American Board of Lifestyle Medicine Practice Test (Sample)

Study Guide

BY EXAMZIFY

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Questions

1. What is the impact of resistance exercise on VO2 max?

A. Large increase

B. Minimal increase

C. Moderate increase

D. No effect

2. According to the WHO, what is the recommended limit for added sugar in a daily diet?

A. Less than 10% of total calories

B. Less than 15% of total calories

C. Less than 5% of total calories

D. No more than 20 grams

3. Which population is more likely to be physically inactive?

A. Younger individuals

B. Older individuals

C. Gender-neutral individuals

D. Individuals with high educational attainment

4. How does aerobic exercise impact stroke volume?

A. Aerobic: minimal change

B. Aerobic: moderate increase

C. Aerobic: significant decrease

D. Aerobic: no change

5. Under which circumstances should a patient be referred to a dietitian?

A. When they have a complex disease

B. When they are seeking weight loss

C. When they fail to maintain a food diary

D. When they show a preference for junk food

6. Which food source has the highest percentage of the saturated fats myristic and palmitic acid?

- **A. Coconut oil**
- **B. Egg yolks**
- **C. Palm oil**
- **D. Salmon**

7. In a study on problematic social media use among young adults, what was a significant finding regarding depressive symptoms?

- **A. Duration of social media use predicted sleep disturbance**
- **B. Depressive symptoms and PSMU were strongly and independently associated**
- **C. Only anxiety symptoms predicted PSMU**
- **D. Night-specific social media use contributes to increased depression**

8. Which chronic condition has been associated with increased risks related to high sugar intake?

- **A. Hypertension**
- **B. Diabetes**
- **C. Osteoporosis**
- **D. Gout**

9. In terms of cholesterol content, which food has the highest levels?

- **A. Beef**
- **B. Dairy**
- **C. Eggs**
- **D. Processed meat**

10. How can the thought "While it may not be as often as I like, he does occasionally wash the dishes" be categorized?

- **A. Reframing overgeneralization**
- **B. Cognitive restructuring**
- **C. Positive affirmation**
- **D. Behavioral modification**

Answers

1. B
2. A
3. B
4. B
5. A
6. C
7. B
8. B
9. C
10. A

Explanations

1. What is the impact of resistance exercise on VO2 max?

A. Large increase

B. Minimal increase

C. Moderate increase

D. No effect

Resistance exercise has a specific and somewhat limited impact on VO2 max, which is a measure of the maximum amount of oxygen the body can utilize during intense exercise. While resistance training can enhance muscular strength and endurance, its effect on cardiovascular fitness and VO2 max is not as pronounced as that of aerobic exercises like running, cycling, or swimming. The physiological adaptations from resistance training typically involve improvements in muscle fiber recruitment and hypertrophy, which lead to increases in strength and power rather than significant cardiovascular improvements. The cardiovascular system does benefit from resistance training through improved circulation and increased muscular efficiency during physical activity, but these changes are generally minor when compared to the adaptations produced by consistent aerobic conditioning. In contrast, the substantial gains in VO2 max are primarily achieved through sustained aerobic exercise that directly challenges the cardiovascular system and promotes adaptations such as increased cardiac output, improved alveolar gas exchange, and enhanced mitochondrial density within the muscle cells. Thus, the most accurate reflection of resistance exercise's impact on VO2 max is that it results in a minimal increase, particularly when compared to other forms of training that more directly enhance aerobic capacity.

2. According to the WHO, what is the recommended limit for added sugar in a daily diet?

A. Less than 10% of total calories

B. Less than 15% of total calories

C. Less than 5% of total calories

D. No more than 20 grams

The recommendation from the World Health Organization (WHO) states that added sugars should constitute less than 10% of total daily caloric intake. This guideline is based on evidence linking high intake of added sugars to an increased risk of overweight, obesity, and non-communicable diseases such as diabetes and cardiovascular disease. By suggesting that sugars add up to less than 10% of total calories, the WHO aims to encourage diets that are rich in whole foods including fruits, vegetables, whole grains, and lean proteins while reducing the consumption of processed foods that often contain high levels of added sugars. The limit of 10% helps individuals focus on the quality of their diet and makes room for essential nutrients rather than empty calories. In addition, while there is mention of a further reduction to less than 5% for additional health benefits, the less than 10% guideline remains a cornerstone for general public health recommendations and is easier for individuals to understand and apply in their daily dietary choices. This makes it a practical standard for promoting better nutrition globally.

3. Which population is more likely to be physically inactive?

A. Younger individuals

B. Older individuals

C. Gender-neutral individuals

D. Individuals with high educational attainment

The correct answer identifies older individuals as a population more likely to be physically inactive. This phenomenon can be attributed to various factors including age-related physiological changes, chronic health conditions, and potential mobility limitations that tend to increase with age. As individuals grow older, they may face barriers to physical activity such as arthritis, cardiovascular issues, or decreased endurance and strength, which can discourage regular exercise. Moreover, societal perceptions often lead to a belief that older adults should be less active, further reinforcing sedentary behavior in this demographic. It's also worth noting that social isolation, which can become more pronounced in older age, might negatively impact motivation to engage in physical activities. In contrast, younger individuals typically have more energy, better physical function, and are often more engaged in organized sports and recreational activities. Gender neutrality focuses on the fact that both genders can exhibit a range of physical activity behaviors rather than indicating a specific activity level. High educational attainment generally correlates with more awareness about the benefits of physical activity, leading to higher activity levels among those with greater education.

4. How does aerobic exercise impact stroke volume?

A. Aerobic: minimal change

B. Aerobic: moderate increase

C. Aerobic: significant decrease

D. Aerobic: no change

Aerobic exercise significantly impacts stroke volume, primarily leading to a moderate increase. Stroke volume is the amount of blood ejected by the heart with each beat, and it is a critical component of cardiac output, which is essential during physical activity. When engaging in aerobic exercise, various physiological adaptations occur in the cardiovascular system. Regular aerobic training enhances the heart's efficiency. The heart muscle strengthens, allowing it to pump more blood with each contraction. Additionally, aerobic exercise increases the size of the ventricles (the heart's pumping chambers), which can hold more blood, thereby increasing stroke volume. Furthermore, aerobic exercise enhances the body's ability to deliver oxygen to working muscles and remove carbon dioxide, which is necessary during prolonged physical activity. With consistent aerobic training, the improved stroke volume leads to an overall increased cardiac output without necessarily increasing heart rate as much, which is a hallmark of trained athletes. These adaptations collectively contribute to improved endurance and performance in physical activities, highlighting the beneficial effects of aerobic exercise on cardiovascular health and efficiency.

5. Under which circumstances should a patient be referred to a dietitian?

A. When they have a complex disease

B. When they are seeking weight loss

C. When they fail to maintain a food diary

D. When they show a preference for junk food

Referring a patient to a dietitian for assistance is often warranted in cases of complex diseases. These may include conditions like diabetes, cardiovascular diseases, or gastrointestinal disorders, where diet plays a crucial role in managing the illness. A dietitian possesses specialized knowledge to tailor dietary recommendations that not only address the specific health condition but also consider individual nutritional needs, preferences, and possible interactions with medications. In situations involving complex diseases, a dietitian can help develop an effective nutrition plan that supports overall health, helps manage symptoms, and contributes to the patient's overall treatment strategy. This collaborative approach enhances patient safety and improves health outcomes by ensuring that dietary management is evidence-based and personalized.

6. Which food source has the highest percentage of the saturated fats myristic and palmitic acid?

A. Coconut oil

B. Egg yolks

C. Palm oil

D. Salmon

The correct answer, palm oil, is known for its high content of saturated fats, particularly myristic and palmitic acids. Palm oil is derived from the fruit of the oil palm tree and contains about 50% saturated fat, which includes a significant proportion of myristic and palmitic acids. Myristic acid is a four-carbon saturated fatty acid, while palmitic acid is a sixteen-carbon saturated fatty acid. The abundance of these fatty acids in palm oil makes it a prominent option among dietary sources. Coconut oil, while also high in saturated fat, has a different fatty acid composition, featuring a larger percentage of medium-chain triglycerides. Egg yolks contain fats but are lower in saturated fat compared to palm oil, and salmon primarily provides healthy unsaturated fats rather than significant amounts of saturated fats.

7. In a study on problematic social media use among young adults, what was a significant finding regarding depressive symptoms?

A. Duration of social media use predicted sleep disturbance

B. Depressive symptoms and PSMU were strongly and independently associated

C. Only anxiety symptoms predicted PSMU

D. Night-specific social media use contributes to increased depression

The significant finding in the study regarding depressive symptoms highlights that there is a strong and independent association between depressive symptoms and problematic social media use (PSMU) among young adults. This means that individuals experiencing higher levels of depressive symptoms are likely to engage in problematic social media behaviors, and this relationship exists regardless of other factors. This association suggests that as depressive symptoms increase, so does the likelihood of problematic use of social media platforms. Understanding this connection is important for addressing mental health issues among young adults, particularly in the context of how social media usage can exacerbate or contribute to feelings of depression. The recognition of this link informs clinicians and health professionals about the potential risks associated with excessive social media engagement in individuals displaying depressive symptoms, encouraging them to provide appropriate interventions and support where necessary.

8. Which chronic condition has been associated with increased risks related to high sugar intake?

A. Hypertension

B. Diabetes

C. Osteoporosis

D. Gout

High sugar intake has a well-established association with the development and exacerbation of diabetes, particularly type 2 diabetes. Consuming excessive amounts of sugar can lead to increased insulin resistance, a key factor in the onset of diabetes. When sugar is ingested, it causes spikes in blood glucose levels, leading to greater demands on the pancreas to produce insulin. Over time, this can result in a diminished ability of the body to respond to insulin effectively, ultimately progressing to type 2 diabetes. Research has shown that high sugar diets contribute to obesity, which is one of the most significant risk factors for developing diabetes. Additionally, excessive sugar consumption, particularly from sugary beverages and processed foods, has been linked to a higher prevalence of metabolic syndrome, which increases the risk for diabetes. This understanding of the relationship between sugar intake and diabetes highlights why it is considered a critical factor in managing and preventing this chronic condition.

9. In terms of cholesterol content, which food has the highest levels?

A. Beef

B. Dairy

C. Eggs

D. Processed meat

When considering the cholesterol content in various foods, eggs are notably high in cholesterol. A single large egg contains about 186 milligrams of cholesterol, primarily located in the yolk. This is significant because dietary cholesterol, while once thought to greatly impact blood cholesterol levels, is now understood to influence some individuals more than others. Eggs also provide essential nutrients such as proteins, vitamins, and minerals, which makes them a nutritious choice despite their high cholesterol content. Beef, dairy products, and processed meats do contain cholesterol, but they generally have lower concentrations of cholesterol per serving compared to eggs. For example, a serving of beef might contain around 70-90 milligrams of cholesterol, while certain dairy products can have varying amounts depending on the fat content. Processed meats can also fall into a similar range, often containing cholesterol numbers lower than that found in eggs. Therefore, in the context of cholesterol content, eggs have the highest levels when compared to these other food options.

10. How can the thought "While it may not be as often as I like, he does occasionally wash the dishes" be categorized?

A. Reframing overgeneralization

B. Cognitive restructuring

C. Positive affirmation

D. Behavioral modification

The thought "While it may not be as often as I like, he does occasionally wash the dishes" can be best categorized as reframing overgeneralization. This cognitive strategy involves taking a generalized negative thought and modifying it to highlight a more balanced and positive perspective. In this case, the initial feeling might stem from frustration about the lack of consistency in washing the dishes. However, the rephrased thought acknowledges the behavior that occurs—albeit not as frequently as desired—transforming an overgeneralized negative perception into a more constructive outlook that recognizes positive behavior. This approach is particularly useful in cognitive behavioral therapy, where individuals learn to identify and change distorted thinking patterns. By reframing the thought, the individual reduces feelings of resentment and negativity, promoting a more supportive and understanding dynamic in the relationship. This acknowledgment of occasional positive actions prevents the tendency to view the situation in black-and-white terms, contributing to healthier emotional regulation and interpersonal interactions.