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Question: 1

A young woman is drinking for the first time and consumes five alcoholic drinks within a one-hour period. Which consequence is LEAST likely to result from her risky behavior?

- A. Extreme dehydration
- B. Alcohol addiction
- C. Self-harm
- D. Unintentional injuries

Answer: B

Explanation:

The woman described in the scenario is binge drinking, which is associated with dehydration, alcohol poisoning, unintentional injury, and risk-taking behaviors. Alcohol is also a mood-altering drug and can lead to intentional self-harm if the person is in poor mental health. Although repeated binge drinking can lead to alcohol addiction, it is unlikely she would develop an alcohol addiction after one instance of binge drinking.

Question: 2

Which of the following behaviors is an example of an adaptive coping skill?

- A. A person experiencing stress related to eating and weight gain restricts his or her food intake.
- B. A person experiencing performance anxiety practices breathing techniques before a test.
- C. A person who becomes easily nervous making new friends avoids social gatherings.
- D. A person who experiences stress about a new health issue avoids going to the doctor.

Answer: B

Explanation:

Adaptive coping skills are behaviors that help a person manage or relieve stress in a healthy way (e.g., meditation, mindfulness, breathing, exercise, problem-solving). Maladaptive coping strategies are negative behaviors that relieve immediate stress but worsen stress overall. Examples include avoidance or procrastination, substance use, and self-harm.

Question: 3

A student who is practicing a new skill that is outside of her comfort zone but is excited about the prospect of accomplishing this feat may be experiencing which type of stress?

- A. Easers
- B. Acute stress
- C. Distress
- D. Academic stress

Answer: A

Explanation:

Easers is positive or good stress. It is often short-term and motivates or energizes a person to change (e.g., learn a new skill, start a new job, move to a new place). Distress is negative stress that causes anxiety and hinders performance (e.g., interpersonal conflict, unemployment, divorce). Acute stress is short-term and generally caused by a situational stressor. Academic stress refers to distress experienced by students related to school-related internal stressors (e.g., poor study habits and time management, academic achievement expectations) and external stressors (e.g., difficult assignments or high workload, poor teaching performance by educators). Like other forms of negative stress, academic stress can result in poor motivation, academic performance, and sleep hygiene along with an increased risk of depression and anxiety.

Question: 4

A community health educator wants to implement a health promotion campaign to reduce rates of vaping among older female adolescents (ages 15 to 19) in the local school district. Which health promotion method is most appropriate for this scenario?

- A. A TikTok video campaign led by social media influencers that warns viewers about the dangers of vaping
- B. A one-page graphic about the long-term physical effects of vaping posted on the school district's Face book page
- C. A pamphlet in the school counselor's office about how to apply refusal skills when pressured to ape
- D. A guest lecture about vaping by the community health educator at the local high school

Answer: D

Explanation:

The target group—older female adolescents in a specific school district—is far more likely to receive the health message in a classroom setting by a health professional. The lecture may contain a combination of multiple methods (e.g., visuals, videos, written texts, games or interactive activities) that engage the target audience. Although many individuals within the target group are likely TikTok users, the app's content is curate to reflect viewers' interests. The videos are also less likely to be contained to the target group (i.e., adolescents attending school in a specific district). One-page graphics are an effective medium to share inclusive educational material since they contain images, diagrams, and short or bulleted text, among other features. However, the students may not use Face book or follow the school district's Face book page. A pamphlet is another useful method for delivering health messages; however, the pamphlet is not readily available to all individuals in the target group.

Question: 5

Which of the stages of change is depicted in the following scenario: a person weighs the pros and cons of changing his or her eating habits to lose weight?

- A. Action
- B. Contemplation
- C. Preparation
- D. Precontemplation

Answer: B

Explanation:

Contemplation follows precontemplation—the stage in which a person does not recognize or is uninterested in modifying his or her behavior—and precedes preparation—the stage in which a person commits to changing his or her behavior. Contemplation is the correct answer because the person has already acknowledged that his or her weight is unmanaged, yet has not committed to actively losing it. In this stage, the person reviews the negative aspects of a health behavior and considers the benefits of behavior change.

Question: 6

Use the DECIDE model to respond to the following question: Yeslia is the supervisor of four staff members. She notices that one of her employees has been less productive the past few weeks. The employee's performance has begun affecting the other employees she manages. What is the most appropriate first step?

- A. Meet with the employee to brainstorm strategies for improving his or her productivity
- B. Establish the criteria that Yeslia will use to assess her employee's productivity
- C. Define any challenges or stressors that impact the employee's productivity
- D. Implement biweekly check-ins to ensure that the employee stays on track

Answer: C

Explanation:

According to the DECIDE model, the most appropriate first step is to define the problem. Yeslia should consult with the employee to define the challenges that he or she faces and any stressors causing his or her loss of productivity.

Question: 7

Human papillomavirus (HPV) causes nearly 90 percent of all cases of cervical cancer, yet it can be avoided through which preventative practice?

- A. Antiprotozoal drugs
- B. Antibiotics
- C. Vaccination
- D. Antiviral drugs

Answer: C

Explanation:

A vaccine contains an inactive virus that imitates infection and triggers an immune response. Vaccines help the immune system identify and mount an immune response when the virus is encountered in the future. Antibiotics are used to treat illnesses caused by bacteria. Antiviral can be used to lower viral transmission from an infected person to a non-infected person (e.g., HIV antiviral) and help the immune system fight off a virus once it has infected the host. However, antiviral treatments for HPV are not currently available. Antiprotozoal drugs are used to treat infections caused by protozoa.

Question: 8

Tom is driving Louisa home after their first date. As they approach Louisa's house, Tom begins to make unwanted sexual advances toward Louisa. Which of the following is the LEAST effective strategy for refusing sexual advances?

- A. Louisa remains quiet and hopes that Tom will pick up that she is uncomfortable.
- B. Louisa tells Tom that she is not interested.
- C. Louisa makes a joke to diffuse the tension.
- D. Louisa exits the car and heads to a neighbor's house until Tom leaves.

Answer: A

Explanation:

Assuming that Tom will stop any unwanted sexual advances based on Louisa's nonverbal cues is the least effective strategy. Effective refusal skills include making excuses, making a joke, saying "no," redirecting the conversation, proposing alternative activities, and physically leaving the situation.

Question: 9

Waste is removed throughout the body by each of the following body systems EXCEPT:

- A. Excretory system
- B. Respiratory system
- C. Endocrine system
- D. Integumentary system

Answer: C

Explanation:

The endocrine system is responsible for making, releasing, and regulating hormones that affect mood and development. The respiratory system removes gases like carbon dioxide through gas exchange, the integumentary system removes waste through sweat glands in the skin, and the excretory system removes nitrogen-based wastes like urea through the kidneys and bladder.

Question: 10

Which of the following data sources and databases monitors youth health risk behaviors that contribute to mortality and disability?

- A. Youth Risk Behavior Surveillance System (YRBSS)
- B. Society of Health and Physical Educators (SHAPE America)
- C. KIDS COUNT
- D. National Survey of Children's Health (NSCH)

Answer: A

Explanation:

The YRBSS is generated from the results of a survey administered to students in ninth to 12th grade every two years. Data related to violence, sexual behavior, alcohol and drug use, diet and exercise are collected. The survey is conducted by the CDC and various state, local, tribal, and territorial governments. Since the survey is administered by government agencies, it is considered a valid and reliable data source.

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