CHAPTER 13 - STRESS, COPING AND HEALTH - EXAM

Multiple Choice
Identify the letter of the choice that best completes the statement or answers the question.

1. Imagine you studied for this psychology exam with two of your classmates. If one classmate, Becky, was very nervous and "stressed-out" about the exam, and the other classmate, Craig, thought the exam "wasn't a big deal," their differing attitudes are most consistent with the finding that
   a. some people use constructive coping techniques to reduce stress
   b. people's appraisal of stressful events are highly objective
   c. people's appraisals of stressful events are highly subjective
   d. males experience many events as less stressful than females

2. Principle types of stress include
   a. conflict, fear, pressure
   b. change, frustration, pressure
   c. anxiety, conflict, change
   d. frustration, conflict, anxiety

3. When a person’s pursuit of a goal is blocked or thwarted, the person experiences
   a. change
   b. pressure
   c. frustration
   d. conflict

4. When a person has two or more incompatible motivations or behavioral impulses competing for expression, the person experiences
   a. change
   b. pressure
   c. frustration
   d. conflict

5. A choice must be made between two attractive choices in an
   a. attractive-attractive conflict
   b. approach-approach conflict
   c. approach-avoidance conflict
   d. avoidance-avoidance conflict

6. In avoidance-avoidance conflicts a choice must be made
   a. whether to seek any goal
   b. whether to pursue a single goal that has both attractive and unattractive aspects
   c. between two unattractive goals
   d. between two attractive goals

7. A choice must be made about whether to pursue a single goal that has both attractive and unattractive aspects in an
   a. avoidance-avoidance conflict
   b. approach-avoidance conflict
   c. approach-approach conflict
   d. attractive-unattractive conflict

8. When expectations or demands that a person behave in a certain way occur, the person experiences
   a. change
   b. pressure
   c. frustration
   d. conflict
9. The relationship between level of arousal and performance is described by the
   a. inverted-U hypothesis
   b. standard-U hypothesis
   c. normal curve hypothesis
   d. resistance-exhaustion hypothesis

10. A physiological reaction to threat involving the autonomic nervous system is the
    a. general adaptation response
    b. annoyance, anger, and rage response
    c. tend and befriend response
    d. fight-or-flight response

11. All of the following accurately reflect Seyle's description of physiological responses to stress except
    a. if a stress is prolonged, the individual becomes accustomed to the threat
    b. physiological responses to stress differ, or are specific, to specific types of stressors
    c. continuing exposure to a stress may result in the individual exhibiting increased
        susceptibility to diseases of adaptation
    d. initially stress causes an activation of the fight-or-flight response

12. The correct order of the stages of the general adaptation syndrome is
    a. alarm, resistance, exhaustion
    b. resistance, alarm, exhaustion
    c. alarm, exhaustion, resistance
    d. resistance, exhaustion, alarm

13. An organism first recognizes the existence of a threat and physiological arousal occurs during the ____ stage
    of the general adaptation syndrome.
    a. fight-or-flight
    b. resistance
    c. exhaustion
    d. alarm reaction

14. As an individual experiences prolonged stress and begins to use coping efforts, physiological arousal
    stabilizes at a level higher than normal. This occurs during the ____ stage of the general adaptation syndrome.
    a. resistance
    b. recovery
    c. exhaustion
    d. alarm reaction

15. During the ____ stage of the general adaptation syndrome, arousal decreases and the body's resources may be
    depleted.
    a. resistance
    b. recovery
    c. exhaustion
    d. alarm reaction

16. One positive benefit associated with stress is
    a. having a stress-related physical illness once decreases the probability of having the same
        illness in the future
    b. stress can promote personal growth and self-improvement
    c. neither of the above
    d. both of the above

17. A person who is very competitive, impatient, is quick to anger and exhibits hostility, is best described as
    having a ____ personality.
    a. Type A
    b. Type B
18. When compared to Type A people, Type B people tend to be more
   a. hard-driving, ambitious, and competitive
   b. relaxed, easygoing, and friendly
   c. inhibited, compliant, and depressed
   d. achievement oriented, impatient, and hostile

19. Research has demonstrated individuals with Type A personality
   a. have an increased risk of developing cancer
   b. have a decreased risk of developing cancer
   c. have an increased risk of developing heart disease
   d. have a decreased risk of developing heart disease

20. The component of the Type A personality that is most directly related to developing heart disease is
   a. competitive orientation
   b. anger and hostility
   c. perfectionism
   d. impatience and time urgency

21. A person's chance of developing heart disease is roughly doubled if the person has
   a. a professional occupation
   b. anxiety
   c. depression
   d. schizophrenia

22. Of the following individuals, who would be least likely to develop heart disease?
   a. Andrew, who is a Type A personality
   b. Bill, who is a Type B personality
   c. Charles, who has high blood pressure and smokes
   d. Dennis, who is depressed

23. The relationship of stress and physical illness is best described as a result of
   a. stress reduces immune activity
   b. stress reduces physiological arousal
   c. stress increases immune activity
   d. stress increases physiological arousal

24. Stress affects the immune system by
   a. increasing its activity, thus providing more protection from illness
   b. altering its activity to defend against specific illnesses
   c. reducing its activity initially, but then increasing its activity after an adjustment period
   d. reducing its activity, thus causing the body to become more vulnerable to illness

25. Increased levels of immune activity are associated with
   a. increases in stress
   b. the Type A personality
   c. low levels of social support and pessimism
   d. high levels of social support and optimism

26. Which of the following measures do many experts today prefer to use to assess obesity?
   a. percent body fat
   b. weight/height
   c. body mass index (BMI)
   d. weight

27. Masters and Johnson conducted groundbreaking research concerning
   a. sexual orientation
b. sexual preferences
c. the psychology of the human sexual response
d. the physiology of the human sexual response

28. The theory of emotion that proposes the conscious experience of emotion results from one's perception of autonomic arousal is the
   a. commonsense theory
   b. Cannon-Bard theory
   c. James-Lange theory
   d. facial-feedback theory

29. According to the Cannon-Bard theory of emotion, one's conscious experience of emotion occurs
   a. independently of autonomic arousal
   b. before autonomic arousal
   c. after autonomic arousal
   d. simultaneously with autonomic arousal

30. Schachter suggests that people rely on ____ cues to label their emotional states.
   a. physiological
   b. interpersonal
   c. external
   d. internal

31. The structure that allows both oxygen and nutrients to pass into the fetus from the mother's bloodstream and bodily wastes to pass out to the mother's bloodstream is the
   a. uterine wall
   b. zygote
   c. placenta
   d. proximodistal organ

32. Erikson divided the life span into ____ stages associated with ____.
   a. four; cognitive development
   b. six; moral development
   c. eight; psychosocial crises
   d. eight; physical development

33. The concrete operational stage of cognitive development lasts from approximately
   a. birth to age 2
   b. age 2 to 7
   c. age 7 to 11
   d. age 11 onward

34. When Kohlberg presented moral dilemmas to individuals in order to evaluate their level of moral development, he placed the most emphasis on
   a. whether the individual gave a "yes" or "no" response
   b. the level of confidence the individual had in his or her response
   c. the explanation the individual gave concerning the reason for his or her response
   d. the overt behaviors the individual showed when presented with a similar dilemma in real life

35. Jeremy's father and two uncles are all dentists. Jeremy first decided he wanted to be a dentist when he spent afternoons at his father's office as a young child. Jeremy has not considered any other potential careers. Jeremy is most likely in the identity status of
   a. identity achievement
   b. identity diffusion
   c. identity foreclosure
   d. identity moratorium
36. The id is
   a. a developmental period that leaves its mark on adult personality
   b. the moral component of personality
   c. the decision-making component of personality
   d. the primitive, instinctive component of personality

37. According to Freud, a basic defense mechanism that protects a person from anxiety by keeping distressing thoughts and feelings out of the conscious mind is
   a. repression
   b. regression
   c. displacement
   d. projection

38. The personal unconscious and collective unconscious are associated with
   a. Adler's theory
   b. Maslow's theory
   c. Freud's theory
   d. Jung's theory

39. Mary observes another's performance and says, "Gee, I think I can do that." Bandura calls this personal evaluation
   a. self-efficacy
   b. self-esteem
   c. self-concept
   d. self-appraisal

40. According to Rogers, the degree of disparity between one's self-concept and one's actual experience is termed
   a. inconsistency
   b. consistency
   c. incongruence
   d. congruence
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Answer Section

MULTIPLE CHOICE

1. ANS: C
PTS: 1
REF: 512
OBJ: 13-2 TYPE: Concept/Applied

2. ANS: B
PTS: 1
REF: 513
OBJ: 13-3 TYPE: Factual

3. ANS: C
PTS: 1
REF: 513
OBJ: 13-3 TYPE: Factual

4. ANS: D
PTS: 1
REF: 513
OBJ: 13-4 TYPE: Factual

5. ANS: B
PTS: 1
REF: 513
OBJ: 13-4 TYPE: Factual

6. ANS: C
PTS: 1
REF: 514
OBJ: 13-4 TYPE: Factual

7. ANS: B
PTS: 1
REF: 514
OBJ: 13-4 TYPE: Factual

8. ANS: B
PTS: 1
REF: 515
OBJ: 13-5 TYPE: Factual

9. ANS: A
PTS: 1
REF: 518
OBJ: 13-6 TYPE: Factual

10. ANS: D
PTS: 1
REF: 519
OBJ: 13-7 TYPE: Factual

11. ANS: B
PTS: 1
REF: 519
OBJ: 13-7 TYPE: Factual

12. ANS: A
PTS: 1
REF: 520
OBJ: 13-7 TYPE: Factual

13. ANS: D
PTS: 1
REF: 520
OBJ: 13-7 TYPE: Factual

14. ANS: A
PTS: 1
REF: 520
OBJ: 13-7 TYPE: Factual

15. ANS: C
PTS: 1
REF: 520
OBJ: 13-7 TYPE: Factual

16. ANS: B
PTS: 1
REF: 527
OBJ: 13-12 TYPE: Factual

17. ANS: A
PTS: 1
REF: 528
OBJ: 13-13 TYPE: Concept/Applied

18. ANS: B
PTS: 1
REF: 528
OBJ: 13-13 TYPE: Concept/Applied

19. ANS: C
PTS: 1
REF: 528
OBJ: 13-13 TYPE: Factual

20. ANS: B
PTS: 1
REF: 529
OBJ: 13-13 TYPE: Factual

21. ANS: C
PTS: 1
REF: 530
OBJ: 13-14 TYPE: Factual

22. ANS: B
PTS: 1
REF: __
OBJ: 13 TYPE: Integrative

23. ANS: A
PTS: 1
REF: 531-532
OBJ: 13-15 TYPE: Factual

24. ANS: D
PTS: 1
REF: 531-532
OBJ: 13-15 TYPE: Factual

25. ANS: D
PTS: 1
REF: 533
OBJ: 13-16 TYPE: Factual

26. ANS: C
PTS: 1
REF: 382
OBJ: 10-5 TYPE: Factual

27. ANS: D
PTS: 1
REF: 394
OBJ: 10-12 TYPE: Factual

28. ANS: C
PTS: 1
REF: 405
OBJ: 10-20 TYPE: Factual

29. ANS: D
PTS: 1
REF: 406
OBJ: 10-20 TYPE: Factual

30. ANS: C
PTS: 1
REF: 406
OBJ: 10-20 TYPE: Factual

31. ANS: C
PTS: 1
REF: 419
OBJ: 11-1 TYPE: Factual

32. ANS: C
PTS: 1
REF: 431
OBJ: 11-8 TYPE: Factual

33. ANS: C
PTS: 1
REF: 434
OBJ: 11-9 TYPE: Factual

34. ANS: C
PTS: 1
REF: 440
OBJ: 11-12 TYPE: Factual

35. ANS: C
PTS: 1
REF: 446
OBJ: 11-15 TYPE: Concept/Applied

36. ANS: D
PTS: 1
REF: 472
OBJ: 12-3 TYPE: Factual

37. ANS: A
PTS: 1
REF: 475
OBJ: 12-4 TYPE: Factual

38. ANS: D
PTS: 1
REF: 478
OBJ: 12-6 TYPE: Factual

39. ANS: A
PTS: 1
REF: 485
OBJ: 12-9 TYPE: Concept/Applied

40. ANS: C
PTS: 1
REF: 487
OBJ: 12-13 TYPE: Factual