

AP Psychology Outline
Chapter 13: Stress, Coping, and Health

Red – Definition

Blue - Important Points

Green - Important People & Contributions

1. **Biopsychosocial Model** – Physical Illness is caused by an interaction of biological, psychological, and sociocultural factors.
2. **Health Psychology** – How Psychosocial factors relate to the promotion and maintenance of health and with the causation, prevention, and treatment of illness.
3. **Stress** – Any Circumstance that threatens or is perceived to threaten one's well being and that thereby tax ones coping abilities.
 - a. **Stress has a Cumulative Nature.**
 - b. **The Feeling of Stress depends upon how one interprets a situation.**
 - c. **Acute Stressors** – Threatening Events that have a Relatively Short Duration and a clear Endpoint.
 - d. **Chronic Stressors** – Threatening Events that have a Relatively Long Duration and No readily apparent Time Limit.
 - e. 4 Types of Stress
 - i. **Frustration** – In any Situation when in which the Pursuit of some Goal is thwarted.
 - ii. **Conflict** – When 2 or More Incompatible Motivations or Behavioral Impulses Compete for Expression.
 1. **Approach-Approach Conflict** – Choice must be made between 2 Attractive Goals.
 2. **Avoidance-Avoidance Conflict** – Choice must be made between 2 Unattractive Goals.
 3. **Approach-Avoidance Conflict** – A Choice must be made about whether to Pursue a Single Goal that has Both Attractive and Unattractive Aspects.
 - f. **Life Changes** – Significant Alterations in one's Living Circumstances that Require Readjustment.
 - g. **Pressure** – Involves Expectations or Demands that one Behave in a Certain way.
4. Responding to Stress
 - a. Positive and Negative Emotions are Emitted by Stress.
 - b. Positive Emotions play a key Role in helping people bounce back from Stressful Events.
 - c. **Emotional Arousal helps Perform non Complicated Tasks better and faster for a Period of Time, but doesn't help Perform Complicated Tasks better.**
 - d. **Fight-or-Flight Response** – A Physiological Reaction to a Threat in which the Autonomic Nervous System Mobilizes the Organism for attacking (Fight) or Fleeing (Flight) the Enemy.

- e. **General Adaptation Syndrome** – **Hans Selye** – A Model of the Body's Stress Response, Consisting of 3 Stages: Alarm, Resistance, and Exhaustion.
- f. **Coping** – Active Efforts to Master, Reduce, or Tolerate Demands created by Stress.
 - i. **Learned Helplessness** – Passive Behavior Produced by Exposure to Unavoidable Aversive Events.
 - ii. **Aggression** – Behavior that is Intended to Hurt Someone, Verbally or Physically.
 - iii. **Catharsis** – The Release of Emotional Tension.
 - iv. **Internet Addiction** – Consists of Spending an Inordinate Amount of Time on the Internet and Inability to Control Online Use.
 - v. **Defense Mechanisms** – Unconscious Reactions that Protect a Person from Unpleasant Emotions such as Anxiety and Guilt.
 - 1. Most aren't Beneficial; small Illusions are Beneficial, not Big Illusions.
 - vi. **Constructive Coping** – Relatively Healthful Efforts that People make to Deal with Stressful Events.
 - 1. **Confront Problems Directly. Evaluate your Options so you can Solve your Problems.**
 - 2. Appraise your Stress and Coping Resources Reasonably.
 - 3. **Learn to Recognize and Inhibit Potentially Disruptive Emotional Resources to Stress.**
 - 4. Make Efforts to Endure your Body is not Especially Vulnerable to the Possibility of Damaging Effects of Stress.
- 5. Stress Effects on Psychological Functioning
 - a. Stress Disrupts Attention and Memory
 - b. **Burnout** – Physical & Emotional Exhaustion, Cynicism, and a Lowered Sense of Self-efficacy that can be brought on gradually by chronic Work-Related Stress.
 - c. Stress Can also Promote Personal Growth or Self-Improvement.
 - i. **Stress can force People to Develop new Skills, Reevaluate Priorities, Learn New Insights, and Acquire New Strengths.**
- 6. Stress Effects on Physical Health
 - a. **Psychosomatic Diseases** – Physical Ailments that were to be caused by Stress and other Psychological Factors.
 - b. **Type A Personality** – Personality with 3 Elements: (1) A Strong Competitive Orientation. (2) Impatience and Time Urgency. (3) Anger and Hostility.
 - c. **Type B Personality** – Relatively Relaxed, Patient, Easygoing, Amicable Behavior.
 - i. Anger & Hostility in Type A Personalities leads to Heart Disease.
 - d. **Immune Response** – Body's Defensive Reaction to Invasion by Bacteria or other Foreign Substances.
 - i. Stress Ages Immune Response Organisms.
- 7. Factors Moderating Impact of Stress

- a. **Social Support** – Various Types of Aid and Succor Provided by Member's of one's Social Networks.
 - b. **Optimism** – A General Tendency to Expect Good Outcomes.
 - c. **Conscientiousness** – Tendency to have Self- Discipline and be Careful in Actions.
8. Health-Impairing Behavior
- a. Smoking opens up Possibility for Many Health Problems.
 - i. On Average, Smokers die 13-14 Years before Non-Smokers.
 - b. Bad Diets puts one at More Risk for Heart Disease, Hypertension, etc.
 - c. Lack of Exercise increases Stress, and susceptibility to Cardiovascular Diseases.
 - d. **Acquired Immune Deficiency Syndrome (AIDS)** – A Disorder in which the Immune System is Gradually Weakened and Eventually Disabled by the Human Immunodeficiency Virus (HIV).