Review Questions for Exam 1
Chapter 1 - 4

1. List and define the six dimensions of health.

2. Describe the average life expectancy in the U.S. and give the factors that have affected life expectancy in recent decades.

3. Describe the different levels that comprise the Iceberg Model of Wellness.

4. Diagram the Wellness-Illness Continuum and place yourself where your wellness is today. What variables determine where you are?

5. Define psychological health. List the characteristics that a psychologically healthy person might exhibit.

6. Describe the four stages of non-REM sleep. What is REM sleep?

7. List and describe three types of anxiety disorders.

8. Define schizophrenia and list five symptoms.

9. Describe five factors that may lead to suicide.

10. Define stress and stressors. Give examples of an event that would cause eustress and distress.

11. Describe the biological theory of stress developed by Hans Selye.

12. Describe the relationship between stress, high blood pressure, and heart disease.

13. Describe three simple exercises used to stop stress build-up.

14. Describe two techniques used for managing stress.