MULTIPLE CHOICE

1) What is the pattern of physical and mental responses made by an organism to stimulus events that disturb its equilibrium and tax or exceed its ability to cope called?
A) appraisal.
B) stress.
C) strain.
D) burnout.
E) arousal.

2) Shortly after Louisa learned that her mother had been killed in an automobile accident, she walked around her home town for hours not knowing where she was. She was probably exhibiting
A) anticipatory coping.
B) burnout.
C) chronic stress.
D) psychic numbness.
E) disinhibition.

3) Dr. Lonnati is a therapist who is beginning to lose his sense of caring and concern for his patients. Dr. Lonnati appears to be experiencing
A) patient non-adherence.
B) posttraumatic stress disorder.
C) a Type-A behavior pattern.
D) job burnout.
E) a catastrophic stressor.

4) Small frustrations and minor irritations are called
A) residual stress patterns.
B) stress moderator variables.
C) life events.
D) hassles.
E) reaction formations.

5) Students with a more _________ outlook experience more hassles and poorer health.
A) optimistic
B) realistic
C) hedonistic
D) pessimistic
E) objective
6) The SRRS shows that
A) stress causes illness.
B) being married leads to more stress in one's life.
C) having few LCU's almost always leads to health problems.
D) students score lower than most people.
E) there is a relationship between life changes and health changes.

7) According to the Social Readjustment Rating Scale, the life event with the most associated stress is
A) being fired.
B) going to jail.
C) the death of a spouse.
D) a severe personal injury.
E) divorce.

8) The __________ is at the center of the primitive fight-or-flight response.
A) pituitary gland
B) cerebellum
C) parietal lobe
D) hypothalamus
E) RAS

9) Steroidal type hormones flood the ________ after a serious stressor.
A) bloodstream
B) heart muscle
C) hypothalamus
D) adrenal glands
E) brain stem

10) When Miranda is stressed for a long time, she should watch for all of the following EXCEPT which one?
A) depleted energy
B) stronger immune system
C) bleeding ulcers
D) fat deposits in her blood vessels
E) higher blood pressure

11) The 'straw that broke the camel's back' is most likely to occur in which stage of the GAS?
A) stage of resistance
B) alarm reaction
C) stage of exhaustion
D) stage of reaction
E) suppression stage
12) __________ studies how mental processes influence the immune system.
A) Stress and coping
B) Health psychology
C) Psychoneuroimmunology
D) Hardiness
E) Reappraisal

13) Deanna works full time at a tedious job, and has a demanding family. Deanna always wanted to learn Spanish. She decides to take evening classes in Spanish. If this goes well for her, it may be because
A) the class increased the level of eustress in her life.
B) she has a high level of immunosuppression.
C) she is experiencing a case of general adaptation syndrome.
D) she is in a state of denial about her stress.
E) she is utilizing the SRRS.

14) A challenging or threatening situation is called ________
A) strain
B) stressor
C) moderating variable
D) stress
E) immunosuppression

15) The Type A behavior pattern is related to
A) resistance to HIV infection.
B) learned helplessness.
C) coronary heart disease.
D) hardiness.
E) dissociative identity disorder.

16) Most people have _________ personality.
A) a Type A
B) a Type B
C) a Type D
D) both a Type A and a Type B
E) neither a Type A nor a Type B

17) After heart attacks,
A) Type A patients are twice as likely to survive as Type B patients.
B) Type B patients carefully follow the doctor's treatment regimen.
C) Type D patients have the lowest mortality rate of any group.
D) Type A patients are more likely to have a second heart attack.
E) Type A people are more likely to die on the first day than Type B people.
18) Which of the following are the three components of hardiness?
A) confidence, challenge, and control
B) challenge, commitment, and control
C) commitment, conscience, and challenge
D) conscience, control, and confidence
E) conscientiousness, concern, and confidence

19) Passive resignation following recurring failure or punishment is known as
A) learned helplessness.
B) depression.
C) hostility.
D) pessimism.
E) PTSD.

20) __________ refers to the ability to experience pleasure and joy.
A) Learned happiness
B) Joviality
C) Sociability
D) Hedonic capacity
E) Positivism

21) The Stockholm Syndrome is a pattern in which
A) hostages and prisoners identify and sympathize with their captors.
B) a person exhibits a diminished hedonic capacity.
C) a person has a fear of being alone or feeling vulnerable.
D) a person displays anger and feelings of betrayal about having been victimized.
E) a person refuses to seek ways to escape from discomfort.

22) When told that she was pregnant, Peg says, "That can't be. I just had sex one time, and I am using birth control." Freud would say that Peg is using which defense mechanism?
A) repression
B) denial
C) projection
D) immunosuppression
E) regression

23) Walter is on a diet, but he says that he is eating his mother's cake because "she worked so hard on it and I shouldn't let it go to waste." Walter appears to be using the ego defense mechanism called
A) rationalization.
B) denial.
C) repression.
D) suppression.
E) displacement.
24) When a young boy likes a young girl, he may pull her hair and tease her. This is an example of which ego defense mechanism?
A) displacement  
B) reaction formation  
C) rationalization  
D) repression  
E) denial

25) After receiving a bad test grade, a person may get into a fight with their significant other due to
A) displacement.  
B) projection.  
C) rationalization.  
D) reaction formation.  
E) repression.

26) Following a disaster, those in the automatic action phase
A) cannot fully comprehend what has happened  
B) experience psychic numbness  
C) may behave with little awareness of their actions  
D) use up their reserves of energy and collapse  
E) feel weary

27) Which of the following aspects of personality is associated with fewer physical symptoms of illness?
A) rationalism  
B) constructive criticism  
C) optimism  
D) having a balanced time perspective  
E) using more defense mechanisms

28) An optimistic thinking style involves a belief that problems are
A) general, external, and permanent.  
B) temporary, internal, and specific.  
C) specific, external, and temporary.  
D) general, uncontrollable, and permanent.  
E) controllable, permanent, and global.

29) Anti-anxiety drugs reduce feelings of stress, but they also tend to impair
A) cognition.  
B) eustress.  
C) performance.  
D) general adaptation syndrome.  
E) sexual functioning.
30) In regard to subjective well-being, research has found that
A) teens are happier than adults.
B) men are more satisfied than women.
C) Caucasians experience more happiness than African-Americans.
D) money is typically NOT associated with SWB.
E) spirituality plays no role in happiness.

31) What is defined as a syndrome of emotional exhaustion, depersonalization and reduced personal accomplishment?
A) Recidivism
B) Posttraumatic Stress Disorder
C) The Stockholm Syndrome
D) Burnout
E) Automatism

32) The life event with the most associated stress is ______.
A) being fired
B) going to jail
C) the death of a spouse
D) a severe personal injury
E) divorce

33) ______ refers to a temporary stress-related pattern of arousal with a clear onset and endpoint.
A) an enduring stressor
B) primary stress appraisal
C) chronic stress
D) fight-or-flight stress
E) none of the above

34) The experience of persistent stress may cause all of the following except which?
A) depleted energy reserves
B) a stronger immune system
C) bleeding ulcers
D) fat deposits in the blood vessels
E) higher blood pressure
F) all the above are possible symptoms

35) During the stage of resistance, the symptoms of the alarm reaction
A) fade and then return
B) are unaffected
C) cause the body to deteriorate rapidly
D) fade
E) are stronger than usual
36) Activation of the sympathetic nervous system causes what?
A) heart rate increase
B) blood pressure increase
C) blood sugar levels increase
D) perspiration increases
E) all of the above are correct
F) none of the above are correct

37) People who are described as type B personalities are more likely than most people to suffer from which of the following?
A) allergies
B) head colds
C) mononucleosis
D) stomach disorders
E) all of the above
F) none of the above

TRUE OR FALSE

38) Regular exercise can lift depression but does not extend life.

39) Scientific evidence has shown that the mind can affect both external and internal events.

40) Women are more likely than men to show the classic fight-or-flight response.

41) People with no close relationships tend to die younger than other people do.

42) Biofeedback devices help subjects identify their physical responses to stress in order to develop relaxation techniques.

43) Optimistic people have fewer physical symptoms of illness and are faster at recovering from certain illnesses than pessimistic people.

44) Happiness is also called subjective well being.

45) In the alarm reaction to stress, the hypothalamus signals for hormones to flood the bloodstream.
46) Psychoneuroimmunology is the scientific field that investigates the interaction between stress and the immune system.

47) Acute stressors improve immune functioning in the body.

48) Type-A personality is associated with a lower likelihood of coronary heart disease and other physical illnesses.

49) The effects of stress are mainly determined by the type of stressor present.

50) News coverage of disasters can result in stress.