Physical Changes

1. Describe the condition known as *presbyopia*, and explain how changes in the structures of the eye contribute to this condition.

2. Middle-aged adults are at increased risk for ____________ — a disease in which pressure builds up within the eye due to poor fluid drainage, causing damage to the optic nerve.

3. Most adult-onset hearing impairments are age-related, declines called ____________, meaning “old hearing.”

4. **(Men’s / Women’s)** hearing tends to decline earlier. Why?

5. Describe changes in the skin at the following ages:
   - 30s:
   - 40s:
   - 50s:

   - Men:
   - Women:

7. Explain how weight gain and muscle loss can be prevented.

8. Why are women especially susceptible to loss in bone mass in middle adulthood?

9. List several interventions that can slow bone loss in postmenopausal women.
10. The midlife transition in which fertility declines is called the ______________.

11. In women, the climacteric concludes with ___________ —the end of menstruation and reproductive capacity. When does this typically occur?

12. **True or False**: Men lose their reproductive capacity during midlife and can no longer father children.

13. Frequency of sexual activity declines (dramatically / slightly) in middle adulthood.

14. What is the best predictor of sexual frequency in midlife?

15. What are the two leading causes of death in midlife?

16. Overall, middle-aged **(men / women)** are more vulnerable to most health problems.

17. **True or False**: Cancer death rates increase sharply as SES decreases and are especially high among low-income ethnic minorities.

18. **True or False**: Genetic screening can accurately predict who will develop cancer? Explain

19. Why are heart conditions often viewed as a “male problem?” How does this view affect women?

20. When age-related bone loss is severe, a condition called ____________ develops.

21. The gradual loss of bone density begins around __________ and accelerates __________, especially for **(men/women)**.

22. Describe characteristics of the *Type A behavior pattern*.

23. What is the “toxic” ingredient of the Type A behavior pattern?

24. **True or False**: Suppressing anger is a healthier way of dealing with negative feelings than expressing anger.
25. Identify five ways to manage stress.
   A. 
   B. 
   C. 
   D. 
   E. 

26. More than _____________ of U.S. middle-aged adult are sedentary. Among those who are active, fewer than ________ engage in the nationally recommended levels of leisure-time physical activity and resistance exercise.

27. ________________ refers to a set of three personal qualities that help people cope with stress adaptively, thereby reducing its impact on illness and mortality. What are the three qualities that make up this trait.

28. Unfavorable stereotypes about aging are more often applied to (women / men), who are rated as less attractive and as having more negative characteristics.

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**Cognitive Development**

25. Schaie examined adult development of intellectual abilities using a ________________ design, which combines cross-sectional and longitudinal approaches. Describe differences in Schaie’s longitudinal and cross-sectional findings. What account for these differences?
   Cross-sectional:
   Longitudinal:
   Difference:

26. Differentiate between crystallized and fluid intelligence.
   Crystallized:
   Fluid:

27. (Crystallized / Fluid) intelligence increases steadily throughout middle adulthood, whereas (crystallized / fluid) intelligence begins to decline in the twenties.

28. **True or False:** Response time on both simple and complex reaction time tasks remains stable across
29. **True or False**: Knowledge and experience help older adults compensate for declines in processing speed.

30. **True or False**: Practice and experience with attentional skills can help midlifers compensate for age-related declines.

31. From early to middle adulthood, the amount of information people can retain in working memory *(increases / diminishes)*. What explains this change?

32. Assessing older adults in highly structured, constrained conditions substantially *(overestimates/underestimates)* what they can remember when given opportunities to pace and direct their own learning.

33. What is *practical problem solving*?

34. Expertise *(peaks / declines)* in midlife.

35. Creative accomplishments tend to *(peak/decline)* in the late 30s or early 40s, and then *(rise/decline)*, but there is *(great/little)* variance.

36. List several reasons why middle-aged adults may decide to enroll in undergraduate and graduate programs.

37. *(Men / Women)* represent the majority of adult learners.

38. ____________________________ for returning students can make a difference between continuing school and dropping out.