTS:* 1

71. represent what's most important to an individual

*ANSWER:* e

*POINTS:* 1

72. healthy form of self-acceptance

*ANSWER:* e

*POINTS:* 1

73. belief in a higher power

*ANSWER:* b

*POINTS:* 1

74. independence

*ANSWER:* h

*POINTS:* 1

75. sustained emotional state

*ANSWER:* c

*POINTS:* 1

## Chapter 02

76. What are the characteristics of an emotionally healthy person? What are the characteristics of a mentally healthy person?

**ANSWER:** Characteristics of an emotionally healthy person include a determination and effort to be healthy, flexibility and adaptability, a sense of meaning and affirmation in life, compassion for others, unselfishness in serving and relating to others, increased depth and satisfaction in intimate relationships, and a sense of control over mind and body. Characteristics of a mentally healthy person include an ability to function and carry out responsibilities; an ability to form relationships; realistic perceptions of the motivations of others; rational, logical thought processes; and an ability to adapt to change and cope with adversity.

**POINTS:** 1

**REFERENCES:** Emotional and Mental Health

**QUESTION TYPE:** Essay

**HAS VARIABLES:** False

**LEARNING OBJECTIVES:** INHB.HALE.18.2.1 - Identify the characteristics of emotionally and mentally healthy individuals.

**KEYWORDS:** Bloom's: Apply

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77. Discuss three major factors that affect the pursuit of happiness and the degree to which each influences well-being.

**ANSWER:** Psychological research has identified three major factors that contribute to a sense of well-being:

- A happiness set point, which is a genetic component that contributes about 50 percent to individual differences in contentment.
- Life circumstances, such as income or marital status, which account for about 10 percent of the happiness differential.
- Thoughts, behaviors, beliefs, and goal-based activities, which may account for up to 40 percent of individual variations.

**POINTS:** 1

**REFERENCES:** The Lessons of Positive Psychology

**QUESTION TYPE:** Essay

**HAS VARIABLES:** False

**LEARNING OBJECTIVES:** INHB.HALE.18.2.2 - Summarize the components of positive psychology that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Analyze

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## Chapter 02

78. Discuss why being assertive works to effect the change you want, whereas being either aggressive or passive does not.

*ANSWER:* Being assertive requires recognizing your feelings and making your needs and desires clear to others. Unlike aggression, a far less healthy means of expression, assertiveness usually works. You can change a situation you don't like by communicating your feelings and thoughts in nonprovocative words, by focusing on specifics, and by making sure you're talking with the person directly responsible. Many people have learned to cope by being passive and not communicating their feelings or opinions. Sooner or later they become so irritated, frustrated, or overwhelmed that they explode in an outburst—which they think of as being assertive. However, such behavior is so distasteful to them that they'd rather be passive. But assertiveness doesn't mean screaming or telling someone off. You can communicate your wishes calmly and clearly. Assertiveness is a behavior that respects your rights and the rights of other people even when you disagree.

*POINTS:* 1

*REFERENCES:* Feeling in Control

*QUESTION TYPE:* Essay

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

*KEYWORDS:* Bloom's: Analyze

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## Chapter 02

79. List and provide examples of six simple steps you can take to enrich your spiritual life, whether you are religious or not.

*ANSWER:*

The following simple steps can start you on an inner journey to a new level of understanding:

- Sit quietly: Force yourself to do nothing at all.
  - Start small: Shut the door to your room, take a few huge deep breaths, and let them out slowly.
  - Step outside: Follow the flight of a bird; watch clouds float overhead.
  - Use activity to tune into your spirit: Sing, chant, dance, or drum.
  - Ask questions of yourself: What am I feeling? What are my choices? Where am I heading?
  - Trust your spirit: Reach for the greater good by calling or e-mailing a friend with whom you've lost touch.
- Additional step that might be listed:
- Develop a spiritual practice: Deepen your current spiritual commitment, be open-minded about religion, or try nonreligious meditation.

*POINTS:*

1

*REFERENCES:*

Spiritual Health

*QUESTION TYPE:*

Essay

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:*

Bloom's: Apply

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80. What approaches are part of cognitive-behavioral therapy used as a first-line therapy for chronic insomnia?

*ANSWER:*

- Education about sleep hygiene and good sleep habits
- Sleep restriction (limiting time in bed to consolidate sleep)
- Stimulus control (eliminating distractions and creating a soothing sleep environment)

*POINTS:*

1

*REFERENCES:*

Getting a Better Night's Sleep

*QUESTION TYPE:*

Essay

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:* INHB.HALE.18.2.5 - Review the relationship of sleep and health.

*KEYWORDS:*

Bloom's: Analyze

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