**Community health sciences department**

**College of Applied Medical Sciences**

**King Saud University**

**CHS 212**

**Community Health**

**2nd semester of 1434-1435**

**1st midterm**

**Ms. Samah Alageel**

**Name: Model answer**

**Student no.: ……………………………………**

**Time allowed: 1 hour**

**Marks: 20**

**Please answer the following questions:**

**Define the following terms (2 grades):**

**Health:**

“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

**Health inequalities:**

Differences in health status or in the distribution of health determinants between different population groups.

**Please choose the right answer for the following questions (12 grades):**

1. **The founder of western medicine:**
2. John Graunt.
3. Hippocrates.
4. John Snow.
5. **In ………………. Theory, it was believed that diseases were the result of an interaction between agent, environment and the host.**
6. Germ theory.
7. General susceptibility.
8. Epidemiological triangle.
9. **Social determinant of health include all of the following factors, except:**
10. Cultural factors.
11. Genetic factors.
12. Educational factors.
13. **……………….. type of social support is related to the presence of companions in order to be able to engage in social activities:**
14. Emotional support.
15. Tangible support.
16. Belonging support.
17. **Which of the following social determinants of health have an effect on reducing stress:**
18. Social support.
19. Social class.
20. Environment.
21. **Patients who believe pain is an essential element of life and they should endure it are from which cultural background?**
22. Jewish.
23. Buddhist.
24. Confucius.
25. **Traffic related health pollution contribute to the morbidity and mortality of all the following, except:**
26. Cardiovascular diseases.
27. Depression.
28. Respiratory diseases.
29. **Smoking rate is higher in people with low educational level, this is an example of:**
30. Health inequality.
31. Social determinants of health.
32. Cultural differences.
33. **The best source of ………….. support is from family members and close friends:**
34. Tangible support.
35. Informational support.
36. Emotional support.
37. **Health problems were believed to have a mono-causal approach, in the following theory:**
38. Germ theory.
39. Multi-causal approach.
40. General susceptibility.
41. **As a result of the Miasma Theory:**
42. Public health were concerned with sanitation.
43. Medical practices were devoted to the destruction of agents.
44. It was believed that prevention is better than treatment.
45. **Avoidable health inequalities are attributable to:**
46. Biological variations.
47. Free of choice.
48. External environment.
49. **A person’s social class is based on a mixture of the following factors, except:**
50. Environment.
51. Education.
52. Housing.
53. **Which of the following statements is usually true about life expectancy across genders:**
54. Men have higher life expectancy than women.
55. Women have higher life expectancy than men.
56. Both men and women have equal life expectancies.
57. **Studies have shown that social support has all of the following positive health effects, except:**
58. Reduced risk of cancers.
59. Fewer complications during pregnancies.
60. Reduced risk of respiratory diseases.
61. **Lower levels of socio-economic status have been found to be associated with:**
62. Higher incident of Alzheimer’s.
63. Higher levels of perceived control.
64. Higher self-esteem.

**Explain the public health approach when dealing with public health problems. (2 grades)**

* Define the health problem.
* Identify risk factors associated with the problem.
* Develop and test community-level interventions to control or prevent the cause or the problem.
* Implement interventions to improve the health of the population.
* Monitor those interventions to assess their effectiveness.

**Explain the Muslims’ view on disease and pain. (2 grades)**

Four of the following:

* Muslims believe that experiencing pain and hardships erases some bad deeds.
* Having pain (and everything in life) is by the Will of Allah.
* Muslims express pain by making Dua’a (prayers) to Allah.
* In some situations, Muslims believe that the cause of a disease is a bad eye (Ein).
* Muslims believe that disease could be cured by some spiritual activities (such as: reading Quran and taking herbal medicine).

**Why men have higher mortality rates than women? (2 grades)**

Four of the following:

* Men drink more.
* Men smoke more.
* Drive more and faster.
* Work in more dangerous areas.
* Take part in more dangerous leisure activities.
* Have more accidents generally.
* Are more vulnerable to suicide.
* Take less good care of their health.