

Chapter 13 review!

Multiple Choice

Identify the choice that best completes the statement or answers the question.

1. What area of psychology is concerned with how psychosocial factors relate to the promotion and maintenance of health and with the causation, prevention, and treatment of illness?
a. health psychology b. psychoimmunology c. industrial psychology d. positive psychology
2. What does the research have to say about the general effect of everyday problems and the minor nuisances of life?
a. Minor stresses produce minor effects. b. Minor stresses have negative effects only when coupled with major stresses. c. Minor stresses may have significant harmful effects on both physical and mental health. d. Minor stresses often have significant harmful effects on mental health, but don't affect physical health.
3. Most of Conrad's friends consider him to be highly neurotic. It is likely that, compared to his friends, Conrad is
a. less likely to perceive events as stressful b. more likely to "choke" under pressure c. less likely to use defensive coping strategies d. more likely to perceive events as stressful
4. Frustration refers to
a. being blocked in the pursuit of a desired goal b. the most frequent emotional response to aggression c. being caught between two incompatible motives d. being expected to live up to high standards of performance
5. The person who is most likely to experience frustration is one who
a. can predict the outcome of an event b. is a perfectionist c. sets goals that are too low d. must decide between two equally attractive alternatives
6. What occurs when two or more incompatible motivations or behavioral impulses compete for expression?
a. conflict b. frustration c. pressure d. vacillation
7. In general, the least stressful conflict is the
a. avoidance-avoidance conflict b. approach-avoidance conflict c. approach-approach conflict d. double approach-avoidance conflict
8. When you find yourself "caught between a rock and a hard place" you are experiencing
a. an avoidance-avoidance conflict b. an approach-avoidance conflict c. an approach-approach conflict d. a double approach-avoidance conflict
9. A person who loves to eat but at the same time fears becoming overweight is most likely experiencing
a. an approach-approach conflict b. an avoidance-avoidance conflict c. an approach-avoidance conflict d. the fight-or-flight response
10. The Social Readjustment Rating Scale was designed specifically to measure
a. change b. conflict c. control d. aggression
11. Demands or expectations to behave in a certain way define the notion of
a. stress b. conflict c. frustration d. pressure
12. Stress responses affect the individual
a. emotionally b. physiologically c. behaviorally d. emotionally, physiologically and behaviorally

13. What appears to mediate between a potentially stressful event and the emotional, physiological, and behavioral response to that event?
 - a. the magnitude of the event
 - b. the appraisal of the event
 - c. the frequency of occurrence of the event
 - d. the number of other people who are present
14. The correct order for the three stages of Selye's general adaptation syndrome is
 - a. primary, secondary, tertiary
 - b. recognition, reaction, evaluation
 - c. alarm, adaptation, recovery
 - d. alarm, resistance, exhaustion
15. The final stage of Hans Selye's general adaptation syndrome during which the organism's resources for fighting stress may be depleted is called
 - a. alarm
 - b. fatigue
 - c. resistance
 - d. exhaustion
16. Stress effects appear to be moderated by the
 - a. thalamus activating the pituitary gland
 - b. pituitary gland activating the hypothalamus
 - c. hypothalamus activating the sympathetic nervous system
 - d. cerebellum activating the autonomic nervous system
17. The two major pathways via which the brain may signal the endocrine system are through
 - a. the parasympathetic and sympathetic systems
 - b. the circulatory and muscular systems
 - c. the pituitary gland and the autonomic nervous system
 - d. the autonomic and skeletal nervous systems
18. Active efforts to master, reduce, or tolerate the demands created by stress are called
 - a. aggressing
 - b. resisting
 - c. coping
 - d. defending
19. In dealing with stress, coping responses
 - a. are always adaptive
 - b. are always maladaptive
 - c. may be adaptive or maladaptive
 - d. are not "coping" unless they are adaptive
20. Learned helplessness involves
 - a. a release of emotional tension that often accompanies stress
 - b. passive behavior produced by exposure to unavoidable aversive events
 - c. protecting oneself from unpleasant situations by refusing to acknowledge them
 - d. atoning for unacceptable unconscious drives or impulses in socially acceptable ways
21. Twanna uses behavioral disengagement as a coping strategy. She will typically experience
 - a. catastrophic thinking and self-blame.
 - b. a release of negative emotional tension.
 - c. increased, rather than decreased, distress.
 - d. overcompensation or intellectualization.
22. Unconscious reactions for dealing with unpleasant emotions such as anxiety or guilt are referred to as
 - a. constructive coping
 - b. rationalizations
 - c. neurosis
 - d. defense mechanisms
23. How do defense mechanisms accomplish their goal of diminishing stress?
 - a. By forcing the individual to express emotions.
 - b. Through self-deception.
 - c. By blocking the awareness of anxiety.
 - d. Through a reduction of impulse control.
24. Harry is an excellent basketball player who seldom misses a shot during practice. After yesterday's practice Harry's coach told him that some scouts from a big college would be at today's practice. Based on the research by Baumeister, it is likely that this increase in pressure will make Harry
 - a. more self-conscious and will interfere with his performance
 - b. less self-conscious and will interfere with his performance
 - c. more self-conscious, causing him to play even better
 - d. less self-conscious, causing him to play even better
25. Waiting in line, car trouble, shopping for holiday gifts at the end of the year, balancing your checkbook will likely produce minor stress and

- a. minor effects b. a negative effect only if they are coupled with major stresses c. they may have significant harmful effects on both physical and mental health d. they will often have significant harmful effects on mental health, but won't affect physical health
26. The stress that a person actually experiences in different situations is critically influenced by the
a. number of life change units the event involves b. person's physical health when the stressor is present c. overall magnitude of the stressful event d. appraisals that the person makes
27. Being prevented from reaching a goal will cause most individuals to experience
a. conflict b. frustration c. pressure d. vacillation
28. Two blockbuster movies are opening on the same weekend, and Andrea is having trouble deciding which movie to see first. Andrea is experiencing
a. a risk-aversion conflict b. an approach-approach conflict c. an avoidance-avoidance conflict d. an avoidance-approach conflict
29. The pursuit of a goal that has both attractive and unattractive features defines
a. an approach-avoidance conflict b. a double-blind conflict c. an approach-approach conflict d. an avoidance-avoidance conflict
30. The most likely initial consequence of an approach-avoidance conflict is
a. approach b. vacillation c. avoidance d. withdrawal
31. Researchers have uncovered strong links between cognitive reactions or ____ and specific emotions.
a. the magnitude of the event b. the appraisal of the event c. the frequency of occurrence of the event d. the number of other people who are present
32. As a task becomes more complex, the optimal level of arousal to perform the task best
a. increases b. stays the same c. first decreases and then increases d. decreases
33. The optimal level of arousal for task performance
a. is about the same from one task to another b. increases as the tasks become more complex c. decreases as the tasks become more complex d. relates more to personal makeup than to the task
34. The ____ controls the fight-or-flight response as a physiological reaction to a threat.
a. autonomic nervous system b. pyramidal system c. central nervous system d. thalamus
35. The name Hans Selye gave to the body's response to stress is
a. the fight-or-flight response b. the general adaptation syndrome c. catharsis d. defensive coping
36. According to the original frustration-aggression hypothesis put forth by Dollard and his colleagues,
a. frustration is always a consequence of aggression b. aggression is always caused by frustration c. frustration causes males to be more aggressive than females d. frustration is only a factor in aggressive behavior for non-human species
37. When final exam time rolls around, Murray finds himself eating all the time. This reaction to stress can be referred to as
a. reaction formation b. self-indulgence c. learned helplessness d. constructive coping
38. Posttraumatic stress disorder involves
a. physical, mental, and emotional exhaustion attributable to long-term involvement in emotionally demanding situations b. aggravated symptoms that emerge when burnout goes untreated for several years c. disturbed behavior that emerges after a major stressful event is over d. the emergence of schizophrenic symptoms in individuals exposed to chronic stress
39. The term "psychosomatic disease" is used to refer to

- a. the unconscious faking of physical illness b. the conscious faking of physical illness c. genuine physical illness caused at least partly by psychological factors d. the misinterpretation of minor changes in physiological functioning as symptoms of serious illness
40. Which of the following is NOT one of the classic psychosomatic illnesses?
a. hypertension b. appendicitis c. migraine headaches d. ulcers
41. A person who is hard-driving, ambitious, competitive, and at risk for having a heart attack is said to have
a. a Type B personality b. an internal personality c. an external personality d. a Type A personality
42. Stress and health research suggests that
a. stress may relate to the incidence of physical illness in general b. stress effects influence only specific illnesses c. stress relates to physical illness only in predisposed individuals d. stress is very specific in its effects on health
43. Which of the following is NOT a reason given to explain why people engage in unhealthy behaviors?
a. many health-impairing habits creep up on us b. many health-impairing habits involve activities that are quite pleasant at the time c. the risks associated with health-impairing habits tend to lie in the distant future d. people are often unaware of the of the dangers associated with their health-impairing behaviors
44. Humor
a. is an example of counterproductive coping b. can relieve stress in normal people c. is used as a defense mechanism by neurotics when dealing with stress d. typically follows catastrophic thinking
45. Which of the following behavioral responses to stress may result in internet addiction?
a. defensive coping b. self-indulgence c. positive illusions d. giving up

Short Answer

46. Describe how the body responds to stress physiologically by describing the fight-or-flight response and the three stages of the general adaptation syndrome.
47. Describe the four different types of major types of stress and provide an example of each.
48. Discuss the two major pathways along which the brain sends signals to the endocrine system in response to stress.
49. Pick two common relatively unhealthy coping responses and describe them and then discuss defensive and constructive coping and whether they are considered healthy or unhealthy coping responses.