

Chapter 01 What is Stress? Answer Key

Multiple Choice Questions

1. The noted physiologist who was employed at Harvard Medical School and who first described the body's reaction to stress was:

A. Lawrence
LeShan.
B. Carl
Simonton.
C. Walter
Cannon.
D. George
Engel.

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Topic: The Pioneers

2. The body's stress reaction that includes an increase in heart rate, respiration, blood pressure, and serum cholesterol is known as the:

A. fight-or-flight response.
B. relaxation
response.
C. substantial
stress.
D. autoimmune
response.

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3. Which of the following names the three phases of the general adaptation syndrome in the order of occurrence?

- A. Alarm reaction, stage of exhaustion, and stage of resistance
- B. Alarm reaction, stage of resistance, and stage of exhaustion**
- C. Stage of resistance, alarm reaction, and stage of exhaustion
- D. Stage of resistance, stage of exhaustion, and alarm reaction

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4. Which of the following occurs in the alarm reaction phase of the general adaptation syndrome?

- A. Resistance rises above normal.
- B. Resistance ensues if continued exposure to the stressor is compatible with adaptation.
- C. Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted.
- D. The body shows the changes characteristic of the first exposure to a stressor.**

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5. Identify a feature of the second stage of the general adaptation syndrome.

- A. The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal.**
- B. The body shows the changes characteristic of the first exposure to a stressor.
- C. Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted.
- D. The signs of the alarm reaction reappear, but now they are irreversible.

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6. Which of the following is characteristic of the third phase of the general adaptation syndrome?
- A. The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal.
 - B. The body shows the changes characteristic of the first exposure to a stressor.
 - C.** Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted.
 - D. Resistance ensues if continued exposure to the stressor is compatible with adaptation.

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7. Eustress is defined as:
- A. the bad things to which we have to adapt and that can lead to a stress reaction.
 - B. everything that happens around us.
 - C.** the good things to which we have to adapt and that can lead to a stress reaction.
 - D. having a positive outlook on life.

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8. Distress is defined as:
- A.** the bad things to which we have to adapt and that can lead to a stress reaction.
 - B. everything that happens around us.
 - C. the good things to which we have to adapt and that can lead to a stress reaction.
 - D. having a negative outlook on life.

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9. A series of bodily changes that are the opposite of the stress reaction is called:

- A. autoimmune response.
- B. Galvanic Skin Response.
- C. fight-or-flight response.
- D.** relaxation response.

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10. Which of the following terms is defined as a relaxation technique that involves a sensation of heaviness, warmth, and tingling in the limbs?

- A.** Autogenic training
- B. Progressive relaxation
- C. Bracing
- D. Neuromuscular relaxation

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11. Which of the following terms is defined as a relaxation technique that involves contracting and relaxing muscle groups throughout the body?

- A. Autogenic training
- B.** Progressive relaxation
- C. Bracing
- D. Neuromuscular relaxation

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12. The contraction of muscles for no obvious purpose is called:

- A.** bracing
- B. self-contracting.
- C. meditation.
- D. relaxation

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13. Which of the following researchers are known for studying stress and headaches?

- A. Meyer Friedman and Ray Rosenman
- B. Stewart Wolf and Lawrence LeShan
- C.** Stewart Wolf, Thomas Budzynski, and Harold Wolff
- D. Thomas Holmes and Richard Rahe

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14. According to the _____ theory developed by Kobasa and her colleagues, less stress will result if you perceive potentially stressful events as a challenge instead of a threat.

- A.** hardiness
- B. social support
- C. life-events
- D. allostatic load

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Topic: Stress Theory

15. The cumulative biological wear and tear that results from responses to stress that seek to maintain body equilibrium is known as:

- A. hardiness
- B. hassles
- C. biofeedback
- D. allostatic load.**

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Topic: Stress Theory

16. The theory pertaining to stress occurring when there is not enough social support available to respond to an event effectively is known as the:

- A. hardiness theory.
- B. social support theory.**
- C. life-events theory.
- D. goal-setting theory.

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Blooms: Remember
Topic: Stress Theory

17. Toxins, heat, and cold are examples of _____ stressors.

- A. environmental**
- B. psychological
- C. sociological
- D. philosophical

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Blooms: Remember
Topic: The Stressor

18. Use of time and purpose in life are examples of _____ stressors.

- A. environmental
- B. psychological
- C. sociological
- D. philosophical**

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Topic: The Stressor

19. Depression and threats to self-esteem are examples of _____ stressors.

- A. environmental
- B. psychological**
- C. sociological
- D. philosophical

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Topic: The Stressor

20. Unemployment and death of a loved one are examples of _____ stressors.

- A. environmental
- B. psychological
- C. sociological**
- D. philosophical

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Topic: The Stressor

21. The fight-or-flight response is termed:

- A. stress disorder.
- B. stress reactivity.**
- C. autoimmune response.
- D. self-preservation.

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Topic: Stress Reactivity

22. The goal of stress management is to:

- A. eliminate all stress from life.
- B. limit the harmful effects of stress while maintaining life's quality and vitality.**
- C. make life happy and easy by getting involved in as less of stress as possible.
- D. do all of these.

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Topic: Stress Management Goals

23. The degree to which the seven dimensions of health are in balance is called:

- A. eustress.
- B. wellness.**
- C. spirituality.
- D. coping.

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Topic: The Way to Use This Book

24. Which of the following pioneers studied transcendental meditation and developed a similar meditative technique that was successfully employed to help reduce his patients' levels of high blood pressure?

- A. Gary Schwartz
- B. Daniel Goleman
- C. Herbert Benson**
- D. Thomas Budzynski

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Topic: The Pioneers

25. Which of the following dimensions of health can be defined as the ability of the body to function daily with energy remaining to respond to emergencies?

- A. Physical health**
- B. Occupational health
- C. Spiritual health
- D. Mental health

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26. Which of the following dimensions of health is known as the ability to learn and grow intellectually?

- A. Social health
- B. Occupational health
- C. Spiritual health
- D. Mental health**

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Topic: The Way to Use This Book

27. Which of the following dimensions of health is defined as a healthy, supportive setting in which to function?

- A. Social health
- B. Occupational health
- C. Environmental health**
- D. Mental health

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Topic: The Way to Use This Book

28. Which of the following is NOT an appropriate stress management goal?

- A. To maintain life's quality and vitality
- B. To use stress to motivate peak performance
- C. To eliminate all stress**
- D. To limit the harmful effects of stress

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Topic: Stress Management Goals

True / False Questions

29. Progressive relaxation is sometimes termed neuromuscular relaxation.

TRUE

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Topic: The Pioneers

30. Thomas Holmes and Richard Rahe showed that the more significant the changes in someone's life, the greater the chance of the onset of illness.

TRUE

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Topic: The Pioneers*

31. Richard Lazarus, Anita DeLongis, and their colleagues have found that everyday hassles are even more detrimental to one's health than major life changes.

TRUE

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Topic: The Pioneers*

32. Although stress can be very bothersome, it is seldom dangerous to your health.

FALSE

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33. The longer our physiology varies from its baseline measures and the greater the variance from that baseline, the more likely we are to experience ill effects from this stress reactivity.

TRUE

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Blooms: Understand
Topic: Stress Reactivity*

34. Men and women generally tend to respond to stress in very similar ways.

FALSE

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Blooms: Understand
Topic: Stress Reactivity*

35. Hans Selye was unable to specify which changes in the body's physiology resulted from stress.

FALSE

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Topic: The Pioneers*

36. A stressor is something with the potential to cause a stress reaction.

TRUE

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Blooms: Remember
Topic: The Pioneers*

37. A stressor will always elicit a stress reaction and strain.

FALSE

*Accessibility: Keyboard Navigation
Blooms: Understand
Topic: A Definition of Stress*

38. Stress can be useful, stimulating, and welcome.

TRUE

*Accessibility: Keyboard Navigation
Blooms: Understand
Topic: Stress Management Goals*

39. The way that one views a life experience can affect whether or not that experience is stressful.

TRUE

*Accessibility: Keyboard Navigation
Blooms: Understand
Topic: Stress Theory*

40. The healthiest people have the lowest amounts of stress in their lives.

FALSE

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Blooms: Understand
Topic: Stress Management Goals*

41. People who have learned stress management skills often respond to a greater degree to a stressor but return to their resting heart rate sooner than those not trained in stress management.

TRUE

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Blooms: Understand
Topic: Stress Reactivity*

