

# MED 300/SM 550

## Exam Instructions

**Thank you for enrolling into MED 300/SM 550. This is your online examination. Please follow these instructions:**

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
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**1. Which diseases account for more than 50% of deaths each year in the USA?**

- A) heart attack and cancer
- B) stroke and heart attack
- C) cancer and stroke
- D) congestive heart failure and diabetes

**2. The study and treatment of disease caused by psychological events is:**

- A) behavioral medicine
- B) holistic medicine
- C) physiological medicine
- D) psychosomatic medicine

**3. Which bodily responses of the flight or fight response have been measured in man?**

- A) nerve conduction
- B) muscle blood flow
- C) adrenalin hormone levels
- D) all of the above

**4. Of the four (4) essential elements for eliciting the Relaxation Response, which is most important?**

- A) passive attitude

- B) a mental device
  - C) a quiet environment
  - D) a comfortable position
5. Where do blood and cells exchange nutrients and waste products?
- A) through arteries
  - B) through veins
  - C) through capillaries
  - D) all of the above
6. The risk of developing atherosclerosis is directly related to:
- A) high dietary fat intake
  - B) genetics
  - C) the level of blood pressure
  - D) environmental stress
7. In addition to heart brain, which other organ is adversely affected by hypertension?
- A) thyroid gland
  - B) kidneys
  - C) liver
  - D) adrenal gland
8. The symptoms of hypertension are:
- A) anxiety
  - B) headache
  - C) memory loss
  - D) it is symptomless
9. Hypertension of unknown cause is referred to as:
- A) pathological hypertension
  - B) essential hypertension
  - C) familial hypertension
  - D) physiological hypertension
10. It has been demonstrated that a crucial factor in the development of high blood pressure is:
- A) necessity to cope with continual behavioral adjustments
  - B) ethnic origin

- C) necessity to adapt to a melting pot society
- D) the degree of crime in geographic regions

**11.** Which part of the brain controls the evocation of the flight or fight response?

- A) the thalamus
- B) the medulla
- C) the frontal cortex
- D) the hypothalamus

**12.** Chronic arousal of the flight or fight response leads to:

- A) permanent hypertension
- B) chronic depression
- C) transient hypertension
- D) benign hypertension

**13.** Which of the following hormones is/are secreted by the sympathetic nervous system?

- A) norepinephrine
- B) epinephrine
- C) noradrenalin
- D) all of the above

**14.** Biofeedback has established that man can control:

- A) involuntary responses
- B) the autonomic nervous system
- C) his blood pressure
- D) all of the above

**15.** It has been shown that Alpha Brain Waves increase during:

- A) sleep
- B) meditation
- C) rapid eye movement
- D) none of the above

**16.** Which of the following are TRUE regarding meditation:

- 1) blood lactate levels decrease,
- 2) oxygen consumption increases,
- 3) it is a substitute for sleep,
- 4) it decreases Alpha Brain waves,
- 5) it can cause anxiety neurosis.

- A) 1, 4, 5
- B) 2, 3, 5
- C) 1 only
- D) 3 only

**17.** Which of the following are associated with decreased activity of the sympathetic nervous system:

- 1) decreased heart rate,
- 2) decreased rate of respiration,
- 3) anxiety,
- 4) decreased blood lactate levels,
- 5) decreased memory.

- A) 1, 3, 5
- B) 2, 3
- C) 1, 2, 4
- D) all of the above

**18.** Which of the following physiological changes do NOT occur in hypnosis with deep relaxation?

- A) oxygen consumption decreases
- B) muscle tension increases
- C) respiratory rate decreases
- D) heart rate decreases

**19.** Which of the following have been demonstrated to decrease blood pressure?

- A) yoga
- B) autogenic training
- C) santic cycles
- D) all of the above

**20.** The altered state of consciousness associated with the Relaxation Response produces what "feelings?"

- A) pleasure
- B) well-being
- C) ecstasy
- D) all of the above

**21.** The most essential factor in eliciting the relaxation response is:

- A) a passive attitude
- B) a quiet environment
- C) a comfortable position
- D) repeating a mantra

**22.** The essence of Yoga meditation is:

- A) concentration on a single point
- B) concentration on the spirit
- C) concentration of prayer
- D) concentration on bodily functions

**23.** In experiments assessing the response of blood pressure to the relaxation response, which of the following is/are TRUE:

- 1) change in diastolic blood pressure was statistically significant,
- 2) meditation cured the blood pressure problem,
- 3) the changes in blood pressure were unrelated to medications,
- 4) the changes in systolic blood pressure were not statistically significant,
- 5) blood pressure could not be lowered into normal range.

- A) 2, 5
- B) 1, 3
- C) 2, 3, 4
- D) 1, 4

**24.** The most appealing use of the relaxation response in relation to hypertension is:

- A) cure
- B) control
- C) prevention
- D) decreased drug use

**25.** The regular practice of meditation leads to:

- A) increase drug use
- B) had no effect on drug use
- C) has not been studied
- D) decreased drug use

**26.** One of the major difficulties in the elicitation of the relaxation response is:

- A) mind wandering
- B) inability to control breathing

- C) body function distractions
- D) anxiety attacks

**27.** In relation to sounds, or mantras, which of the following is/are TRUE:

- A) the mantra "one" is most effective for eliciting the relaxation response
- B) prayer of the heart elicits the fastest relaxation response
- C) any sound, prayer or mantra brings forth the relaxation response
- D) tests on various mantras and sounds have not been determined

**28.** To elicit the relaxation response, you should instruct your clients to:

- 1) close their eyes,
- 2) lay down,
- 3) breath naturally
- 4) practice the technique once a week,
- 5) breath silently saying "one" as you do.

- A) 1, 2, 4
- B) 1, 3
- C) 3, 4
- D) all of the above

**29.** The majority of people who elicit the relaxation response will feel:

- 1) ecstatic,
- 2) relaxed,
- 3) elated,
- 4) calm,
- 5) a deep sleep.

- A) 2, 4
- B) 1, 2
- C) 1, 2, 5
- D) 3, 4

**30.** The relaxation response is best defined as:

- A) an eastern religion practice
- B) a meditative experience
- C) a western religion practice
- D) a universal human capacity

**31.** Our potential for well-being is shaped by:

- A) frequency of using the relaxation response
- B) our genetic code
- C) preventative health practices

D) negative or positive ways we think

**32.** The faith factor has been found to:

- 1) lower blood cholesterol,
- 2) overcome insomnia,
- 3) enhance creativity,
- 4) control panic attacks,
- 5) achieve emotional balance.

A) 1, 3, 4

B) 2, 5

C) 1, 2, 4, 5

D) all of the above

**33.** The testing, during meditation, of the monks in India, revealed:

- A) the temperature of certain body parts increased
- B) core body temperature did not vary
- C) atmospheric temperature did cause body temperature to rise
- D) all of the above

**34.** A placebo is given to a patient for:

- A) purposes of calming or pleasing
- B) to effect a rapid cure
- C) to enhance the action of other medications
- D) proof the illness is psychogenic

**35.** The outcome of the trust and belief interactions between a physician and a patient can:

- A) alter consciousness
- B) alter the patient's physiology
- C) has been found to have a neutral effect
- D) has not been measured scientifically

**36.** Which of the following regarding modern psychogenic epidemics is/are TRUE:

- A) they occur more frequently in open environments
- B) the symptoms are specific
- C) the onset is sudden
- D) all of the above

- 37.** In Dr. Blumberg's study at UCLA, related to treatments of inoperable cancers, the most important characteristics that coincided with a rapidly progressing disease was:
- A) lack of faith in self
  - B) lack of faith in GOD
  - C) inability to relieve anxiety
  - D) inability to believe in a cure
- 38.** What percent of situations are involved with beliefs and physical ills?
- A) 50%
  - B) 25%
  - C) 80%
  - D) none of the above
- 39.** After experiencing the relaxation response, if a person stands up immediately, they may experience:
- A) dizziness
  - B) blurred vision
  - C) headache
  - D) shortness of breath
- 40.** A benefit of the Faith Factor, that is NOT available through ordinary relaxation and meditation is:
- A) encourages more persistence in following a regular relaxation response
  - B) combines benefits of the relaxation response with those of the placebo effect
  - C) both 1 and 2 above
  - D) None of the above
- 41.** Dr. Weil believes that the doorway to control of the autonomic nervous system is:
- A) meditation
  - B) breath
  - C) herbal supplements
  - D) massage
- 42.** Breath work can be a primary means of raising:
- A) spiritual awareness
  - B) extra sensory perception
  - C) altered consciousness
  - D) the pain threshold



- 43.** Dr. Weil believes that the primary or aggravating cause of most disease is:
- A) depression
  - B) poor nutrition
  - C) lack of sleep
  - D) stress
- 44.** We can learn to do what with stress?
- A) eliminate it
  - B) dehumanize it
  - C) ignore it
  - D) neutralize it
- 45.** The word "Prana" means:
- A) spirit
  - B) universal life energy
  - C) breath
  - D) all of the above
- 46.** Extreme or extensive use of breath work can cause:
- A) depression
  - B) psychosis
  - C) obsessions
  - D) all of the above
- 47.** Breath work has its effect physiologically by:
- A) increasing parasympathetic tone
  - B) decreasing parasympathetic tone
  - C) increasing sympathetic tone
  - D) none of the above
- 48.** A great manifestation of over-active sympathetic nervous system stimulation is:
- A) constriction of pupils
  - B) atrial fibrillation
  - C) cold hands
  - D) warm hands and feet

**49.** The secret of increasing breath is to:

- A) increase inhalation
- B) decrease exhalation
- C) keep inhalation and exhalation even
- D) increase exhalation

**50.** Bellows Breath will:

- A) increase alertness
- B) increase warmth
- C) raise energy of the nervous system
- D) all of the above

**51.** Worrying helps us in which of the following ways?

- A) it helps us plan how to respond to danger
- B) it helps us survive
- C) it helps us avoid danger
- D) all of the above

**52.** Which of the following is the positive, healthy function of worry?

- A) understanding our emotions
- B) letting bad feelings out
- C) solving problems
- D) retraining our brains

**53.** Which skill can be cultivated and used to eliminate unnecessary worry?

- A) deep breathing
- B) imagination
- C) reiki
- D) transcendence

**54.** Which of the following about worry, anxiety and stress are TRUE?

- A) they are different from one another
- B) they are assumed not to be the same
- C) they are not connected
- D) all the above are true

- 55.** What is a type of thing in which we repeat unpleasant thoughts problems over and over again in our minds?
- A) anxiety
  - B) phobia
  - C) stress
  - D) worry
- 56.** What is considered an instantaneous, unconscious reaction activated in the most primitive part of our brain?
- A) worry
  - B) stress
  - C) hallucinations
  - D) anxiety
- 57.** Unrelieved stress is today recognized as a significant risk factor for all of the following except ?
- A) autoimmune disease
  - B) asthma
  - C) diabetes type 2
  - D) fibromyalgia
- 58.** A theory as to why women worry more than men is what?
- A) female hormones allow their brains to be more sensitive to dangers
  - B) their amgdalaya's are more sensitive to processing fears
  - C) their brains are more devoted to emotional recognition, processing and expression
  - D) all of the above
- 59.** Regarding the ability to change how much we worry, which of the following is a FALSE statement?
- A) learning to think differently can decrease anxiety and stress
  - B) anxiety brain pathways have been shown to be only chemical sensitive
  - C) changing the connection between the thinking and the feeling parts of the brain will reduce worry and anxiety
  - D) relaxation techniques lower the reactivity level of the brain to stress
- 60.** What have technologies such as SPECT and fMRI scanning been able to teach us about the brain?
- A) the brain changes constantly
  - B) when you think about relaxing, parts of the brain that support relaxation get activated
  - C) the brain can learn new patterns and pathways at almost any age
  - D) all of the above

- 61.** The human imagination allows us to do what?
- A) mentally experiment with possible futures
  - B) symbolize our thoughts and feelings
  - C) remember the past
  - D) all of the above
- 62.** The Worry Solution program is what?
- A) a whole brain, whole person approach
  - B) an unstructured approach to meditation and stress reduction
  - C) based on intuitive studies
  - D) all of the above
- 63.** Which of the following is considered a framework for learning to worry well?
- A) The Lord's Prayer
  - B) The 23rd Psalm
  - C) Serenity Prayer
  - D) Prayer of St. Francis
- 64.** Dr. Hans Seyle taught that if ongoing stress is not relieved, one will enter a state of what?
- A) disorientation
  - B) acute fight
  - C) exhaustion
  - D) flight
- 65.** The effects of a stressful challenge are dependent upon what?
- A) our responses
  - B) our biochemistry
  - C) our genetics
  - D) our physical health
- 66.** What happens when we are relaxing?
- A) our bodies replenish depleted nutrients
  - B) our ability to cope strengthens
  - C) our brains and bodies automatically repair
  - D) all of the above

**67.** A reason that anxious people are often resistant to relaxation techniques is what?

- A) a fear that they won't work for them
- B) a fear they will lose control
- C) a fear that they will lose their coping mechanisms
- D) a fear that they will hyperventilate

**68.** One problem with a frequent release of adrenaline is what?

- A) it can cause asthma to develop
- B) it can cause psychosis
- C) it can become addictive
- D) it can cause medullary carcinoma

**69.** People addicted to stress have which of the following behaviors?

- A) they amplify dangers
- B) they are nail biters
- C) they are alcoholics
- D) they are pathological liars

**70.** The usual cause of Relaxation-Induced Anxiety is what?

- A) a history of drug addiction
- B) poor coping mechanisms
- C) an underlying chronic disease
- D) prior trauma

**71.** The simplest way to learn abdominal breathing is to use a method called what?

- A) ecstasy breathing
- B) balloon breathing
- C) cloud breathing
- D) stress-defense breathing

**72.** Which of the following regarding Lactic Acid is TRUE?

- A) it makes muscles feel relaxed
- B) it is an anti-stress chemical
- C) it stimulates anxiety
- D) all of the above are true

**73.** Dr. Jacobson, through his research, found that when we tell our muscles to relax, what happens?

- A) our muscles resist this
- B) there is a neutral response
- C) our muscles relax
- D) a temporary paralysis may develop

**74.** The key to using mental imagery for deep relaxation is what?

- A) focus on your muscles
- B) focus on one-point breathing
- C) pay attention to all sensory details
- D) visualize in the middle of your mind

**75.** When doing a Calmness Meditation; when doing deep full breathing, you should do what?

- A) exhalation should be a letting-go breath
- B) the out-breath should be longer than the in-breath
- C) pause in breathing at the end of inhalation and exhalation
- D) all of the above

**76.** Mindfulness Meditation teaches to observe whatever is happening at the time as a focus of meditation.

- A) True
- B) False

**77.** Guided Imagery and Hypnosis are one in the same thing.

- A) True
- B) False

**78.** You should refrain from writing down your worries because this will provoke anxiety.

- A) True
- B) False

**79.** Our wisdom comes from a whole-brain perspective.

- A) True
- B) False

**80.** As the brain cycles slower, below 10-12 cycles per second, information from its nonverbal parts appears as images, feelings and intuitions.

- A) True

B) False

**81.** It is important that some people physically carry out a "letting-go" ritual.

A) True

B) False

**82.** Research at Stanford University revealed that anxiety-provoking stimuli and thoughts have a pathway through the brain that goes directly to the subconscious mind.

A) True

B) False

**83.** Positive Worry Imagery reduces stress and anxiety but has shown no potential for brain rewiring.

A) True

B) False

**84.** Research has demonstrated that 85% of worries do not have the bad outcomes that the worrier anticipated.

A) True

B) False

**85.** Good Worry is focusing on a problem you know that you can do nothing about.

A) True

B) False

**86.** The Effective Action Process allows us to take an idea that exists in the mind and make something real out of it.

A) True

B) False

**87.** Affirmations are useful to build motivation for taking action.

A) True

B) False

**88.** The first step in Effective Action Planning is to Choose the Best Option.

A) True

B) False

**89.** The adult human brain weighs 3-4 pounds and most of the brain is fat; men on average have somewhat larger brains than women.

- A) True
- B) False

**90.** Fear and anger are modulated in a part of the brain known as the Hypothalamus.

- A) True
- B) False

**91.** The mind lives in the brain.

- A) True
- B) False

**92.** Studies show that women have 3-4 times the amount of brain area devoted to emotionally important functions than men do.

- A) True
- B) False

**93.** The Neocortex of the brain is where perception is processed.

- A) True
- B) False

**94.** The left side of the brain is more closely integrated with imagery and emotions.

- A) True
- B) False

**95.** The key to connecting with inner intelligence is to first quiet the rational brain.

- A) True
- B) False

**96.** In Dr. Schwartz's work with OCD patients, he was able to demonstrate self-directed neuroplasticity.

- A) True
- B) False

**97.** Imagery is an older, more time-tested way of thinking than words.

- A) True
- B) False



**98.** It has been found in research that imagery-based thinking cannot stimulate physiology.

A) True

B) False

**99.** People with certain qualities tend to express particular emotions more often.

A) True

B) False

**100.** People often feel different the very first time they learn that they can relax.

A) True

B) False