

# Freeman: Mosby's Complementary & Alternative Medicine, 3rd Edition

## Test Bank

### Chapter 02: Research on Mind-Body Effects

#### MULTIPLE CHOICE

1. Which emerging disciplinary field describes the interactions among behavior, neural and endocrine function, and immune processes?
  - a. Immunology
  - b. Psychoneuroimmunology
  - c. Neuroimmunology
  - d. Psychoimmunology

ANS: B

2. Which of the following is *not* a granulocyte?
  - a. Eosinophils
  - b. Basophils
  - c. Monocytes
  - d. Neutrophils

ANS: C

3. Which of the following is considered a primary immune deficiency?
  - a. Antibody
  - b. Cellular
  - c. Complement deficiencies
  - d. All of the above

ANS: D

4. Four lines of research explore the mind's influence on the body. Which of the following is made up of documented case studies?
  - a. Clinical research
  - b. Physiologic research
  - c. Observational research
  - d. Epidemiologic research

ANS: C

5. Which of the following is part of the second defensive barrier to protect the body from foreign invaders?
  - a. Macrophages, mast cells, and white blood cells
  - b. Gastric juices
  - c. Tears and saliva

d. Mucous membranes

ANS: A

6. The complement refers to 20 or more plasma proteins that circulate in the blood in an inactive state. Which of the following statements about the complement is *incorrect*?
- When activated, the complement mediators amplify all aspects of the inflammatory process.
  - Our own cells are equipped with proteins to inactivate the complement mediators.
  - The complement can be activated only by the classical pathway.
  - The complement enhances the effectiveness of both nonspecific and specific defense systems.

ANS: C

7. Fever is regulated by:
- Metabolism
  - The hypothalamus
  - The thymus
  - The amygdala

ANS: B

8. Which of the following statements regarding erythrocytes is *true*?
- Erythrocytes are the most abundant cells in the human body.
  - Erythrocytes transport oxygen through the body.
  - Erythrocytes remove carbon dioxide from the body by transporting it to the lungs.
  - All of these statements are true.

ANS: D

9. A white blood cell count of more than \_\_\_\_\_ is a medical indicator of a bacterial or viral assault and is known as leukocytosis.
- 5000
  - 7000
  - 9000
  - 11,000

ANS: D

10. A vesicle formed during phagocytosis is called a:
- Defense-mediated lysis
  - Respiratory burst
  - Phagosome
  - Defensin

ANS: C

11. Which of the following was described in the text as the *Paul Revere* of the immune system because they *ride* through the body announcing a *foe* has invaded?
- Monocytes
  - Natural-killer cells
  - T lymphocytes
  - B lymphocytes

ANS: A

12. When stained, the eosinophil nucleus is:
- Purple-black
  - Purple, with a U or S shape
  - Pale lilac
  - Blue-red and shaped similar to a telephone receiver

ANS: D

13. Which of the following is a technique that measures cell characteristics, including size, granularity, and fluorescence?
- Delayed skin hypersensitivity: T-cell assay
  - Flow cytometry
  - Nephelometry
  - Enzyme-linked immunosorbent assay

ANS: B

14. Which of the following statements regarding lymphocytes is *true*?
- When stained, lymphocytes have a large, dark-purple nucleus that occupies almost all of the cell volume.
  - Lymphocytes are smaller than monocytes.
  - Only a small number of lymphocytes are found in the bloodstream.
  - All of these statements are true.

ANS: D

15. Which of the following assesses the increased metabolic activity of normal granulocytes during phagocytosis?
- Nitroblue tetrazolium test
  - Cytotoxicity
  - Chemotaxis assays
  - Migration assays

ANS: A

16. What is the lifespan of basophils?
- 100 to 200 days
  - A few hours to a few days
  - 8 to 12 days
  - None of the above

ANS: B

17. Which of the following is an antibody-producing cell, producing immunoglobulins with the same antigen specificity?
- Suppressor T cell
  - Memory cell
  - B cells
  - Plasma cells

ANS: D

18. Footlike extensions formed by leukocytes that allow them to flow or slither along tissue spaces are called:
- Amoeboid motion
  - Diapedesis
  - Cytoplasmic pseudopods
  - Opsonization

ANS: C

19. White blood cells can move out or leap across capillary blood vessels by a process called:
- Amoeboid motion
  - Diapedesis
  - Suppression
  - Alternate pathway

ANS: B

20. Most outcomes of mind-body research are evaluated by measuring the changes in:
- Values of immune cells and their by-products using immune assays
  - Weight and blood pressure
  - Heart rate, blood pressure, and blood sugar levels
  - Adrenaline and blood sugar levels

ANS: A