

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?
- a. Neurons
 - b. Tissues
 - c. Hormones
 - d. White blood cells

ANS: C

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

ANS: B

8. Which of the following is *not* one of the known effects of cortisol?
- a. Mobilizing energy stores for immediate energy needs
 - b. Enhancing tissue sensitivity to other stress-related neurohormones
 - c. Inhibiting immune and inflammatory responses
 - d. 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?
- a. Blood glucose levels
 - b. Galvanic skin response
 - c. Increase in blood pressure
 - d. 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?
- a. Neurotransmitters
 - b. Neuropeptides
 - c. Sweat rate
 - d. Immune modulators

ANS: C

11. Chronically stressed people frequently exhibit which of the following?
- a. Decreased muscle tension
 - b. 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