

## **Freeman: Mosby's Complementary & Alternative Medicine, 3rd Edition**

### **Test Bank**

#### **Chapter 01: Physiologic Pathways of Mind-Body Medicine**

##### **MULTIPLE CHOICE**

1. The first and most direct brain pathway is the:
  - a. Sympathetic-adrenal-medullary system
  - b. Hypothalamic-pituitary-adrenal system
  - c. Autonomic nervous system
  - d. Endocrine system

ANS: A

2. Which of the following controls heartbeat, blood pressure, respiration, and swallowing?
  - a. Spinal cord
  - b. Efferent neurons
  - c. Brainstem
  - d. Cerebral cortex

ANS: C

3. The emotional part of the brain is also called:
  - a. Limbic system
  - b. Fight-or-flight response
  - c. Adrenal axis
  - d. Autonomic nervous system

ANS: A

4. Which of the following actions or interactions have been demonstrated to counteract some of the effects of stress?
  - a. Music
  - b. Laughter
  - c. Counseling
  - d. All of the above

ANS: D

5. An anxious person wishes to move to a calmer state through entrainment music. To be effective, during the first few minutes the entrainment music should:
  - a. Match the prevalent mood
  - b. Match the desired mood
  - c. Alternate between the prevalent mood and the desired mood
  - d. None of the above

ANS: A

6. Which of the following substances act on the body as needed to monitor or alter bodily processes?
- Neurons
  - Tissues
  - Hormones
  - White blood cells

ANS: C

7. Pupils that dilate and contract are an action of the:
- Motor neurons
  - Autonomic nervous system
  - Efferent neurons
  - Amygdala

ANS: B

8. Which of the following is *not* one of the known effects of cortisol?
- Mobilizing energy stores for immediate energy needs
  - Enhancing tissue sensitivity to other stress-related neurohormones
  - Inhibiting immune and inflammatory responses
  - Enhancing immune and inflammatory responses

ANS: D

9. The outcomes of a stress response can include an elevation or increase in which of the following?
- Blood glucose levels
  - Galvanic skin response
  - Increase in blood pressure
  - All of the above

ANS: D

10. Which of the following is *not* a chemical messenger that the brain and the nervous and immune systems use to communicate with each other?
- Neurotransmitters
  - Neuropeptides
  - Sweat rate
  - Immune modulators

ANS: C

11. Chronically stressed people frequently exhibit which of the following?
- Decreased muscle tension
  - Increased peripheral skin temperatures

- c. Hyperreactive response to an acute stressor
- d. All of the above

ANS: C

12. Which of the following is a gut-brain peptide?
- a. Glucagon
  - b. Thyrotropin-releasing hormone
  - c. Luteinizing hormone–releasing hormone
  - d. Somatostatin

ANS: A

13. Several studies cited in the text indicate that music therapy can be beneficial for which of the following?
- a. Treating or managing dementia symptoms
  - b. Clinical tool in stimulating behavioral, physiologic, and behavior expressiveness in patients with low awareness
  - c. Reducing affective and observed postoperative pain
  - d. All of the above

ANS: D

14. Which of the following statements regarding the mind-body communication is *not* true?
- a. Classical conditioning cannot modulate immunologic reactivity.
  - b. Stress can influence immunologic reactivity.
  - c. Stress can interfere with the effectiveness of an immunization program.
  - d. Psychoactive drugs and drug abuse influence immune function.

ANS: A

15. Which of the following is *not* part of the peripheral nervous system?
- a. Brain
  - b. 31 pairs of spinal nerves
  - c. 12 pairs of cranial nerves
  - d. Neurons that innervate muscles

ANS: A

16. The hypothalamus has just received a stress or fear reaction from the limbic system. Which of the following happens *first*?
- a. The adrenal cortex releases cortisol.
  - b. The hypothalamus secretes a corticotropin-releasing hormone.
  - c. The pituitary gland releases adrenocorticotrophic hormone.
  - d. None of the above happens first.

ANS: B

17. What does the hypothalamus release in response to messages of pleasure?

- a. Granulocytes
- b. Macrophages
- c. Corticotropin-releasing hormone
- d. Enkephalins

ANS: D

18. The opposite of stress is:

- a. Fear
- b. Anxiety
- c. Eustress
- d. Negative emotion

ANS: C

19. Once neurotransmitters have attached to immune cells, they can affect the immune cells' ability to do which of the following?

- a. Multiply
- b. Travel
- c. Kill invaders
- d. All of the above

ANS: D

20. Which of the following is *not* a gland of the endocrine system?

- a. Pituitary
- b. Thyroid
- c. Adrenal
- d. Thymus

ANS: D