

Chapter 2: Cultural Approaches to Health

Student: _____

1. The use of red bracelets and the use of black dots on children's foreheads are cultural practices explicitly designed to:
 - A. enhance growth
 - B. increase attractiveness
 - C. prevent sickness
 - D. ward off the evil eye

2. Some ancient beliefs often find their way into contemporary literature, such as the *Harry Potter* series. What part of the human body was believed to be the site of power and magic, and this same animal part used in a range of treatments?
 - A. heart
 - B. mind
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3. Most Americans refer to any other medical approach for health and wellness as:
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4. The belief that if an individual had a lot of blood, they would have a cheerful or sanguine personality stems from:
 - A. Egyptian physicians such as Imhotep, the chief physician to Pharaoh Zozer
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5. Each of the following directly contributed to our knowledge of human anatomy except:
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6. Yin is defined by Traditional Chinese Medicine as being:

- A. Tao, the supreme source
- B. darkness, moon, cold, female
- C. light, sun, hot, male
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7. Chinese and Chinese Americans tend to choose this type of health care system:

- A. Western medicine
- B. Traditional Chinese Medicine (TCM)
- C. Western medicine for acute problems, and TCM for chronic problems
- D. Qi, and Yin and Yang

8. One folk remedy common to American Indian, Mexican American, and Traditional Chinese medicine is:

- A. plants
- B. warm rocks
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9. The Ayurvedic physician uses the following methods to diagnose a disease:

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11. Illness caused if a person's energy field is weakened or disrupted is a common belief of:

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- B. shamanism
- C. voodoo
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12. *Curanderos* use three levels of treatment depending on the source of the illness:

- A. basic, moderate and complex
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14. What cultural belief uses the concept of “Walking in Beauty”?

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- B. Mexican American
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15. A medicine man holds lodges or “sweats” for different reasons, such as:

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34. In Sub-Saharan Africa, there are four types of traditional healers who provide health care. The following is one of those types:

- A. blood-letters
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35. In Sub-Saharan Africa, diviners are typically:

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36. The Farooqi (2006) study found that 55 percent to 73 percent of Muslim patients with various psychiatric disorders treated at public hospitals in Pakistan utilized:

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47. According to the most recent census data, the largest minority group in the United States is:
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55. The chemical composition of some drugs, such as opioids, mirrors that of naturally occurring substances, such as opiates.

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56. Traditional Chinese Medicine (TCM) and Ayurveda share many similarities, including the notion of basic elements.

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57. Surveys of Mexican Americans show that highly assimilated Mexican Americans no longer follow traditional and indigenous practices.

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58. During a Native American sweat lodge ceremony, a "firekeeper" heats rocks in a wood fire, and the rocks are called elders because the rocks of the earth are seen as ancient observers.

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60. Reiki is a component of Traditional Chinese Medicine (TCM). It combines movement and, meditation, and therapists manipulate muscle and connective tissue to enhance the function of those tissues and to promote relaxation.

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61. Orthomolecular therapies is a treatment in which patients eat substances such as magnesium, melatonin, and mega-doses of vitamins.

True False

62. In the late 1970s, the World Health Organization recognized the ability of acupuncture and Traditional Chinese medicine to treat nearly four dozen common ailments, including the following: neuromusculoskeletal conditions, and emotional and psychological disorders.
True False

63. Yin and yang focus on spiritual balance and living in harmony with nature.
True False

64. One of the main elements of Western biomedicine is surgery. What do you know about the origin of surgery and some technological milestones in surgery?

65. *Curanderos*, traditional Mexican American healers, use three levels of treatment depending on the source of the illness: material, spiritual, and mental (Trotter & Chavira, 1997). What are some of the techniques used in the material, spiritual, and mental levels?

66. How should the field of health psychology best use information about diverse approaches to health?

67. Name three complementary and alternative medicines, and give descriptions of their techniques and goals.

68. What are two of the three theories discussed in our text on how acupuncture works?

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64. One of the main elements of Western biomedicine is surgery. What do you know about the origin of surgery and some technological milestones in surgery?

First practiced by early Egyptians and Peruvians some 6,000 years ago. First coronary bypass was performed in 1951, and the first heart transplant was performed in 1967. Surgery and drugs are the primary attempts to cure or treat illness in Western medicine.

65. *Curanderos*, traditional Mexican American healers, use three levels of treatment depending on the source of the illness: material, spiritual, and mental (Trotter & Chavira, 1997). What are some of the techniques used in the material, spiritual, and mental levels?

Material: eggs, lemons, garlic, ribbons, religious symbols, crucifix, water, oils, and incense. These are used to either emit or absorb vibrating energy that repairs the energy field around a person. Ceremonies include prayers, ritual sweepings, or cleansing (Torres & Sawyer, 2005).

Spiritual: *curandero* entering a trance, leaving his or her body, and playing the role of a medium.

Mental level: using the power the healer has, such as using herbs as treatments.

66. How should the field of health psychology best use information about diverse approaches to health?

The rituals and ceremonies used by diverse cultures reflect the values of those cultures. Health psychologists should understand that those who believe in them should not be ignored and ridiculed. A provider needs to be aware of a person's beliefs in order to treat the person comprehensively. What people believe influences what they do to remedy the situation, and needs to be taken into consideration when receiving advice from a psychologist with a Western viewpoint on how to maintain health and prevent illness.

67. Name three complementary and alternative medicines, and give descriptions of their techniques and goals.

See Table 2.4, p. 57

68. What are two of the three theories discussed in our text on how acupuncture works?

1. Pain impulses are blocker from reaching the spinal cord or brain at various “gates” to these areas.
2. Acupuncture stimulates the body to produce endorphins, which reduce pain.
3. Opioids may be released into the body during acupuncture treatment.