**Test Yourself Answers**

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**Chapter 1: What is Health? Cultural and Historical Roots**

1 (C); 2 (A); 3 (A); 4 (B); 5 (D); 6 (C); 7 (A); 8 (A); 9 (A); 10 (A)

**Chapter 2: Doing Health Psychology: Research Methods**

1 (A); 2 (D); 3 (B); 4 (A); 5 (C); 6 (A); 7 (A); 8 (C); 9 (D); 10 (A)

**Chapter 3: Cultural Approaches to Health**

1 (A); 2 (A); 3 (A); 4 (A); 5 (B); 6 (C); 7 (B); 8 (A); 9 (A); 10 (B)

**Chapter 4: Essential Physiology**

1 (D); 2 (A); 3 (B); 4 (B); 5 (D); 6 (A); 7 (B); 8 (B); 9 (A); 10 (C)

**Chapter 5: Diverse Understandings of Stress**

1 (D); 2 (A); 3 (A); 4 (D); 5 (A); 6 (D); 7 (B); 8 (A); 9 (B); 10 (B)

**Chapter 6: Coping and Social Support**

1 (A); 2 (B); 3 (D); 4 (A); 5 (C); 6 (C); 7 (D); 8 (C); 9 (B); 10 (D)

**Chapter 7: Why Don’t We Do What We Need T0? Models of Behavior Change**

1 (D); 2 (D); 3 (D); 4 (A); 5 (D); 6 (B); 7 (A); 8 (C); 9 (D); 10 (A)

**Chapter 8: Health Behaviors: Eating, Being Active, Smoking, and Drinking**

1 (D); 2 (B); 3 (C); 4 (D); 5 (C); 6 (B); 7 (C); 8 (D); 9 (A); 10 (B)

**Chapter 9: Illness Cognitions, Adherence, and Patient-Practitioner Interactions**

1 (B); 2 (B); 3 (D); 4 (C); 5 (A); 6 (C); 7 (A); 8 (A); 9 (C); 10 (D)

**Chapter 10: Diverse Approaches to Pain**

1 (A); 2 (C); 3 (D); 4 (D); 5 (B); 6 (B); 7 (B); 8 (D); 9 (B); 10 (B)

**Chapter 11: Chronic Illness, Terminal Illness, and Death**

1 (D); 2 (A); 3 (A); 4 (A); 5 (B); 6 (A); 7 (B); 8 (A); 9 (C); 10 (A)

**Chapter 12: Psychoneuroimmunology and HIV**

1 (B); 2 (A); 3 (D); 4 (D); 5 (D); 6 (D); 7 (C); 8 (C); 9 (C); 10 (D)

**Chapter 13: Cancer: Fundamentals and Cultural Variations**

1 (B); 2 (A); 3 (B); 4 (A); 5 (A); 6 (B); 7 (B); 8 (C); 9 (A); 10 (A)

**Chapter 14: Cardiovascular Disease: Fundamentals and Cultural Variations**

1 (A); 2 (C); 3 (B); 4 (C); 5 (B); 6 (C); 7 (D); 8 (C); 9 (B); 10 (C)

**Chapter 15: Controversies and the Future of Health Psychology**

1 (C); 2 (D); 3 (B); 4 (D); 5 (C); 6 (B); 7 (C); 8 (A); 9 (C); 10 (B)