

PSY 130
Review Test #15 Chapter 15

Chapter15reviewpsy130

1. In the United States, middle adulthood is
 - A. a troublesome period, marked by significant physical losses.
 - B. a time of stress and storm as lifestyles take a severe turn for the worse.
 - C. currently the age of the best educated and most affluent cohort to ever reach middle age anywhere.
 - D. a poorly studied period of the life span with contradictory information.

2. A significant decrease in sexual satisfaction in middle age may be due in part to
 - A. increasingly painful intercourse.
 - B. self-fulfilling prophecy.
 - C. fatigue.
 - D. making sex too high a priority.

3. Ruby can remember a great deal of information and has a large vocabulary. According to Cattell and Horn, Ruby has high _____ intelligence.
 - A. crystallized
 - B. practical
 - C. acquisitive
 - D. fluid

4. One of the causes that has been suggested for the health gap between black and white Americans is
 - A. genetics.
 - B. differences in diets.
 - C. differences in the degree of physical activity.
 - D. stress and frustration caused by prejudice and discrimination.

5. During middle adulthood, crystallized intelligence tends to _____, and fluid intelligence tends to _____.
 - A. increase; decrease
 - B. decrease; remain the same
 - C. increase; increase
 - D. stay the same; increase

6. Chronically high blood pressure is called
 - A. tension.
 - B. hypotension.
 - C. hypertension.
 - D. none of these.

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7. Cattell and Horn called the ability to remember and use stored information _____ intelligence.
 - A. fluid
 - B. crystallized
 - C. practical
 - D. integrative

8. William is 47 years old and suffers from hypertension. What other health problem is William at risk for as a consequence of his hypertension?
 - A. asthma
 - B. stroke
 - C. diabetes
 - D. rheumatism

9. A U.S. Breast Cancer Prevention Task Force recommends that women have mammography screenings
 - A. every year after age 25.
 - B. every year after age 35.
 - C. every one or two years after age 40.
 - D. if they have a family history of breast cancer.

10. Mature thinking in middle adulthood is typically characterized by all of the following EXCEPT
 - A. acceptance of new information at face value.
 - B. interpreting new information according to one's own experience.
 - C. integrating new information with previous learning.
 - D. drawing personalized moral and social implications.

11. Sarena has had a difficult time with both her family and the people at work and has experienced a considerable amount of stress. Her negative mood may have all of the following effects on her health EXCEPT
 - A. permanently suppressing her immune system.
 - B. increasing her susceptibility to illness.
 - C. leading to to aggressive behavior.
 - D. impairing her judgment about what can be done to improve her health.

12. People in middle adulthood are likely to be involved in
 - A. running departments.
 - B. children leaving home.
 - C. caring for aging parents.
 - D. all of these.

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13. The greatest work-related stressor is
 - A. self-esteem.
 - B. relationships.
 - C. control of their lives.
 - D. job loss.

14. Many experts believe that surgical removal of the uterus, a hysterectomy, is overused in women's health care. One study in California showed that _____ of the recommended hysterectomies did not meet the established medical criteria.
 - A. 25 percent
 - B. 40 percent
 - C. 66 percent
 - D. 76 percent

15. Information processing and fluid abilities are captured for expert problem solving in a process called
 - A. communication.
 - B. encapsulation.
 - C. incorporation.
 - D. identification.

16. Middle-aged people tend to be _____ practical problem-solvers, able to deal with real-life problems.
 - A. incompetent
 - B. effective
 - C. slow
 - D. none of these

17. The main predictors of retirement age include all of the following factors EXCEPT
 - A. health.
 - B. pension eligibility.
 - C. financial circumstances.
 - D. lack of newer job skills.

18. Loss of endurance during middle adulthood results from a gradual decrease in the rate of
 - A. physical capacity.
 - B. basal metabolism.
 - C. stress-induced stamina.
 - D. reaction time.

19. While pain's protective functions remain, in middle adulthood
 - A. men feel less pain.
 - B. women feel less pain.
 - C. both men and women are less able to tolerate pain.
 - D. pain levels increase as ability to resist it increases.

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20. Driving ability in middle adulthood usually
- A. declines, because of physical losses.
 - B. is better than ever before, because of experience.
 - C. is no better or worse than at any other time of life.
 - D. declines in women but not in men.
21. In the United States today, most women who have gone through menopause view it
- A. positively.
 - B. negatively.
 - C. medically.
 - D. none of these.
22. According to the research on creativity, at what ages do people show the highest levels of divergent thinking?
- A. late adolescence
 - B. mid-twenties
 - C. late fifties
 - D. late thirties
23. Hormone replacement therapy is
- A. advisable for all women past menopause.
 - B. sometimes prescribed for women at high risk of osteoporosis.
 - C. useful in the treatment of cancers of the breast and uterus.
 - D. so closely associated with health problems that it is not advised for any woman.
24. Which of the following describes highly creative people?
- A. They are self-starters.
 - B. They possess little sense of purpose or direction.
 - C. They are easily discouraged.
 - D. They are unable to juggle several ideas or projects at a time.
25. Cognitively speaking, _____ are in their prime.
- A. adolescents
 - B. young adults
 - C. middle-aged adults
 - D. older adults
26. In order to accommodate the needs of students of nontraditional age, colleges have done all of the following EXCEPT
- A. given credit for life experience.
 - B. provided free or reduced-tuition.
 - C. increased entrance requirements.
 - D. offered distance learning by computers or closed-circuit television.

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27. In middle age, African Americans are more likely than white Americans to die of
- A. strokes.
 - B. heart disease.
 - C. cancer.
 - D. all of these.
28. Shondra's menstrual periods have been irregular for the last several months. Sometimes there have been only 2 weeks between periods, and sometimes she will experience a 50-day cycle. She also now has less bleeding than when she was younger. According to the text, those changes are due to
- A. the end of menopause.
 - B. a decrease in estrogen levels.
 - C. an increase in estrogen levels.
 - D. a decrease in vaginal thickness.
29. In parts of India and in Japan, maturation and aging are thought of primarily as social processes involving changes in relationships and roles rather than
- A. a troublesome period, marked by significant physical losses.
 - B. in terms of biological changes and chronological years.
 - C. a time to reevaluate life decisions.
 - D. a period of remarkable psychological change.
30. Which of the following do women experience during menopause?
- A. a strong tendency toward mental illness
 - B. cessation of sexual desire stemming from declining estrogen levels
 - C. chronic and lasting depression
 - D. depending on societal influences, positive views of the climacteric

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chapter15reviewpsy130 **Key**

1. (p. 549) C
2. (p. 556) A
3. (p. 573) A
4. (p. 563) D
5. (p. 573) A
6. (p. 561) C
7. (p. 573) B
8. (p. 560) B
9. (p. 565) C
10. (p. 575) A
11. (p. 567) A
12. (p. 552) D
13. (p. 570) D
14. (p. 565) D
15. (p. 573) B
16. (p. 575) B
17. (p. 580) D
18. (p. 553) B
19. (p. 553) C
20. (p. 554) B
21. (p. 556) A
22. (p. 578) D
23. (p. 566) B
24. (p. 578) A
25. (p. 571) C
26. (p. 581) C
27. (p. 563) D
28. (p. 555) B
29. (p. 549) B
30. (p. 556) D