

Student: _____

1. Of all the developments that take place during the second decade of life, the only one that is truly inevitable is:
 - A. physical maturation.
 - B. an identity crisis.
 - C. rebellion against one's parents.
 - D. the first experience of romantic love.
2. The average girl in the United States reaches _____, the time of her first menstrual period, sometime between the ages of 12 and 13.
 - A. spermarche
 - B. menarche
 - C. puberty
 - D. adrenarche
3. The physical transformation from child to adult is called:
 - A. puberty.
 - B. early adolescence.
 - C. middle adolescence.
 - D. late adolescence.
4. The term puberty refers to the period during which:
 - A. an individual is between the ages of 12 and 15.
 - B. an individual's endocrine system creates new hormones.
 - C. an individual becomes capable of sexual reproduction.
 - D. an individual stops growing.
5. According to the text, puberty involves all of the following *except*
 - A. development of the primary sex characteristics.
 - B. changes in distribution of fat and muscle in the body.
 - C. development of secondary sex characteristics.
 - D. increases in intellectual functioning.
6. Professor Radon is studying the _____ system, which produces, circulates, and regulates levels of hormones in the body.
 - A. adrenal
 - B. circulatory
 - C. respiratory
 - D. endocrine
7. Which of the following statements about the production of hormones at puberty is *false*?
 - A. The body begins to produce several hormones that have not been present in the body up until this time.
 - B. There is an increase in the production of certain hormones.
 - C. Boys' bodies produce more androgens and girls' bodies produce more estrogens.
 - D. The feedback loop regulating the endocrine system's set point for each hormone becomes increasingly important.
8. When levels of _____ & _____ fall below the set points, the _____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.
 - A. leptin & thyroid hormones; hypothalamus
 - B. androgens & estrogen; adrenal gland
 - C. androgens & estrogens; hypothalamus
 - D. leptin & thyroid hormones; adrenal gland

9. The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:
- androgens.
 - estrogens.
 - organizational.
 - activational.
10. Hormones play two very different roles in adolescence. _____ hormones program the brain to behave in certain ways, whereas _____ hormones are thought to stimulate development of the secondary sex characteristics.
- Activational; organizational
 - Organizational; activational
 - Testosterone; endocrine
 - Endocrine; testosterone
11. Which of the following statements about prenatal development is *not* true:
- Up until about eight weeks after conception, all human brains are feminine.
 - Puberty is part of a gradual process that begins at conception.
 - All hormones necessary for puberty are present before birth.
 - The amount of cortisol exposed to the fetus is directly linked to the timing and tempo of puberty.
12. Which of the following is *not* thought to contribute to the onset of puberty?
- the presence of sexually mature partners in the environment
 - whether the individual is healthy enough to begin reproduction
 - the development of primary sex characteristics
 - whether there are nutritional resources available to support a pregnancy
13. Which of the following observations suggests that rising levels of the protein leptin is the most important signal that the body is ready for puberty?
- Production of pubic hair relates to increased sex drive.
 - Excessive thinness can delay onset of puberty.
 - Puberty tends to occur earlier among boys who are obese.
 - Excessive exercise promotes early physical development.
14. Which of the following is *not* part of the feedback loop in the endocrine system?
- gonads
 - hypothalamus
 - pituitary gland
 - thyroid hormones
15. Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:
- by maturation of the adrenal glands through the process called adrenarche.
 - by maturation of the gonads through a process called menarche.
 - as rising levels of leptin instruct her hypothalamus to set the hormonal changes of puberty in motion.
 - as increases in sex hormones activate her HPG axis.
16. The hormonally induced increase in the rate of growth in height and weight is referred to as:
- the adolescent growth spurt.
 - epiphyses.
 - secular trend.
 - delayed phase preference.
17. The simultaneous release of growth hormones, thyroid hormones, and _____ stimulates rapid acceleration in height and weight during puberty.
- pituitary glands
 - estrogens
 - androgens
 - thyroid glands

18. At the time of peak height velocity, adolescents grow at about the same rate as:
- A. newborns.
 - B. infants.
 - C. toddlers.
 - D. elementary school children.
19. The adolescent growth spurt:
- A. generally begins two years earlier for girls than for boys.
 - B. generally begins two years earlier for boys than for girls.
 - C. is slower in the early adolescent years, then speeds up around age 15 for boys and girls.
 - D. proceeds along a smooth and rapid course over the teen years.
20. Which of the following is *not* characteristic of changes in skeletal structure during puberty?
- A. One marker that indicates the termination in growth in height is epiphysis.
 - B. Bones become more porous and more likely to break.
 - C. Height gains are attributable more to increases in torso length than leg length.
 - D. The growth sequence generally begins with the extremities, then proceeds to the arms and legs, then to the torso and shoulders.
21. Who is at the greatest risk of developing body dissatisfaction?
- A. Callie, an early-maturing, affluent Caucasian girl who compares herself to her friends
 - B. Miranda, a late-maturing African-American girl
 - C. John, an early-maturing African-American male who compares himself to his friends
 - D. Mike, a late-maturing Caucasian male who feels he is not muscular enough
22. One reason for the difference in the body shapes of the sexes is:
- A. the timing of the growth spurt.
 - B. that females tend to be more "left-brained" and males more "right-brained."
 - C. differences in the size of the hypothalamus.
 - D. the difference in the amount and distribution of body fat.
23. Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:
- A. greater in boys than girls.
 - B. greater in girls than boys.
 - C. about the same in both genders.
 - D. greater in early maturing girls than in late-maturing boys.
24. Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?
- A. Suzy, an early maturer
 - B. Lilly, someone who began dating early
 - C. Diane, someone from a relatively affluent family
 - D. Beth, a Black adolescent girl
25. The rapid increase in body fat that adolescent girls experience:
- A. leads to a majority of adolescent girls dieting unnecessarily.
 - B. leads to an increase in healthy eating patterns among adolescent girls.
 - C. increases vulnerability to feelings of body dissatisfaction for African-American adolescent girls.
 - D. is seen by the Centers for Disease Control as a major risk factor for obesity among adolescent girls.
26. According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:
- A. self confidence
 - B. body fat
 - C. hormones
 - D. diet and exercise

27. All of the following are reasons that males have greater gains in strength than females during early adolescence, *except*:
- A. increased production of androgens.
 - B. strong societal pressures on girls to decrease their physical activity in preadolescence.
 - C. inadequate nutrition among adolescent girls.
 - D. adolescent girls' increase in body fat.
28. Which of the following sex characteristics is the first to develop in boys?
- A. production of sperm
 - B. appearance of facial hair
 - C. growth of testes and scrotum
 - D. growth of penis
29. Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?
- A. After puberty, she will be shorter and heavier than her late-maturing peers.
 - B. After puberty, she will be shorter and thinner than her late-maturing peers.
 - C. After puberty, she will be taller and heavier than her late-maturing peers.
 - D. After puberty, she will be taller and thinner than her late-maturing peers.
30. The first ejaculation of seminal fluid that occurs is:
- A. biologically predetermined.
 - B. genetically inherited.
 - C. often determined culturally.
 - D. a major embarrassment for most boys.
31. The first sign of puberty in girls is generally:
- A. budding of the breasts.
 - B. underarm hair.
 - C. menarche.
 - D. acne.
32. Molly's breasts are beginning to develop, she is beginning to grow pubic hair, and her body is growing rapidly. This change is brought about by the secretion of _____ by the _____.
- A. estrogen; testes
 - B. androgens; ovaries
 - C. estrogen; ovaries
 - D. androgens; testes
33. Which of the following female sex characteristics is usually the last to develop?
- A. menarche
 - B. regular ovulation
 - C. development of the nipples of the breasts
 - D. growth of pubic hair
34. Which of the following statements about puberty in girls is *false*?
- A. Regular ovulation and the ability to carry a baby to term usually follow menarche by several years.
 - B. The development of the areola and nipple are far better indicators of sexual maturation than is breast size.
 - C. Menarche occurs very early in the process of sexual development.
 - D. The changes in the nipple and areola occur regardless of the size to which the breast finally develops.
35. Which of the following statements about the timing and tempo of sexual maturation is true?
- A. In the United States, and in all other countries, menarche typically occurs around age 12.
 - B. The duration of puberty varies widely - from 1.5 to 6 years in girls and 2 to 5 years in boys.
 - C. Adolescents who begin puberty early are also those who complete it early.
 - D. Adolescents who begin puberty earlier usually grow to be taller adults.

36. Sarah is a junior high student anticipating and preparing for puberty. She wants to know when puberty will start and how long it will take until she looks and is considered an adult. What would you tell her?
- A. The timing of puberty, as well as the rate with which it occurs, is highly variable and is influenced by both genetic and environmental factors.
 - B. The timing of puberty, as well as the rate with which it occurs, is highly predictive. She will begin the puberty process around 12.5 years of age and it will take exactly four years until it is completed.
 - C. The timing of puberty, as well as the rate with which it occurs, is highly controllable.
 - D. The timing of puberty, as well as the rate with which it occurs, is predetermined by your DNA.
37. Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which girl would be expected to be the earliest to mature?
- A. Anslyene, a middle-income African American
 - B. Miranda, a middle-income Hispanic American
 - C. Emily, a low-income Anglo American
 - D. Kimberly, a middle-income Anglo American
38. Which of the following can delay the onset of puberty?
- A. stress
 - B. nutritional deficiencies
 - C. excessive exercise
 - D. All of the above
39. Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by:
- A. hormonal factors.
 - B. genetic factors.
 - C. environmental factors.
 - D. None of the above
40. Which of the following factors have *not* been found to influence the onset of maturation?
- A. father absence
 - B. good nutrition
 - C. family conflict
 - D. peer pressure
41. According to the textbook, Julie, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with _____, which is compelling evidence that social relationships can affect biological functioning.
- A. the time her female roommate menstruates
 - B. her most stressful days of the month
 - C. days she feels most sexually aroused
 - D. her biological sister living in a different city
42. Over the past century, the onset of puberty has been coming at an earlier age. This has been referred to as the:
- A. cross-sectional trend.
 - B. endocrine trend.
 - C. menarche trend.
 - D. secular trend.
43. Puberty began for Nancy when she was 9 years old. Her mother began puberty at 11 years. For her grandmother, the onset was at 13 years of age. These changes in the age of onset of puberty over time are referred to as:
- A. cross-sectional trend.
 - B. secular trend.
 - C. longitudinal trend.
 - D. physiologic trend.

44. Professor Kendall has been researching adolescent maturation around the world. She is likely to find that all of the following contribute to the secular trend, *except*:
- A. nutrition.
 - B. sanitation.
 - C. infectious diseases.
 - D. genetics.
45. The biological changes that take place during puberty can cause changes in adolescents' behavior in all of the following ways, *except*:
- A. directly.
 - B. by affecting the adolescent's self-image.
 - C. by affecting the reactions of others to the adolescent.
 - D. All of these are ways in which biological changes occurring in puberty can cause changes in adolescents' behavior.
46. Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?
- A. longitudinal
 - B. cross-sectional
 - C. cross-sequential
 - D. secular
47. A research design in which subjects of different ages are assessed simultaneously is called a:
- A. longitudinal study.
 - B. cross-sectional study.
 - C. cross-sequential study.
 - D. correlational study.
48. Which of the following statements about adolescent mood swings is *false*?
- A. The effect of hormones on adolescent mood swings is strongest early in puberty.
 - B. Adolescents' moods fluctuate during the course of the day more than the moods of adults.
 - C. Adolescent mood swings parallel their changes in activities.
 - D. Hormones play a greater role in the development of depression than do stressful life events.
49. Which of the following plays the greatest role in the development of depression?
- A. rapid increases in hormones
 - B. early maturation
 - C. stressful life events
 - D. the delayed phase preference
50. Studies show that adolescent mood swings parallel their changes in:
- A. hormone levels.
 - B. family relationships.
 - C. nutrition.
 - D. activities.
51. Joe is extremely moody. His mother attributes his mood swings to being an adolescent. Based on your understanding of adolescent mood swings, what would you tell Joe's mom?
- A. Joe is a victim of raging hormones.
 - B. Moodiness is a genetic trait that Joe inherited from his parents.
 - C. Joe's moods are most likely linked to his daily activities.
 - D. Moodiness during adolescence is rare and Joe should seek psychiatric help.
52. Given a choice, Mike would rather stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the:
- A. secular trend.
 - B. delayed phase preference.
 - C. longitudinal design.
 - D. adolescent growth spurt.

53. Which of the following does *not* contribute to changes in sleep patterns during adolescence?
- A. later secretion of melatonin
 - B. mood fluctuations throughout the day
 - C. television, computers, and artificial light sources
 - D. early school starting times
54. The delayed phase preference suggests that:
- A. adolescents should not be taught sex education until high school.
 - B. school should be held year-round.
 - C. school should begin later in the morning.
 - D. school should begin earlier in the morning.
55. Researchers have found that, with regard to adolescent sleep patterns:
- A. adolescents today are getting more sleep than adolescents 30 years ago.
 - B. the reason that high schools begin classes earlier than middle schools or junior high schools is that . adolescents are more alert during the morning hours than later in the day.
 - C. getting fewer than 8 hours of sleep a night is associated with poorer mental health and lower grades for adolescents.
 - D. although most adolescents do not get sufficient sleep during the week, they are able to make up for the . deficit by sleeping later on weekends.
56. Which of the following statements about puberty's impact on family relationships is true?
- A. Puberty appears to increase distance between parents and children.
 - B. Other species do not experience distance during the pubertal transition.
 - C. Being an early maturing adolescent has more impact on family tension than being a late maturing adolescent.
 - D. Puberty does not interfere with family relations.
57. When compared with their less mature peers, adolescents who are physically mature are:
- A. less likely to name other adolescents and more likely to name adults as people who are important to them.
 - B. more likely to be involved in cross-sex activities such as going out on dates.
 - C. less likely to experience family conflict.
 - D. less likely to be depressed.
58. Which of the following girls will experience the greatest menstrual discomfort?
- A. Sarita, who is prepared for the physical changes
 - B. Alison, who is a late maturer
 - C. Loryn, who has a negative attitude toward menarche
 - D. Janet, who is unpopular among her classmates
59. Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report:
- A. milder menstrual symptoms than their peers.
 - B. more severe menstrual symptoms than their peers.
 - C. about the same level of menstrual symptoms as their peers.
 - D. experiencing menarche sooner than their peers.
60. Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?
- A. when the girl's mother prepares her by describing the unpleasant aspects of menarche
 - B. when the girl reaches menarche early
 - C. when menarche occurs before the girl has been told about the physical changes which will occur
 - D. when the girl knows the facts about the physical changes her body will undergo

61. When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?
- A. A girl's mother will be the first person the girl tells that she has begun to menstruate.
 - B. A girl's best friend will be the first person the girl tells that she has begun to menstruate.
 - C. A girl is likely not to tell anyone that she is menstruating for the first several months after she begins.
 - D. A boy will tell his friends about his first ejaculation soon after it occurs.
62. Suzanne and Greg are the first members of their class to begin the pubertal transition. Based on what you know about early maturing adolescents, Suzanne and Greg are more likely to:
- A. become involved in deviant activities.
 - B. do better in school.
 - C. be ostracized by their classmates.
 - D. get along with their parents.
63. Which of the following characteristics is *not* associated with being an early-maturing boy?
- A. fewer problem behaviors
 - B. greater popularity
 - C. a more positive self-concept
 - D. greater confidence in one's self
64. Mike, an early maturer, is more likely to _____ than Bob, a late maturer.
- A. experience pseudomaturity
 - B. suffer greater consequences if bullied by peers
 - C. fall in love
 - D. All of the above
65. Early-maturing boys are:
- A. likely to have low self-esteem.
 - B. often expected to be more mature than they are.
 - C. better prepared to deal with changes of adolescence.
 - D. more childish than their later-maturing peers.
66. Avram is considered a late-maturing boy. A year after pubertal onset, we would expect Avram to show all of the following advantages over his early maturing peers, *except*:
- A. greater popularity.
 - B. more intellectual curiosity.
 - C. greater exploratory behavior.
 - D. higher levels of social initiative.
67. Follow-up studies of men who had been late maturers as adolescents revealed that as adults they are:
- A. more conforming.
 - B. less creative and insightful.
 - C. more conventional.
 - D. more insightful and inventive.
68. Which of the following characteristics is *not* typically associated with being an early-maturing girl?
- A. feelings of awkwardness and self-consciousness
 - B. being less popular, especially with boys
 - C. being more likely to become involved in juvenile delinquency
 - D. being less likely to pursue advanced education and a demanding career
69. In America, early-maturing girls are more likely than their late-maturing peers to:
- A. be unpopular.
 - B. have a lower self-image.
 - C. succeed in school.
 - D. perceive themselves as attractive.

70. Which of the following is *not* an explanation for the sex differences in the impact of early and late maturation for boys and girls?
- A. the cultural desirability of thin body types
 - B. the developmental readiness hypothesis
 - C. the maturational deviance hypothesis
 - D. boys' greater involvement in delinquency
71. Nadia is a student at a high school that is considered to be extremely cliquish. She tends to be shy and introverted, has low self-esteem, and feels unhappy about her menstrual periods. According to the text, Nadia is probably:
- A. sexually active.
 - B. underweight.
 - C. an early-maturing girl.
 - D. a late-maturing girl.
72. In their research on the relationship between early maturation and problem behaviors among adolescent girls, Caspi and Moffitt have found all of the following, *except*:
- A. an increase in problem behavior for early-maturing girls.
 - B. no increase in problem behavior for early-maturing girls if the girls did not exhibit problem behaviors during childhood.
 - C. high levels of family conflict in childhood for early-maturing girls.
 - D. high levels of behavior problems in childhood predict early maturation.
73. Generalizing from the text, the children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature _____ and boys who mature _____.
- A. late; early
 - B. early; late
 - C. late; late
 - D. early; early
74. Follow-up studies of Swedish women who had been early maturers found that as adults they were:
- A. unable to develop coping skills.
 - B. less likely to continue their education beyond high school.
 - C. more likely to continue their education beyond high school.
 - D. indistinguishable from those who had been late maturers.
75. The _____ is the minimal amount of energy one uses when resting.
- A. basal metabolism rate
 - B. delayed phase preference
 - C. secular trend
 - D. feedback loop
76. Which of the following is true about obesity?
- A. To be considered obese, a person's body mass index must fall at or above the 95th percentile for their age and gender.
 - B. Forty percent of American adolescents are obese.
 - C. The rate of obesity has quadrupled worldwide since 2005.
 - D. Obesity is solely caused by a low basal metabolic rate.
77. Which group is most at risk for obesity?
- A. late maturing African-American girls
 - B. early maturing African-American girls
 - C. early maturing white boys
 - D. early maturing white girls

78. According to the textbook, in general, the amount of time individuals spend in moderate-to-vigorous physical activity:
- A. increases from childhood to adolescence.
 - B. decreases from childhood to adolescence.
 - C. remains the same from childhood to adolescence.
 - D. is directly related to socioeconomic status.
79. Ta'isha believes that "fat is beautiful" and has a steady diet of fried chicken, french fries, and cheeseburgers. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call:
- A. disordered eating.
 - B. bulimia.
 - C. anorexia nervosa.
 - D. normal adolescent eating patterns.
80. Which of the following is *not* typical of the obsession many girls in the United States have to be excessively thin?
- A. They have mothers who have body image problems.
 - B. They are culturally less Americanized.
 - C. They have more negative relationships with their parents than their peers who are less concerned about being thin.
 - D. Their attempts to control their weight through excessive dieting, use of laxatives, and deliberate vomiting lead to weight gain, not weight loss.
81. Theresa has been known to go on eating binges and then purge afterward. Theresa is probably suffering from:
- A. anorexia nervosa.
 - B. bulimia.
 - C. oral fixation.
 - D. obesity.
82. Karen has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Karen is probably suffering from:
- A. anorexia nervosa.
 - B. bulimia.
 - C. oral fixation.
 - D. deprivation syndrome.
83. The potentially fatal disorder in which young women actually starve themselves is called:
- A. bulimia.
 - B. anorexia nervosa.
 - C. obesity nervosa.
 - D. purging.
84. The belief of adolescent girls that being slim will increase their popularity is:
- A. a myth.
 - B. a misperception by adolescents.
 - C. based in reality.
 - D. a concern for only a minority of adolescent girls.

85. The paradox of adolescent health in the United States is that:
- A. adolescence is one of the healthiest periods in the life span, but nearly 1 in 15 adolescents has at least one disabling chronic disease.
 - B. despite the adolescent focus on appearance, adolescents in the United States are the unhealthiest teens in the industrialized world.
 - C. adolescence is one of the unhealthiest periods in the life span, yet only 1 in 15 adolescents suffers from a disabling chronic disease.
 - D. while rates of adolescent deaths have decreased over the past 50 years, rates of chronic disability have increased.
86. Which of the following is *not* associated with the "new morbidity and mortality" of adolescence?
- A. accidents
 - B. suicide
 - C. homicide
 - D. cancer
87. Which of the following statements about health in adolescence is *not* true?
- A. Adolescents have low rates of disabling or chronic illness.
 - B. Adolescents have high rates of accidents, homicide, and suicide.
 - C. The majority of health problems during adolescence are preventable.
 - D. The new approach to adolescent health care is a return to traditional medicine.
88. The most virulent threats to adolescent health come from all of the following, *except*:
- A. unhealthy behaviors, such as drug use.
 - B. chronic disabilities, such as cancer and arthritis.
 - C. violence inflicted by themselves or by others.
 - D. risky activities, such as unprotected sexual intercourse.
89. Current efforts aimed at encouraging healthy behaviors among adolescents involve all of the following, *except*:
- A. reducing health compromising behaviors.
 - B. increasing health enhancing behaviors.
 - C. encouraging adolescents to sign contracts promising to abstain from unhealthy behaviors.
 - D. encouraging health care professionals to do more screening for risky health practices.
90. Which adolescent is at highest risk for suicide?
- A. Malcolm, an African-American male
 - B. Willie, a white male
 - C. Susan, a white female
 - D. Leonard, a Native American male
91. According to the textbook, the prevalence of adolescent smoking is a direct function of:
- A. the number of retail outlets selling tobacco in their immediate neighborhood
 - B. the amount of people smoking in the neighborhood
 - C. whether biological parents smoke
 - D. being an early maturing male and living in a single parent household
92. Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

93. Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?
94. Suzanne and Raul are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Suzanne and Raul's development?
95. Paul and Sophia, two adolescents in the middle of puberty, have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Paul and Sophia have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Sophia will experience body dissatisfaction? What about Paul?
96. You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understood the relation between puberty and eating disorders?
97. One of your friends has approached you to ask about the field of adolescent health care. She wants to know what the major issues are and particularly is confused by two terms she has heard, "the paradox of adolescent health" and the "new morbidity and mortality" of adolescence. What do you tell her?

98. 15-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night - past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?
99. Dr. Brown believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with his conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

1 Key

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C. rebellion against one's parents.
D. the first experience of romantic love.
Steinberg - Chapter 01 #1
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B. There is an increase in the production of certain hormones.
C. Boys' bodies produce more androgens and girls' bodies produce more estrogens.
D. The feedback loop regulating the endocrine system's set point for each hormone becomes increasingly important.
Steinberg - Chapter 01 #7

8. When levels of _____ & _____ fall below the set points, the _____ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.
- A. leptin & thyroid hormones; hypothalamus
 - B. androgens & estrogen; adrenal gland
 - C. androgens & estrogens; hypothalamus**
 - D. leptin & thyroid hormones; adrenal gland

Steinberg - Chapter 01 #8

9. The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:
- A. androgens.
 - B. estrogens.
 - C. organizational.**
 - D. activational.

Steinberg - Chapter 01 #9

10. Hormones play two very different roles in adolescence. _____ hormones program the brain to behave in certain ways, whereas _____ hormones are thought to stimulate development of the secondary sex characteristics.
- A. Activational; organizational
 - B. Organizational; activational**
 - C. Testosterone; endocrine
 - D. Endocrine; testosterone

Steinberg - Chapter 01 #10

11. Which of the following statements about prenatal development is *not* true:
- A. Up until about eight weeks after conception, all human brains are feminine.
 - B. Puberty is part of a gradual process that begins at conception.
 - C. All hormones necessary for puberty are present before birth.
 - D. The amount of cortisol exposed to the fetus is directly linked to the timing and tempo of puberty.**

Steinberg - Chapter 01 #11

12. Which of the following is *not* thought to contribute to the onset of puberty?
- A. the presence of sexually mature partners in the environment
 - B. whether the individual is healthy enough to begin reproduction
 - C. the development of primary sex characteristics**
 - D. whether there are nutritional resources available to support a pregnancy

Steinberg - Chapter 01 #12

13. Which of the following observations suggests that rising levels of the protein leptin is the most important signal that the body is ready for puberty?
- A. Production of pubic hair relates to increased sex drive.
 - B. Excessive thinness can delay onset of puberty.**
 - C. Puberty tends to occur earlier among boys who are obese.
 - D. Excessive exercise promotes early physical development.

Steinberg - Chapter 01 #13

14. Which of the following is *not* part of the feedback loop in the endocrine system?
- A. gonads
 - B. hypothalamus
 - C. pituitary gland
 - D. thyroid hormones**

Steinberg - Chapter 01 #14

15. Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:
- A. by maturation of the adrenal glands through the process called adrenarche.**
 - B. by maturation of the gonads through a process called menarche.
 - C. as rising levels of leptin instruct her hypothalamus to set the hormonal changes of puberty in motion.
 - D. as increases in sex hormones activate her HPG axis.

Steinberg - Chapter 01 #15

16. The hormonally induced increase in the rate of growth in height and weight is referred to as:
A. the adolescent growth spurt.
B. epiphyses.
C. secular trend.
D. delayed phase preference.
17. The simultaneous release of growth hormones, thyroid hormones, and _____ stimulates rapid acceleration in height and weight during puberty.
A. pituitary glands
B. estrogens
C. androgens
D. thyroid glands
18. At the time of peak height velocity, adolescents grow at about the same rate as:
A. newborns.
B. infants.
C. toddlers.
D. elementary school children.
19. The adolescent growth spurt:
A. generally begins two years earlier for girls than for boys.
B. generally begins two years earlier for boys than for girls.
C. is slower in the early adolescent years, then speeds up around age 15 for boys and girls.
D. proceeds along a smooth and rapid course over the teen years.
20. Which of the following is *not* characteristic of changes in skeletal structure during puberty?
A. One marker that indicates the termination in growth in height is epiphysis.
B. Bones become more porous and more likely to break.
C. Height gains are attributable more to increases in torso length than leg length.
D. The growth sequence generally begins with the extremities, then proceeds to the arms and legs, then to the torso and shoulders.
21. Who is at the greatest risk of developing body dissatisfaction?
A. Callie, an early-maturing, affluent Caucasian girl who compares herself to her friends
B. Miranda, a late-maturing African-American girl
C. John, an early-maturing African-American male who compares himself to his friends
D. Mike, a late-maturing Caucasian male who feels he is not muscular enough
22. One reason for the difference in the body shapes of the sexes is:
A. the timing of the growth spurt.
B. that females tend to be more "left-brained" and males more "right-brained."
C. differences in the size of the hypothalamus.
D. the difference in the amount and distribution of body fat.
23. Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:
A. greater in boys than girls.
B. greater in girls than boys.
C. about the same in both genders.
D. greater in early maturing girls than in late-maturing boys.

Steinberg - Chapter 01 #16

Steinberg - Chapter 01 #17

Steinberg - Chapter 01 #18

Steinberg - Chapter 01 #19

Steinberg - Chapter 01 #20

Steinberg - Chapter 01 #21

Steinberg - Chapter 01 #22

Steinberg - Chapter 01 #23

24. Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?
- A. Suzy, an early maturer
 - B. Lilly, someone who began dating early
 - C. Diane, someone from a relatively affluent family
 - D. Beth, a Black adolescent girl**

Steinberg - Chapter 01 #24

25. The rapid increase in body fat that adolescent girls experience:
- A. leads to a majority of adolescent girls dieting unnecessarily.**
 - B. leads to an increase in healthy eating patterns among adolescent girls.
 - C. increases vulnerability to feelings of body dissatisfaction for African-American adolescent girls.
 - D. is seen by the Centers for Disease Control as a major risk factor for obesity among adolescent girls.

Steinberg - Chapter 01 #25

26. According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:
- A. self confidence**
 - B. body fat
 - C. hormones
 - D. diet and exercise

Steinberg - Chapter 01 #26

27. All of the following are reasons that males have greater gains in strength than females during early adolescence, *except*:
- A. increased production of androgens.
 - B. strong societal pressures on girls to decrease their physical activity in preadolescence.**
 - C. inadequate nutrition among adolescent girls.
 - D. adolescent girls' increase in body fat.

Steinberg - Chapter 01 #27

28. Which of the following sex characteristics is the first to develop in boys?
- A. production of sperm
 - B. appearance of facial hair
 - C. growth of testes and scrotum**
 - D. growth of penis

Steinberg - Chapter 01 #28

29. Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?
- A. After puberty, she will be shorter and heavier than her late-maturing peers.**
 - B. After puberty, she will be shorter and thinner than her late-maturing peers.
 - C. After puberty, she will be taller and heavier than her late-maturing peers.
 - D. After puberty, she will be taller and thinner than her late-maturing peers.

Steinberg - Chapter 01 #29

30. The first ejaculation of seminal fluid that occurs is:
- A. biologically predetermined.
 - B. genetically inherited.
 - C. often determined culturally.**
 - D. a major embarrassment for most boys.

Steinberg - Chapter 01 #30

31. The first sign of puberty in girls is generally:
- A. budding of the breasts.**
 - B. underarm hair.
 - C. menarche.
 - D. acne.

Steinberg - Chapter 01 #31

32. Molly's breasts are beginning to develop, she is beginning to grow pubic hair, and her body is growing rapidly. This change is brought about by the secretion of _____ by the _____.
A. estrogen; testes
B. androgens; ovaries
C. estrogen; ovaries
D. androgens; testes

Steinberg - Chapter 01 #32

33. Which of the following female sex characteristics is usually the last to develop?
A. menarche
B. regular ovulation
C. development of the nipples of the breasts
D. growth of pubic hair

Steinberg - Chapter 01 #33

34. Which of the following statements about puberty in girls is *false*?
A. Regular ovulation and the ability to carry a baby to term usually follow menarche by several years.
B. The development of the areola and nipple are far better indicators of sexual maturation than is breast size.
C. Menarche occurs very early in the process of sexual development.
D. The changes in the nipple and areola occur regardless of the size to which the breast finally develops.

Steinberg - Chapter 01 #34

35. Which of the following statements about the timing and tempo of sexual maturation is true?
A. In the United States, and in all other countries, menarche typically occurs around age 12.
B. The duration of puberty varies widely - from 1.5 to 6 years in girls and 2 to 5 years in boys.
C. Adolescents who begin puberty early are also those who complete it early.
D. Adolescents who begin puberty earlier usually grow to be taller adults.

Steinberg - Chapter 01 #35

36. Sarah is a junior high student anticipating and preparing for puberty. She wants to know when puberty will start and how long it will take until she looks and is considered an adult. What would you tell her?
A. The timing of puberty, as well as the rate with which it occurs, is highly variable and is influenced by both genetic and environmental factors.
B. The timing of puberty, as well as the rate with which it occurs, is highly predictive. She will begin the puberty process around 12.5 years of age and it will take exactly four years until it is completed.
C. The timing of puberty, as well as the rate with which it occurs, is highly controllable.
D. The timing of puberty, as well as the rate with which it occurs, is predetermined by your DNA.

Steinberg - Chapter 01 #36

37. Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which girl would be expected to be the earliest to mature?
A. Anslyene, a middle-income African American
B. Miranda, a middle-income Hispanic American
C. Emily, a low-income Anglo American
D. Kimberly, a middle-income Anglo American

Steinberg - Chapter 01 #37

38. Which of the following can delay the onset of puberty?
A. stress
B. nutritional deficiencies
C. excessive exercise
D. All of the above

Steinberg - Chapter 01 #38

39. Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by:
- A. hormonal factors.
 - B. genetic factors.**
 - C. environmental factors.
 - D. None of the above

Steinberg - Chapter 01 #39

40. Which of the following factors have *not* been found to influence the onset of maturation?
- A. father absence
 - B. good nutrition
 - C. family conflict
 - D. peer pressure**

Steinberg - Chapter 01 #40

41. According to the textbook, Julie, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with _____, which is compelling evidence that social relationships can affect biological functioning.
- A. the time her female roommate menstruates**
 - B. her most stressful days of the month
 - C. days she feels most sexually aroused
 - D. her biological sister living in a different city

Steinberg - Chapter 01 #41

42. Over the past century, the onset of puberty has been coming at an earlier age. This has been referred to as the:
- A. cross-sectional trend.
 - B. endocrine trend.
 - C. menarche trend.
 - D. secular trend.**

Steinberg - Chapter 01 #42

43. Puberty began for Nancy when she was 9 years old. Her mother began puberty at 11 years. For her grandmother, the onset was at 13 years of age. These changes in the age of onset of puberty over time are referred to as:
- A. cross-sectional trend.
 - B. secular trend.**
 - C. longitudinal trend.
 - D. physiologic trend.

Steinberg - Chapter 01 #43

44. Professor Kendall has been researching adolescent maturation around the world. She is likely to find that all of the following contribute to the secular trend, *except*:
- A. nutrition.
 - B. sanitation.
 - C. infectious diseases.
 - D. genetics.**

Steinberg - Chapter 01 #44

45. The biological changes that take place during puberty can cause changes in adolescents' behavior in all of the following ways, *except*:
- A. directly.
 - B. by affecting the adolescent's self-image.
 - C. by affecting the reactions of others to the adolescent.
 - D. All of these are ways in which biological changes occurring in puberty can cause changes in adolescents' behavior.**

Steinberg - Chapter 01 #45

46. Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?
A. longitudinal
B. cross-sectional
C. cross-sequential
D. secular
47. A research design in which subjects of different ages are assessed simultaneously is called a:
A. longitudinal study.
B. cross-sectional study.
C. cross-sequential study.
D. correlational study.
48. Which of the following statements about adolescent mood swings is *false*?
A. The effect of hormones on adolescent mood swings is strongest early in puberty.
B. Adolescents' moods fluctuate during the course of the day more than the moods of adults.
C. Adolescent mood swings parallel their changes in activities.
D. Hormones play a greater role in the development of depression than do stressful life events.
49. Which of the following plays the greatest role in the development of depression?
A. rapid increases in hormones
B. early maturation
C. stressful life events
D. the delayed phase preference
50. Studies show that adolescent mood swings parallel their changes in:
A. hormone levels.
B. family relationships.
C. nutrition.
D. activities.
51. Joe is extremely moody. His mother attributes his mood swings to being an adolescent. Based on your understanding of adolescent mood swings, what would you tell Joe's mom?
A. Joe is a victim of raging hormones.
B. Moodiness is a genetic trait that Joe inherited from his parents.
C. Joe's moods are most likely linked to his daily activities.
D. Moodiness during adolescence is rare and Joe should seek psychiatric help.
52. Given a choice, Mike would rather stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the:
A. secular trend.
B. delayed phase preference.
C. longitudinal design.
D. adolescent growth spurt.
53. Which of the following does *not* contribute to changes in sleep patterns during adolescence?
A. later secretion of melatonin
B. mood fluctuations throughout the day
C. television, computers, and artificial light sources
D. early school starting times

Steinberg - Chapter 01 #46

Steinberg - Chapter 01 #47

Steinberg - Chapter 01 #48

Steinberg - Chapter 01 #49

Steinberg - Chapter 01 #50

Steinberg - Chapter 01 #51

Steinberg - Chapter 01 #52

Steinberg - Chapter 01 #53

54. The delayed phase preference suggests that:
- A. adolescents should not be taught sex education until high school.
 - B. school should be held year-round.
 - C.** school should begin later in the morning.
 - D. school should begin earlier in the morning.

Steinberg - Chapter 01 #54

55. Researchers have found that, with regard to adolescent sleep patterns:
- A. adolescents today are getting more sleep than adolescents 30 years ago.
 - B. the reason that high schools begin classes earlier than middle schools or junior high schools is that adolescents are more alert during the morning hours than later in the day.
 - C.** getting fewer than 8 hours of sleep a night is associated with poorer mental health and lower grades for adolescents.
 - D. although most adolescents do not get sufficient sleep during the week, they are able to make up for the deficit by sleeping later on weekends.

Steinberg - Chapter 01 #55

56. Which of the following statements about puberty's impact on family relationships is true?
- A.** Puberty appears to increase distance between parents and children.
 - B. Other species do not experience distance during the pubertal transition.
 - C. Being an early maturing adolescent has more impact on family tension than being a late maturing adolescent.
 - D. Puberty does not interfere with family relations.

Steinberg - Chapter 01 #56

57. When compared with their less mature peers, adolescents who are physically mature are:
- A. less likely to name other adolescents and more likely to name adults as people who are important to them.
 - B.** more likely to be involved in cross-sex activities such as going out on dates.
 - C. less likely to experience family conflict.
 - D. less likely to be depressed.

Steinberg - Chapter 01 #57

58. Which of the following girls will experience the greatest menstrual discomfort?
- A. Sarita, who is prepared for the physical changes
 - B. Alison, who is a late maturer
 - C.** Loryn, who has a negative attitude toward menarche
 - D. Janet, who is unpopular among her classmates

Steinberg - Chapter 01 #58

59. Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report:
- A. milder menstrual symptoms than their peers.
 - B.** more severe menstrual symptoms than their peers.
 - C. about the same level of menstrual symptoms as their peers.
 - D. experiencing menarche sooner than their peers.

Steinberg - Chapter 01 #59

60. Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?
- A. when the girl's mother prepares her by describing the unpleasant aspects of menarche
 - B. when the girl reaches menarche early
 - C. when menarche occurs before the girl has been told about the physical changes which will occur
 - D.** when the girl knows the facts about the physical changes her body will undergo

Steinberg - Chapter 01 #60

61. When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?
A. A girl's mother will be the first person the girl tells that she has begun to menstruate.
B. A girl's best friend will be the first person the girl tells that she has begun to menstruate.
C. A girl is likely not to tell anyone that she is menstruating for the first several months after she begins.
D. A boy will tell his friends about his first ejaculation soon after it occurs.
- Steinberg - Chapter 01 #61*
62. Suzanne and Greg are the first members of their class to begin the pubertal transition. Based on what you know about early maturing adolescents, Suzanne and Greg are more likely to:
A. become involved in deviant activities.
B. do better in school.
C. be ostracized by their classmates.
D. get along with their parents.
- Steinberg - Chapter 01 #62*
63. Which of the following characteristics is *not* associated with being an early-maturing boy?
A. fewer problem behaviors
B. greater popularity
C. a more positive self-concept
D. greater confidence in one's self
- Steinberg - Chapter 01 #63*
64. Mike, an early maturer, is more likely to _____ than Bob, a late maturer.
A. experience pseudomaturity
B. suffer greater consequences if bullied by peers
C. fall in love
D. All of the above
- Steinberg - Chapter 01 #64*
65. Early-maturing boys are:
A. likely to have low self-esteem.
B. often expected to be more mature than they are.
C. better prepared to deal with changes of adolescence.
D. more childish than their later-maturing peers.
- Steinberg - Chapter 01 #65*
66. Avram is considered a late-maturing boy. A year after pubertal onset, we would expect Avram to show all of the following advantages over his early maturing peers, *except*:
A. greater popularity.
B. more intellectual curiosity.
C. greater exploratory behavior.
D. higher levels of social initiative.
- Steinberg - Chapter 01 #66*
67. Follow-up studies of men who had been late maturers as adolescents revealed that as adults they are:
A. more conforming.
B. less creative and insightful.
C. more conventional.
D. more insightful and inventive.
- Steinberg - Chapter 01 #67*
68. Which of the following characteristics is *not* typically associated with being an early-maturing girl?
A. feelings of awkwardness and self-consciousness
B. being less popular, especially with boys
C. being more likely to become involved in juvenile delinquency
D. being less likely to pursue advanced education and a demanding career

69. In America, early-maturing girls are more likely than their late-maturing peers to:
- A. be unpopular.
 - B.** have a lower self-image.
 - C. succeed in school.
 - D. perceive themselves as attractive.

Steinberg - Chapter 01 #69

70. Which of the following is *not* an explanation for the sex differences in the impact of early and late maturation for boys and girls?
- A. the cultural desirability of thin body types
 - B. the developmental readiness hypothesis
 - C. the maturational deviance hypothesis
 - D.** boys' greater involvement in delinquency

Steinberg - Chapter 01 #70

71. Nadia is a student at a high school that is considered to be extremely cliquish. She tends to be shy and introverted, has low self-esteem, and feels unhappy about her menstrual periods. According to the text, Nadia is probably:
- A. sexually active.
 - B. underweight.
 - C.** an early-maturing girl.
 - D. a late-maturing girl.

Steinberg - Chapter 01 #71

72. In their research on the relationship between early maturation and problem behaviors among adolescent girls, Caspi and Moffitt have found all of the following, *except*:
- A. an increase in problem behavior for early-maturing girls.
 - B. no increase in problem behavior for early-maturing girls if the girls did not exhibit problem behaviors during childhood.
 - C. high levels of family conflict in childhood for early-maturing girls.
 - D.** high levels of behavior problems in childhood predict early maturation.

Steinberg - Chapter 01 #72

73. Generalizing from the text, the children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature _____ and boys who mature _____.
- A. late; early
 - B.** early; late
 - C. late; late
 - D. early; early

Steinberg - Chapter 01 #73

74. Follow-up studies of Swedish women who had been early maturers found that as adults they were:
- A. unable to develop coping skills.
 - B.** less likely to continue their education beyond high school.
 - C. more likely to continue their education beyond high school.
 - D. indistinguishable from those who had been late maturers.

Steinberg - Chapter 01 #74

75. The _____ is the minimal amount of energy one uses when resting.
- A.** basal metabolism rate
 - B. delayed phase preference
 - C. secular trend
 - D. feedback loop

Steinberg - Chapter 01 #75

76. Which of the following is true about obesity?
A. To be considered obese, a person's body mass index must fall at or above the 95th percentile for their age and gender.
B. Forty percent of American adolescents are obese.
C. The rate of obesity has quadrupled worldwide since 2005.
D. Obesity is solely caused by a low basal metabolic rate.

Steinberg - Chapter 01 #76

77. Which group is most at risk for obesity?
A. late maturing African-American girls
B. early maturing African-American girls
C. early maturing white boys
D. early maturing white girls

Steinberg - Chapter 01 #77

78. According to the textbook, in general, the amount of time individuals spend in moderate-to-vigorous physical activity:
A. increases from childhood to adolescence.
B. decreases from childhood to adolescence.
C. remains the same from childhood to adolescence.
D. is directly related to socioeconomic status.

Steinberg - Chapter 01 #78

79. Ta'isha believes that "fat is beautiful" and has a steady diet of fried chicken, french fries, and cheeseburgers. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call:
A. disordered eating.
B. bulimia.
C. anorexia nervosa.
D. normal adolescent eating patterns.

Steinberg - Chapter 01 #79

80. Which of the following is *not* typical of the obsession many girls in the United States have to be excessively thin?
A. They have mothers who have body image problems.
B. They are culturally less Americanized.
C. They have more negative relationships with their parents than their peers who are less concerned about being thin.
D. Their attempts to control their weight through excessive dieting, use of laxatives, and deliberate vomiting lead to weight gain, not weight loss.

Steinberg - Chapter 01 #80

81. Theresa has been known to go on eating binges and then purge afterward. Theresa is probably suffering from:
A. anorexia nervosa.
B. bulimia.
C. oral fixation.
D. obesity.

Steinberg - Chapter 01 #81

82. Karen has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Karen is probably suffering from:
A. anorexia nervosa.
B. bulimia.
C. oral fixation.
D. deprivation syndrome.

Steinberg - Chapter 01 #82

83. The potentially fatal disorder in which young women actually starve themselves is called:
A. bulimia.
B. anorexia nervosa.
C. obesity nervosa.
D. purging.

Steinberg - Chapter 01 #83

84. The belief of adolescent girls that being slim will increase their popularity is:
A. a myth.
B. a misperception by adolescents.
C. based in reality.
D. a concern for only a minority of adolescent girls.

Steinberg - Chapter 01 #84

85. The paradox of adolescent health in the United States is that:
A. adolescence is one of the healthiest periods in the life span, but nearly 1 in 15 adolescents has at least one disabling chronic disease.
B. despite the adolescent focus on appearance, adolescents in the United States are the unhealthiest teens in the industrialized world.
C. adolescence is one of the unhealthiest periods in the life span, yet only 1 in 15 adolescents suffers from a disabling chronic disease.
D. while rates of adolescent deaths have decreased over the past 50 years, rates of chronic disability have increased.

Steinberg - Chapter 01 #85

86. Which of the following is *not* associated with the "new morbidity and mortality" of adolescence?
A. accidents
B. suicide
C. homicide
D. cancer

Steinberg - Chapter 01 #86

87. Which of the following statements about health in adolescence is *not* true?
A. Adolescents have low rates of disabling or chronic illness.
B. Adolescents have high rates of accidents, homicide, and suicide.
C. The majority of health problems during adolescence are preventable.
D. The new approach to adolescent health care is a return to traditional medicine.

Steinberg - Chapter 01 #87

88. The most virulent threats to adolescent health come from all of the following, *except*:
A. unhealthy behaviors, such as drug use.
B. chronic disabilities, such as cancer and arthritis.
C. violence inflicted by themselves or by others.
D. risky activities, such as unprotected sexual intercourse.

Steinberg - Chapter 01 #88

89. Current efforts aimed at encouraging healthy behaviors among adolescents involve all of the following, *except*:
A. reducing health compromising behaviors.
B. increasing health enhancing behaviors.
C. encouraging adolescents to sign contracts promising to abstain from unhealthy behaviors.
D. encouraging health care professionals to do more screening for risky health practices.

Steinberg - Chapter 01 #89

90. Which adolescent is at highest risk for suicide?
A. Malcolm, an African-American male
B. Willie, a white male
C. Susan, a white female
D. Leonard, a Native American male

Steinberg - Chapter 01 #90

91. According to the textbook, the prevalence of adolescent smoking is a direct function of:
A. the number of retail outlets selling tobacco in their immediate neighborhood
B. the amount of people smoking in the neighborhood
C. whether biological parents smoke
D. being an early maturing male and living in a single parent household

Steinberg - Chapter 01 #91

92. Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

The timing and rate of development varies widely for individuals both within groups and among groups, and helping youngsters understand what they can expect in terms of development and in terms of variation can help them deal with the changes they experience. Timing, though, can have a huge impact on boys and girls, with early maturing girls and late maturing boys potentially being especially vulnerable with regard to self-esteem issues, and early maturing girls having particular problems in terms of problem behaviors, including being at risk for dropping out of school. The direct effects of biological changes during adolescence, primarily from surging hormones, can increase sex drive and sexual activity; also, changes in adolescents' self-image can affect their behavior and changes in appearance may cause others to react to them differently, such as expecting mature behavior from someone who appears to be physically mature. Despite the popular belief that adolescents are prone to mood swings, these variations are greatly exaggerated and are often due to specific events going on in the adolescent's life. A particular health concern, however, involves changes in sleep patterns - adolescents need 9 hours of sleep a night, and because they are staying up later, they would benefit from waking later and starting classes later, not earlier, than they did in elementary, middle, and junior high school. Many of the problems that occur, especially from being early or late maturing, are linked either to pre-existing problems from childhood or cultural attitudes and expectations. By understanding and addressing the issues, pitfalls, and factors affecting these aspects of development, adults can help adolescents work through them.

Key Points

- a) There are differences in the timing and rate of development that may have an impact on adolescents.
- b) Biological changes can affect psychological functioning directly and indirectly.
- c) Moodiness is not as prevalent as commonly believed.
- d) Changes in sleep patterns suggest a need for changes in schedules.
- e) Problems are often associated with childhood problems and cultural contexts.

Steinberg - Chapter 01 #92

93. Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

Maria, an early maturer, will probably have a significant weight gain, be shorter than other girls, and be more likely to suffer from low self-esteem and depression. She might receive more attention from older boys and in turn start participating in deviant activities. However, she will probably have better coping skills because she has had to deal with more early on in life. John, on the other hand, will probably be popular and athletic. He is also more likely to participate in deviant activities. In John's case, however, he will not develop the coping skills because he has not had as many challenges to deal with

Key Points

- a) Early maturation is more negative for girls and more positive for boys.
- b) Early-maturing adolescents tend to engage in more delinquent activities.
- c) Early-maturing girls develop better coping skills compared to late maturing girls.

Steinberg - Chapter 01 #93

94. Suzanne and Raul are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Suzanne and Raul's development?

For Suzanne, the advantages of late maturation are: she is more likely to be the thin, "leggy" American ideal, and she will have more time to prepare for puberty. She will have less coping skills because puberty won't be a very difficult experience. For Raul, there are greater disadvantages: he will be seen as childish and have trouble being noticed by his peers, especially girls; he will have a negative self-concept, less responsibility, less self-assurance, and a greater need for autonomy. Some advantages are that he will develop better coping skills as an adult and will be seen as more intellectually curious.

Key Points

- a) Late maturation is more negative for boys and more positive for girls.
- b) Late-maturing adolescents tend to engage in less delinquent activities.
- c) Late-maturing boys develop better coping skills compared to early maturing boys.

Steinberg - Chapter 01 #94

95. Paul and Sophia, two adolescents in the middle of puberty, have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Paul and Sophia have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Sophia will experience body dissatisfaction? What about Paul?

The simultaneous release of growth hormones, thyroid hormones, and androgens lead to the adolescent growth spurt, which Sophia will probably experience two years prior to Paul. During peak height velocity, Sophia and Paul will grow at approximately the same rate as a toddler. The asynchronicity in growth of body parts during early adolescence often results in a clumsy or gawky appearance that can be a source of embarrassment for Sophia and Paul. Much of the height gain during puberty results from an increase in torso length rather than leg length. The sequence in which Sophia and Paul will grow will be pretty comparable: first the extremities, then the arms and legs, followed by torso and shoulder growth. One marker that indicates the termination in growth in height is epiphysis (closing of the ends of the long bones in the body). In addition to sheer changes in height and weight, there are changes in the relative proportion of body muscle and body fat. Paul might decrease in body fat just before puberty, whereas Sophia will probably increase in body fat more rapidly during puberty. Sophia might react to the increase in body fat at puberty by dieting unnecessarily. At the end, Paul will probably finish adolescence with a muscle-to-fat ratio of about 3 to 1, while Sophia will probably be 5 to 4. According to one estimate, about half of the sex difference in athletic performance during early adolescence results simply from the difference in body fat. The rapid increase in body fat that occurs among females in early adolescence frequently prompts young girls to become overly concerned about their weight (even if their weight is within the normal range for their height and weight). Although more than half of adolescent girls diet unnecessarily during this time in response to the increase in body fat, if Sophia matures early, begins dating early, compares herself with her peers, and/or comes from a relatively more affluent family, she will be particularly susceptible to body dissatisfaction. Paul's feelings about how he looks will probably revolve around how muscular he is and probably won't be affected by comparisons with peers.

Key points

- A) Describe the asynchronicity of body growth
- B) Explain the changes in the relative proportion of body muscle and body fat
- C) Describe why girls are prone to body dissatisfaction

Steinberg - Chapter 01 #95

96. You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understood the relation between puberty and eating disorders?

Although a variety of nutritional and behavioral factors can lead to weight gains during adolescence, gaining weight can sometimes result directly from the physical changes of puberty. Not only does the ratio of body fat to muscle increase markedly during puberty, but the body's basal metabolism rate also drops. Normal weight gain and change in body composition which accompanies puberty leads many adolescents, especially girls, to become extremely concerned about their weight. Girls who go through puberty earlier than their peers have an increased likelihood of developing disordered eating patterns. Eating disorders, such as anorexia and bulimia, which promote starvation and dieting, can affect hormone levels that initiate puberty. A consequence of starvation during early adolescence is that pubertal development is severely delayed.

Key Points

- a) Mention physical changes that could relate to eating disordered behavior (e.g., weight gain caused by drop in basal metabolism rate, ratio of muscle to fat).
- b) Early-maturing girls are at greater risk.
- c) Anorexia nervosa and bulimia can delay pubertal development.

Steinberg - Chapter 01 #96

97. One of your friends has approached you to ask about the field of adolescent health care. She wants to know what the major issues are and particularly is confused by two terms she has heard, "the paradox of adolescent health" and the "new morbidity and mortality" of adolescence. What do you tell her?

Your friend is entering a challenging field in that the "paradox" of adolescent health is that this is one of the healthiest periods in the life span, but many youngsters (1 in 15) has at least one disabling chronic illness, such as mental disorder, respiratory illnesses, and muscular skeletal disorders. Moreover, despite new medical technologies and better health care leading to a reduction of death and disability from disease, the "new morbidity and mortality" of adolescence finds the worst threats to adolescent health come from unhealthy behaviors and risky activity, such as automobile accidents, homicide, and suicide, which are psychosocial rather than natural causes. Minority youth are at particular risk for both the "old" (disease) and "new" (violence/risk-related) health threat, having generally poorer health and less access to medical care and health insurance. Current efforts to reduce health-compromising behaviors and increase health-enhancing behaviors include education about alcohol and other drug use, accident prevention, safe sex, and proper nutrition, and increased access to health care, particularly in school-based health centers, although the results of these programs have been inconsistent.

Key Points

- a) The paradox is that adolescence is one of the healthiest periods in the life span, whereas nearly 1 in 15 adolescents has at least one disabling chronic illness.
- b) The "new morbidity and mortality" of adolescence suggests that current threats to adolescents' health are psychosocial not natural causes.
- c) The big challenge is to reduce health compromising behaviors and increase health-enhancing behaviors.

Steinberg - Chapter 01 #97

98. 15-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night - past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

According to research, Maya's sleep pattern is a result of the delayed phase preference in which adolescents' biological clock shifts later. Her circadian rhythm is no longer the same as it was when she was a child. Melatonin, for example, is secreted over one hour later after puberty starts, and therefore causes teens to be sleepier later. Adolescents are more sleep deprived, and this may also be due to more freedom to choose their own bedtime and the external stimuli available to teens today. Research shows, however, that those teens with a set bedtime who get about 8 hours of sleep perform better in school. Furthermore, adolescents are better able to fight sleep than are children, and stay up later to watch TV or talk on the phone (environmental distractors). As a result of these changes, Maya would like to sleep later and wake up later, but school prevents her from doing so and subsequently makes Maya sleep deprived.

Key Points:

- Mention and define delayed phase preference, circadian rhythm, and melatonin shift
- Mention influence of external and environmental stimuli (e.g., artificial light, computers)
- Mention early school start times
- Mention sleep deprivation
- Adolescents are better able to fight sleepiness than children, enabling them to stay up even later

Steinberg - Chapter 01 #98

99. Dr. Brown believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with his conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

I disagree with Dr. Brown's belief that adolescence is a time of storm and stress. All of our hormones are present at birth; the only change is in the amount that they are secreted as we grow. Our endocrine system produces, regulates, and controls the hormones in our body. The endocrine system can be equated to a thermostat - the sex hormones are set at a certain set point that is controlled by the hypothalamus stimulating the pituitary gland to trigger the gonads, which will secrete androgens in males and estrogens in females (males and females have both, but in different amounts). The onset of puberty is triggered by a desensitization of the hypothalamus to the level of hormones it needs to keep it at the set point. When this happens, a higher level is needed to get the hypothalamus at its new "temperature" - this is the feedback loop system that occurs in puberty. It is not the result of new hormones, just a change in the amounts.

Key Points

- a) Adolescence is not a time of storm and stress.
- b) Description of the endocrine system and feedback loop.
- c) Mention of the desensitization of the hypothalamus.

1 Summary

<u>Category</u>	<u># of Questions</u>
Steinberg - Chapter 01	99