

Behavioural final PP

Material include: communication skills, psychophysiology of eating, developmental psychology, doctor patient relationship, stress...

1} Which of the following statements regarding nonverbal communication is correct?

- a. Nonverbal communication expresses inner feelings better than verbal communication.
- b. Image is not part of nonverbal communication.
- c. Nonverbal communication is less important than verbal communication.
- d. Interpretation of nonverbal communication is not culture-dependent
- e. Non-verbal communication is conscious.

Ans: A

2} Nonverbal communication involves all of the following, EXCEPT?

- a. Gestures
- b. Proxemics
- c. Writing a short speech
- d. Facial expressions
- e. Eye contact

Ans: C

3} Regarding patient-doctor relationship which of the following is true ?

- a. Doctors at large are interested in patients emotional clues.
- b. Doctors overestimate the amount of information they give to patients.
- c. Patient doctor relationship does not affect response to drugs.
- d. Patients are only interested in the doctor technical skill.
- e. Patients do not mind to be referred to as a cases

Ans: B

4} Which of the following statements is true about non-verbal communication?

- a. It is mostly more truthful than verbal .
- b. It is mostly conscious .
- c. Paralanguage is not part of it .
- d. It communicates less than half of the message .
- e. It is not important during medical consultation

Ans: A

5} The following are true about proxemics except?

- a. Intimate space is up to 50 cm .
- b. Personal space is between 30-75 cm .
- c. Social space is between 120-200 cm .
- d. Public space is from 300cm. or more .
- e. Meetings are usually held in personal space

Ans: E

6} Which of the following statements regarding obesity is correct ?

- a. Exercise does not play a significant role in weight control .
- b. Obese people have a common type of personality .
- c. Obese people react differently to food cues compared to non-obese people .
- d. Obese people eat less when they are under stress .
- e. Obese people are less responsive to the sight of food compared to non- obese people.

Ans: C

7} The dog salivation in response to the sight of food is referred to as?

- a. Extinction
- b. Unconditioned stimulus
- c. Unconditioned response
- d. Conditioned response
- e. Conditioned stimulus

Ans: C

8} Which of the following statements regarding the psychophysiology of food intake is correct

- a. Environmental temperature does not affect food intake .
- b. An insulin injection will decrease food intake immediately .
- c. Blood sugar level affects appetite and food intake .
- d. Food intake is regulated by one system in the human body .
- e. The lateral hypothalamus is the satiation center in the brain .

Ans: C

9} Which of the following statements regarding obesity is correct?

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- b. Obese people react differently to food cues compared to non-obese people .
- c. Exercise does not play a significant role in weight control .
- d. Obese people eat less when they are under stress.
- e. Obese people are less responsive to the sight of food compared to non-obese people .

Ans: B

10} Which of the following statements regarding weight control is correct?

- a. Exercise is more important for weight loss in overweight individuals .
- b. Behavior therapy is not used in weight control treatments .
- c. Metabolic rate is increased in food deprivation states .
- d. Basal metabolism normally constitute one third of energy expenditure .
- e. Psychological factors do not play significant role in weight control .

Ans: A

11} Which of the following can be act as a hunger signal ?

- a. High blood glucose level
- b. Full stomach
- c. High environment temperature
- d. Heating the brain
- e. Emotional factors

Ans: E

*12} Laith's mother buys him a sailor's cap before they go to a family fishing trip. On the boat Laith gets nauseated and vomits. The next day he gets nauseated just from looking at the sailor's cap. The sailor's cap has become?

- a. Unconditioned stimulus
- b. Reconditioned stimulus
- c. Unconditioned response
- d. Conditioned response
- e. Conditioned stimulus

Ans: E

13} After conditioning an animal to salivate to a tone, what would happen if you continue to sound the tone but no longer paired it with food ?

- a. Initiation
- b. Discrimination
- c. Extinction
- d. Generalization
- e. Acquisition

Ans: C

14} The following are true about obesity except?

- a. Obese people eat more when they are anxious .
- b. Obese people are least responsive to the taste of food .
- c. Obese people do not share specific personality type .
- d. Obese people belong to the unrestrained eaters group .
- e. Obese people have lower metabolic rate than normals .

Ans: B

15} Which of the following is not part of midlife development?

- a. Separating psychologically from parents
- b. NOT accepting the aging process in the body
- c. Experience intimacy within a committed relationship
- d. Finding a job
- e. Becoming a parent

Ans: B

16} The following factor play the least important role in food intake?

- a. Blood-sugar level .
- b. Body temperature .
- c. Stomach fullness .
- d. Time of the day .
- e. Sight of food .

Ans: D

17} Regarding Pica, all of these statements are correct except?

- a. It is an eating of non nutritive substance
- b. It is typically present in autism
- c. Pregnant women may have this disorder
- d. It is associated with parasitic infection

Ans: D

18} All of the following statements about eating are true except?

- a. Overweight individuals often report overeating when anxious .
- b. Ventro-medial hypothalamus is the feeding centre .
- c. Metabolic rate is decreased during food deprivation .
- d. Overweight individuals has no specific personality type .
- e. Exercise is critical in weight loss .

Ans: B

19} All of the following are included in Erik Erikson's stages of development, EXCEPT?

- a. Popularity versus self- absorption
- b. Industry versus inferiority
- c. Ego integrity versus despair
- d. Intimacy versus isolation
- e. Trust versus mistrust

Ans: A

20} Which of the following statements is not true about the psychophysiology of eating?

- a. The dreams of starved individuals are not affected by their state .
- b. The lateral hypothalamus is the eating centre .
- c. Insulin injections increase food intake .
- d. If food is injected directly to hungry stomach appetite is suppressed .
- e. Distention of the stomach stimulate the ventromedial hypothalamus .

Ans: A

21} Wrong about eating:

- empty stomach activates VM hypothalamus *

22} True about eating:

- cold weather activates Lateral Hypthalamus *

23} The followings are true about Society, EXCEPT ?

- a. People in a society have one cultural expectations in all members.
- b. A society enables members to do things that they cannot be done alone.
- c. Members of a society can be of different ethnic groups.
- d. People share geographical territory and are subject to same political authority.
- e. A society may consist of different subculture groups.

Ans: A

24} Which of the following statement is true about gender?

- a. Gender role is the same as sexual orientation.
- b. Gender identity in humans is established at the age of 3.
- c. Gender stereotypes are mainly hormonal in origin.
- d. Gender is sexual attraction to male or female.
- e. Gender is not affected by society attitudes.

Ans: B

25} The following statements about Psychosocial relations are true, EXCEPT ?

- a. Benefits of social relationships are equally distributed in the society.
- b. Individuals with low social relations die at a younger age.
- c. Social relationships shape health throughout life.
- d. Social relationships affect health through physiological pathways.
- e. Social relationships are important in prevention and treatment of diseases.

Ans: A

26} The following are recognized stress disorders, except ?

- a. Acute stress disorder
- b. Posttraumatic stress disorder
- c. Chronic stress disorder
- d. Psychosomatic disorders
- e. Adjustment disorder

Ans: D

27} Adaptive strategies to cope with “stress” include all of the following, EXCEPT?

- a. Regular physical exercising
- b. Joining a self-help group
- c. Using Relaxation techniques
- d. Having a time management schedule
- e. Sleeping after meals

Ans: E

28} Which of the following is true of stress?

- a. Stress is a term originally used in psychology
- b. Glutamate is the neurotransmitter involved in stress physiology
- c. The use of the term stress is restricted to the social factors that disrupt homeostasis
- d. Stress contributes to the onset of both physical and psychological disorders
- e. Neuro-hormones prevents Fight or flight stress response

Ans: D

29} The following are included in Erik Erikson’s stages of development EXCEPT?

- a. Industry versus inferiority
- b. Ego integrity versus despair
- c. Trust versus mistrust
- d. Popularity versus self-absorption
- e. Intimacy versus isolation

Ans: D

30} The following are common symptoms of stress except?

- a. Insomnia
- b. Increased heart rate
- c. Thyroid dysfunction
- d. Increased appetite
- e. Sexual problems

Ans: C

31} The following are recognized stress disorders, except ?

- a. Acute stress disorder
- b. Posttraumatic stress disorder
- c. Psychosomatic disorders
- d. Adjustment disorder

Ans: C

32} Regarding the "General Adaptation Syndrome (GAS)", one of the following is FALSE?

- a. Substance use is a maladaptive mean to cope with stress
- b. Prolonged resistance protects against alarm stage
- c. Exhaustion results from prolonged resistance
- d. Alarm involves fight or flight response
- e. Resistance helps reducing stress impact

Ans: B

33} Adaptive strategies to cope with "stress" include all of the following, EXCEPT?

- a. Regular physical exercising
- b. Joining a self-help group
- c. Using Relaxation techniques
- d. Having a time management schedule
- e. Sleeping after meals

Ans: E

34} Which of the following is true of stress ?

- a. Stress is a term originally used in psychology
- b. Glutamate is the neurotransmitter involved in stress physiology
- c. The use of the term stress is restricted to the social factors that disrupt homeostasis
- d. Stress contributes to the onset of both physical and psychological disorders
- e. Neuro-hormones prevents Fight or flight stress response

Ans: D

35} Adaptive coping strategy is which of the following ?

- a. Substance abuse
- b. Working through problems
- c. Aggressive behavior
- d. Deliberate self-harm

Ans: B

37} Which of the following statements regarding nonverbal communication is correct?

- a. Nonverbal communication is less important than verbal communication.
- b. Nonverbal communication expresses inner feelings better than verbal communication.
- c. Non-verbal communication is conscious.
- d. Image is not part of nonverbal communication.
- e. Interpretation of nonverbal communication is not culture-dependent.

Ans: B

38} Nonverbal communication involves all of the following, EXCEPT?

- a. Gestures
- b. Proxemics
- c. Writing a short speech
- d. Facial expressions
- e. Eye contact

Ans: C

39} Regarding patient-doctor relationship which of the following is true?

- A. doctors at large are interested in patients emotional clues .
- B. doctors overestimate the amount of information they give to patients.
- C. patient doctor relationship does not affect response to drugs.
- D. Patients are only interested in the doctor technical skill .
- E. Patients do not mind to be referred to as a cases

Ans: B

40} All the following improve patient compliance to treatment except?

- A- Mutual trust between patient and doctor .
- B- The belief of the doctor in his/her treatment .
- C- Anxiety in the patient during the consultation.
- D- Giving the least possible number of medications .
- E- Choosing medications with long half life .

Ans: C

41} Which of the following statements is true about non verbal communication?

- A – It is mostly more truthful than verbal .
- B – It is mostly conscious .
- C – paralanguage is not part of it .
- D – It communicates less than half of the message .
- E – It is not important during medical consultation.

Ans: A

42} The following are true about proxemics except?

- A– Intimate space is up to 50 cm.
- B – Personal space is between 30-75 cm.
- C – Social space is between 120-200 cm.
- D – Public space is from 300cm. or more .
- E – Meetings are usually held in personal space

Ans: E

43} Phases of the " general Adaptation Syndrome" include all of the following except?

- a. Alarm
- b. Exhaustion
- c. Resistance
- d. Stressor

Ans: D

44} All of the following are maladaptive coping strategies except?

- a. Deliberate self-harm
- b. Histrionic behaviour
- c. Aggressive behaviour
- d. Alcohol use
- e. Repression

Ans: E

45} Adaptive coping strategy is which of the following?

- a. Substance abuse
- b. Working through problems
- c. Aggressive behavior
- d. Deliberate self-harm
- e. Avoidance

Ans: B+E 😊

46} Regarding the "General Adaptation Syndrome (GAS)", one of the following is FALSE?

- a. Substance use is a maladaptive mean to cope with stress
- b. Prolonged resistance protects against alarm stage
- c. Exhaustion results from prolonged resistance
- d. Alarm involves fight or flight response
- e. Resistance helps reducing stress impact

Ans: B

47} Which of the following is true of stress ?

- a. The initial response of stress enhances the immune system .
- b. Glutamate is the neurotransmitter involved in stress physiology.
- c. Stress contributes to the onset of both physical and psychological disorders.
- d. Stress is associated with increased salivation.
- e. The use of the term stress is restricted to the social factors that disrupt homeostasis.

Ans: C

48} The following are recognized stress disorders, except ?

- a. Acute stress disorder
- b. Posttraumatic stress disorder
- c. Psychosomatic disorders
- d. Adjustment disorder

Ans: C

49} Phases of the " general Adaptation Syndrome" include all of the following except?

- a. Alarm
- b. Exhaustion
- c. Resistance
- d. Stressor

Ans: D

50} The following are common symptoms of stress except?

- a. Insomnia
- b. Increased heart rate
- c. Thyroid dysfunction
- d. Increased appetite
- e. Sexual problems

Ans: C

51} Which of the following is true of stress ?

- a. Stress is a term originally used in psychology
- b. Glutamate is the neurotransmitter involved in stress physiology
- c. The use of the term stress is restricted to the social factors that disrupt homeostasis
- d. Stress contributes to the onset of both physical and psychological disorders
- e. Neuro-hormones prevents Fight or flight stress response

Ans: D

52} Adaptive strategies to cope with “stress” include all of the following, EXCEPT?

- a. Regular physical exercising
- b. Joining a self-help group
- c. Using Relaxation techniques
- d. Having a time management schedule
- e. Sleeping after meals

Ans: E

53} Regarding the “General Adaptation Syndrome (GAS)”, one of the following is FALSE?

- a. Substance use is a maladaptive mean to cope with stress
- b. Prolonged resistance protects against alarm stage
- c. Exhaustion results from prolonged resistance
- d. Alarm involves fight or flight response
- e. Resistance helps reducing stress impact

Ans: B

54} Low quality and quantity of social relations is linked to all of the following health conditions, EXCEPT ?

- a. Hypothyroidism
- b. Hypertension
- c. Cancer
- d. Atherosclerosis
- e. Infections

Ans: A

55} All of the followings are components of the sociocultural approach, EXCEPT ? 19

- a. Climate
- b. Language
- c. Upbringing
- d. Learning
- e. Experiences

Ans: A

1-All of the following statements regarding psychosocial relations are correct, EXCEPT ?

- a. Individuals with low social relation are more likely to die in younger age .
- b. Benefits of social relationships are equally distributed in the society .
- c. Social relationships are important in the prevention and treatment of diseases .
- d. Social relationships shape health throughout the individual's life .
- e. Social relationships affect health through physiological pathways .

Ans: B

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