

- 1) In middle adulthood, people become aware of the gradual changes in their bodies that aging brings. Some of the changes are the result of
 - a) Senescence
 - b) Lifestyle
 - c) Smoking
 - d) All of the above

- 2) Most people reach their maximum height in their 20s and remain close to that height until around age 55
 - a) True
 - b) False

- 3) Starting at around age 40 visual acuity starts to decline. The decline of near vision is called
 - a) Myopia
 - b) Presbyopia
 - c) Near-sighted
 - d) Far-sighted

- 4) The decline in the ability to hear high-pitched, high frequency sounds is called
 - a) Presbyopia
 - b) Presbycusis
 - c) Prebycarions
 - d) Preblindness

- 5) Frequency of sexual intercourse declines with age
 - a) True
 - b) False

- 6) The female climacteric marks the transition that ends _____
- a) Childbearing years
 - b) Menopause
 - c) Menstrual period
 - d) Sexual pleasure
- 7) Menopause is the cessations of _____
- a) Sexual pleasure
 - b) Menstruation
 - c) Hormone testosterone
 - d) Hot flashes
- 8) Men do experience changes in midlife that are referred to as male climacteric
- a) True
 - b) False
- 9) Personality type A appears to be a factor in the _____
- a) Male and female climacteric
 - b) Development of coronary heart disease
 - c) Midlife crisis
 - d) Development of osteoporosis
- 10) Personality type B is characterized by _____
- a) Competiveness
 - b) Tendency toward frustration
 - c) Lack of aggression
 - d) Impatience

11) 'Big Five" personality traits represent the five major clusters of personality characteristics

a) True

b) False

12) As one of the "Big Five" personality traits neuroticism indicates _____

a) The degree to which a person is moody, anxious, and self-critical

b) How outgoing or shy a person is

c) A person's level of curiosity and interest in new experiences

d) A person's tendency to be organized and responsible

13) Divorce among midlife couples is actually rising, despite a decline in divorces overall in recent decades

a) True

b) False

14) Domestic violence is epidemic in the United States, occurring in two-fourth of all marriages

a) True

b) False

15) Universal and irreversible changes due to genetic programming is called

- a) primary aging
- b) Senescence
- c) A and B
- d) Secondary aging

16) Space between brain and skull doubles from age 20 to age 70

- a) True
- b) False

17) Woman are more susceptible to osteoporosis than man

- a) True
- b) False

18) The most common mental disorder of elderly people is

- a) Anxiety
- b) Paranoia
- c) Dementia
- d) Neurosis

19) The leading causes of death is elderly people (are), (is)

- a) Heart disease
- b) Cancer
- c) Stroke
- d) All of the above

20) The first sign of Alzheimer's disease is

- a) Depression
- b) Anxiety
- c) Confusion
- d) Forgetfulness

21) Our body's DNA contains a built in time limit for the reproduction of human cells, this is the theory of _____

- a) Genetic programming of aging
- b) Wear and tear
- c) Life limit
- d) Death

22) Wear and tear theories of aging argue that our body's organs deteriorate due to use over time

- a) True
- B) False

23- Genetic programming theories and wear and tear theories make different suggestions about the inevitability of death.

A) True

B) False

24- Restricting calories produce fewer free radicals, therefore helping to increase the length of life.

A) True

B) False

25- Life expectancy of 100 years is very uncommon as it once was.

A) True

B) False

26) Stressful events are limited to the ones that are classified as unhealthy

- a) True
- b) False

27) A couple who have been happily dating for a few months, but have not made any plans for a future together is experiencing _____

- a) Non love
- b) Empty love
- c) Romantic love
- d) Fatuous love

28) According to Robert Stenberg love is made of three components, which one is not one of them

- a) Intimacy
- b) Passion
- c) Commitment
- d) Romance

29) If you find that you can establish good relationships with others, you don't reject someone getting to close to you, you are experiencing what kind of attachment:

- a) Secure
- b) Avoidant
- c) Ambivalent
- d) Mixed

30) Career consolidation, according to psychiatrist George Valliant, begins between 20 and 40 years old and young adults center their life on their careers

- a) True
- b) False