1. According to Sok and Kim (2007), older adult women living alone tend to:
   A. depend on family support.
   B. have a shorter life expectancy.
   C. access community resources.
   D. be a socially vulnerable group.

2. Sok and Yun (2011) showed that the emotional passivity seen in older adult women living alone was due to:
   A. deteriorating hearing.
   B. impaired health.
   C. limited communication.
   D. restricted social networks.

3. A factor leading to depression in Korean older adult women has been found to be related to:
   A. financial resources.
   B. societal marginalization.
   C. health status.
   D. memory issues.

4. Kim and Sok (2013) postulate that Meridian acupressure functions to:
   A. control brain function.
   B. manipulate the circulation of body fluids.
   C. maintain a balance between yin and yang.
   D. inhibit the body’s energy flow pathways.

5. In the study by Xiao and Liu (2014), the principle mechanism of acupressure is described as:
   A. preserving the stability of the blood.
   B. maintaining the homeostasis of qi.
   C. controlling the motion between flow and sensation.
   D. regulating the passage between pain and pressure.
6. The flow of the Meridian system in Joktaeyang Bangkwang Kyeong:
   A. measures correlations between psychological factors.
   B. uses acupuncture applied to the Baesu spot.
   C. requires treatment to the arms and legs.
   D. spans half the total body surface.

7. Previous studies suggest Meridian acupressure may have a role in:
   A. healing fractures.
   B. stimulating appetite.
   C. decreasing pain.
   D. improving memory.

8. An outcome of the current study reported the effects of Meridian acupressure to be:
   A. restored physical health.
   B. decreased depression.
   C. improved self-efficacy.
   D. improved cognitive functioning.

9. The mean difference between the control and experimental groups in the current study was highest for which variable?
   A. Physical health state.
   B. Depression.
   C. Life satisfaction.
   D. Activities of daily living.

10. Findings from the current study indicate that:
    A. Meridian acupressure can benefit older adult women in poor physical health.
    B. there is limited scientific basis to support widespread use.
    C. this treatment may lengthen the life expectancy of this population.
    D. the study needs to be replicated with a larger number of individuals.

CNE Answers
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