# LU08: Study Guide Questions

**Multiple Choice**

1. The World Health Organization’s (1948) definition of health encompasses:

a. not just the absence of disease or infirmity, but a state of complete physical, mental, and social well-being.

b. physical and mental well-being.

c. mental and social well-being.

d. just the absence of disease.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is dedicated to understanding psychological influences on how people stay healthy, why they become ill, and how they respond when they do become ill.

a. Health belief model

b. Health psychology

c. Heath disparity

d. Common sense model

3. Which of the following accurate summarizes the Common-Sense Model of health behaviors?

a. Perceptions of illness predict emotional response. Emotional response predicts the evaluation of distress. Evaluation of distress predicts how individuals revise their perceptions of illness and future emotional response.

b. Emotional responses predict coping. Coping predicts the evaluation of coping. Evaluation of

coping predicts how individuals revise their emotional responses and future coping.

c. Perceptions of discrimination predict coping. Coping predicts the evaluation of coping.

Evaluation of coping predicts how individuals revise their perceptions of discrimination and future coping.

d. Perceptions of illness predict coping. Coping predicts the evaluation of coping. Evaluation of

coping predicts how individuals revise their perceptions of illness and future coping.

4. A Kaiser Family Foundation report provided ratings across ethnic groups on 29 measures of health status and outcomes. Which of the following groups had better indicators than European Americans?

a. European Americans

b. Asian Americans

c. American Indian/Alaska Native women

d. Black women

5. What are the MAIN causes of health disparities?

a. Unfeeling health care professionals

b. Racism, poverty, and structural barriers to accessing health care

c. Increasing diversity in the United States

d. Laziness on the part of ethnic minorities

6. Higher death rates among African Americans due to AIDS, cancer, and heart disease can be attributed to

a. differential treatment by health care professionals.

b. greater participation in health behaviors by this group.

c. the genetic superiority of European Americans.

d. the greater physical vulnerability of people of color to these diseases.

7. Among the different factors affecting access to health care, which is the most important factor

to be considered?

a. Patients’ perceptions

b. Entry into the health care system

c. Structural barriers

d. Utilization of care

8. O’Brien et al. (2010) measured what was important to patients in their interactions with their physicians. Which of the following statements is FALSE concerning the findings of this research?

a. All of the cultural groups in the study expressed exactly the same concerns.

b. All of the cultural groups emphasized the importance of the physician’s genuine concern for patients.

c. African American women often cited frustration with physician’s invalidating their perspective.

d. Latinxs emphasized the importance of technical competence.

9. In the 2017 AHRQ report, National Healthcare Quality and Disparities Report, a general conclusion was that

a. Indicators of health disparities have improved over time but only for Latinxs.

b. Most indicators of health disparities have improved over time.

c. Some indicators of health disparities have not improved over time, but some have.

d. Most indicators of health disparities have not improved over time.

10. A medical provider believes she is providing equal care to all her patients and values her patients regardless of race or ethnic background. However, outcome data show that she prescribes medications differently to her European American patients compared to her Asian American patients. She most likely:

a. holds implicit biases, which are not in conscious awareness.

b. holds explicit biases, which are in conscious awareness.

c. is in denial about her racism.

d. is lying about her value for equal care.

**Short Answer**

1. What are health disparities? Describe at least three examples of health disparities that exist in the United States today.

2. What are some methods for reducing health disparities? Describe at least three.

3. Why should we care about health disparities? Give at least two reasons.

4. Describe at least three barriers to health care for minorities.

5. How are individual racism and structural racism implicated in health disparities? What are strategies used to attempt to reduce individual racism and structural racism in a healthcare context?

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