

5) Explain how over commitment and procrastination interact and negatively impact time management. Identify and explain four strategies for improving time management.

6) Describe the pathway that connects chronic stress to the immune system, and give three examples of stress-related health problems that could result from changes in immune system functioning.

7) Shemar constantly worries about events that have not happened yet. He has trouble sleeping and experiences frequent headaches. Describe two mindfulness or body awareness techniques that he could use to help him cope with

the stressors. Discuss the benefits of each technique, and explain why you have chosen each one.

8) The term *stressor* refers to

- A) a response to normal activities of daily life.
 B) a physical or psychological event.
 C) a physical reaction to fright.
 D) a return to homeostasis.
- 9) Which one is a stressor?
- A) a final exam
 B) sweaty palms
 C) elevated heart rate
 D) high fever
- 10) Which item best represents the term “stress”?
- A) public speaking
 B) a startle response
 C) anxiety about a test
 D) taking a test
- 11) Which of these is LEAST likely to be considered a stressor?
- A) memories of the death of a loved one
 B) sweaty palms
 C) getting married
 D) air pollution
- 12) Which physiological systems initiate the body's physical response to stressors?
- A) cardiorespiratory
 B) neuroendocrine
 C) digestive and lymphatic
 D) musculoskeletal

- 13) Which neurotransmitter is activated when you are faced with the threat of a
- A) acetylcholine
 - B) serotonin
 - C) parasympathetic
 - D) norepinephrine

14) The autonomic nervous system directly controls all the following EXCEPT

- A) digestion.
- B) heart rate.
- C) voluntary muscle contraction.

D) blood pressure.

15) Which is correct regarding the parasympathetic branch of the autonomic nervous system?

- A) It is responsible for mobilizing energy sources for use in a crisis.
- B) It activates the endocrine system.
- C) It is activated when one is frightened or angry.

D) It aids in digestion and promoting growth.

16) Which branch of the autonomic nervous system is activated when a person is agitated by a stressor?

- A) central
- B) somatic

C) parasympathetic
D) sympathetic

17) Which system helps control body functions by releasing hormones?

- A) central nervous system
- B) endocrine system
- C) endorphin system

D) integumentary system

- A) Hearing and vision become more acute.
- B) The pancreas increases secretion of insulin.
- C) The liver releases sugar into the blood.

D) Perspiration increases.

19) Which process is most likely to be controlled by the parasympathetic nervous system?

- A) lifting an apple to your mouth
- B) release of digestive enzymes
- C) increased rate of breathing as you trot across a

street

D) release of endorphins

20) Which response would be expected from stimulation of the sympathetic nervous system?

- A) activation of the adrenal glands
- B) increased storage of sugar in the liver
- C) constriction of pores and reduced sweat rate

D) return of heart rate and respiration to resting levels

21) In which situation would you anticipate endorphins to be released?

- A) drifting off to sleep
- B) eating a meal
- C) waking up in the morning

D) vigorous exercise

22) Which body reaction is characteristic of the stress response?

- A) pupils constrict
- B) respiratory mucous membranes shrink
- C) body temperature drops

D) skin blood vessels dilate

23) Which is FALSE regarding the fight-or-flight reaction?

- A) It is particularly useful in coping with modern life.
- B) It enables us to quickly escape from possible injury.
- C) It prepares our bodies for action by boosting

energy.

- D) It enables our bodies to perceive danger more quickly.

24) Which branch of the autonomic nervous system returns the body to homeostasis following exposure to a stressor?

- A) central
- B) somatic

- C) parasympathetic
- D) sympathetic

25) What is homeostasis?

- A) It is the response of the body to unmanaged stress.
- B) It is the body's condition during the fight-or-flight reaction.
- C) It is the body's process of maintaining a stable

internal environment.

- D) It is the response of the body to prolonged exposure to stressors.

26) The sum of one's cognitive, behavioral, and emotional tendencies defines

- A) personality.
- B) temperament.

- C) happiness.
- D) intelligence.

- 27) Which statement about people with hardy personalities is FALSE?
- A) They view stressors as growth opportunities.
 - B) They tend to perceive fewer situations as stressful.
 - C) They tend to have an external locus of control.
 - D) They have a commitment to their activities.
- 28) Which is a good example of a resilient personality?
- A) a single mother of two who works a part-time job and is completing coursework for a college degree
 - B) an athlete who is focused on training for an upcoming event
 - C) an intelligent person failing an exam
 - D) a person with an undiagnosed disability
- 29) Based on the statistics published by the American Psychological Association Stress in America survey, which is correct regarding reports of “tremendous stress” among college students?
- A) Males are more likely than females to report tremendous stress.
 - B) Females are more likely than males to report tremendous stress.
 - C) There is no difference between male and female college students.
 - D) Over 85% of all college students report tremendous stress.
- 30) What is a significant difference between eustress and distress?
- A) Eustress is only triggered by something pleasant but challenging.
 - B) Eustress is only triggered by something considered to be a hindrance.
 - C) Eustress does not trigger the stress response.
 - D) Eustress is triggered only when there is an absence of stimulation.

31) Sam is very anxious about the organic chemistry class he's signed up for. He dreads taking tests. Which of these

- A) knowing in advance when the tests are scheduled
- B) acknowledging that he has no control
- C) reminding himself that if it gets too hard he can

things is likely to improve his cognitive response to this situation?

- always walk out
- D) seeking to follow a stressed power motivation coping format

32) Which individual would be most likely to demonstrate the psychological characteristic of affiliation motivation?

- A) Mohammed, who is a member of several fraternities and always takes charge at the weekly meetings
- B) Shania, who always joins you at lunch and often reaches out to meet new friends on campus
- C) Cindy, who is President of the debate club, and was previously President of the Student Union

- D) Saul, a freshman who rarely speaks in class and does not belong to any campus clubs

33) George just received an F on his term paper. Which type of stress is he likely to experience?

- A) eustress
- B) allostatic stress

- C) distress
- D) chronic stress

34) According to the general adaptation syndrome model, during which phase would the fight-or-flight reaction occur?

- A) alarm
- B) resistance

- C) exhaustion
- D) recovery

35) According to the general adaptation

syndrome theory of stress, at which point would you be expected to have the greatest resistance to injury?

- A) during your first week at a new school
- B) after being at your new school for a few weeks
- C) during final exam week at school
- D) during periods when you have several stressors simultaneously

36) Tom is very anxious about an upcoming exam. He has no appetite, is easily distracted, and has had difficulty sleeping. According to the general adaptation syndrome theory, which stage of stress response is Tom most likely experiencing?

- A) alarm
- B) allostatic
- C) resistance
- D) exhaustion

37) According to the general adaptation syndrome theory, what is the body's typical response during the resistance stage?

- A) It is in a relaxed state.
- B) There is heightened activation of the sympathetic nervous system.
- C) A new level of homeostasis is established.
- D) It can no longer react effectively to normal life situations.

38) According to the general adaptation syndrome theory, the exhaustion phase may occur when

- A) the fight-or-flight reaction is resolved.
- B) stress-related hormones are secreted.
- C) allostatic load is alleviated.
- D) multiple stressors occur in succession.

39) Which is NOT typical of the exhaustion stage of the general adaptation

- A) a new level of homeostasis
- B) chronic illness
- C) physiological depletion
- D) depression

40) The physiological consequence of exposure to repeated or chronic stress is referred to as

- A) eustress.
- B) distress.

- C) homeostasis.
- D) allostatic load.

41) Psychoneuroimmunology (PNI) is the study of the interaction among all the following systems EXCEPT the _____ system.

- A) nervous
- B) endocrine

- C) immune
- D) integumentary

42) Which is the correct interpretation of psychoneuroimmunology?

- A) It is the study of how hormone-like substances translate stressful emotions into biochemical events which affect the immune system.
- B) It is the study of how immune system components like lymphocytes can affect personality traits.
- C) It is the study of how personality traits can affect

the nervous system.

- D) It implies that interactions between the immune system and the nervous system can lead to personality traits like hardiness.

43) Which relationship has been shown through the study of psychoneuroimmunology?

- A) Increased levels of cortisol are linked to a decreased number of lymphocytes.
- B) Increased levels of cortisol are linked to an increased number of lymphocytes.
- C) Decreased levels of cortisol are linked to a

decreased number of lymphocytes.

- D) There appears to be no relationship between cortisol and lymphocytes.

44) What is the role of chronic stress in diseases such as heart disease and type 2 diabetes?

- A) acceleration of inflammation
- B) reduction in blood pressure
- C) reduced heart rate

D) increased blood flow

45) Which character trait is most closely associated with elevated risk of cardiovascular disease?

- A) hostility
- B) excitability

C) lack of purpose
D) resilience

46) Stress has been found to contribute to which of the following conditions?

- A) depression
- B) schizophrenia

C) autism
D) osteoporosis

47) Which condition has been linked to unmanaged stress?

- A) constipation
- B) myopia

C) impacted teeth
D) glaucoma

48) Which statement is FALSE regarding stress?

- A) The sequence of physiological responses to eustress and distress are different.
- B) The college years are often very stressful.
- C) Positive changes in one's life can be significant

stressors.

D) Stress responses can vary depending genetic factors.

49) Which is the most common form of headache?

- A) tension headaches
- B) migraines
- C) cluster headaches

D) sinus
headaches

50) Which group is disproportionately affected by cluster headaches?

- A) men
- B) women

- C) teenagers
- D) elderly

51) According to the Stress in America Survey, which statement is consistent with the top stressor reported for Americans in 2017?

- A) I am worried about the future of the nation.
- B) I am fearful that I will not be able to pay for the minimal needs of my family.
- C) I am very concerned about job stability in my

profession.

D) I am lonely or
in a relationship that is
unsafe.

52) Chandra survived a school shooting last year, but she frequently has flashbacks of the event. She's anxious about being in crowded public spaces, and she hasn't slept soundly

- A) Her symptoms are consistent with PTSD.
- B) She should honor her fears and avoid social contacts.
- C) This is likely a temporary challenge that she can

in months. Which
statement is correct?

overcome with positive
thinking.

D) She should
review the media coverage
of the event.

53) Which circumstances are most likely to reduce job

stresses?

- A) employee participation in committees that determine job responsibilities
- B) having a desk job
- C) having a job that requires physical activity

D) a high level of motivation combined with a very tight schedule

54) Despair and hostility are a type of _____ stressor.

- A) interpersonal
- B) internal

- C) environmental
- D) social

55) Which of the following would be the LEAST effective strategy for coping with stress?

- A) ignoring it
- B) exercising regularly
- C) improving time-management skills

D) maintaining a social support system

56) If you are still emotionally distressed weeks after a tragic event, the most helpful strategy would be to

- A) review the archived media coverage of the event.
- B) avoid sharing your feelings with others.
- C) seek professional help.

D) take a long walk to reduce your anxiety.

57) Which statement regarding exercise and stress is FALSE?

- A) Exercise stimulates birth of new brain cells.
- B) Fewer than 20% of Americans take part in exercise to cope with stress.
- C) Exercise results in reduced stress responses.

D) Exercise
expends built-up nervous
energy.

58) Which statement regarding exercise and stress is TRUE?

- A) Taking a long walk can help increase blood pressure.
- B) In order to be beneficial for stress management, the exercise must occur within 15 minutes of the stressor.
- C) Three 45-minute walks per week can increase

your sense of wellness.

D) People who
exercise regularly have
stronger physical responses
to stress.

59) Which is the most effective way to overcome procrastination?

- A) Avoid thinking about tasks that have been put off.
- B) Do favorite tasks first to build up momentum.
- C) Consolidate short-term goals into long-term

goals.

D) Consolidate
tasks when possible.

60) Which statement is the most helpful recommendation regarding the prioritization of tasks?

- A) Prioritize according to how long a task has gone unfinished.
- B) Divide tasks into three groups and ignore the least important group.
- C) Do the simple tasks first because they only take a

few minutes.

D) Prioritize
based on how enjoyable
the task is.

- A) Use the “SMART” goal setting technique.
- B) Write down the goals.
- C) Only start a goal when you have enough time to

complete it.

- D) Allow extra time to achieve goals.

62) Which is NOT a recommended time-management strategy?

- A) prioritize tasks
- B) consolidate tasks
- C) avoid unstructured time

- D) keep track of tasks you put off

63) Which is NOT helpful for improving time management?

- A) Emphasize only long-term goals.
- B) Visualize achievement of your goals.
- C) Delegate responsibility.

- D) Say "no" when necessary.

64) Julio likes to watch television to relax, but he often spends more time doing so than he intends. Now he has a big paper to write that is due tomorrow. Which would be the most

productive when he feels he needs a break?

- A) Limit his television break to 5-10 minutes.
- B) Take a 5-minute walk.
- C) Watch just a few shows when he needs a break.

- D) Surf online for a few minutes.

65) Which is a cognitive technique for stress management?

- A) progressive relaxation
- B) deep breathing
- C) cultivating higher expectations

D) positive self-talk

66) Which is NOT a cognitive technique for stress management?

- A) solving problems
- B) modifying expectations

C) maintaining positivity
D) delegation

67) What is the physiological response several minutes after a good laugh?

- A) Heart rate is increased.
- B) Muscles are relaxed.
- C) Blood pressure is increased.

D) Brain suppresses endorphins.

68) Simon goes to a comedy club once a week. What are the physiological effects of his laughter?

- A) increased release of cortisol
- B) reduced endorphin concentration
- C) reduced antibody concentration

D) increased blood flow

69) Philip is attempting to use mindfulness-based stress reduction to help him deal with his stress. Which of the

following would NOT be helpful?

- A) Quietly focus on breathing for 5-15 minutes.
- B) Focus on sensory input.
- C) Organize and prioritize goals.

D) Be present in each moment, even if it is uncomfortable.

70) Which is correct regarding the practice of mindfulness-based stress reduction?

- A) It was first described in the early 13th century and is focused around the practice of Yoga.
- B) A core philosophy is that “there is more right with you than there is wrong with you”.
- C) In order to achieve benefits, one must undergo

training by a professional.

- D) Exercise is a fundamental requirement to achieve full mindfulness.

71) A person who regularly practices mindfulness meditation could anticipate which physiological effects in the brain?

- A) improved connections between the amygdala and pre-frontal cortex
- B) improved endorphin re-uptake
- C) heightened activity within the cerebellum

- D) no effects have been documented to date

72) Which stress management technique emphasizes the use of breath, control, and balance?

- A) meditation
- B) hatha yoga

- C) qigong
- D) tai chi

73) What is the primary benefit of tai chi?

- A) It teaches students to remain calm and centered.
- B) It is an excellent cardiovascular workout.
- C) It helps the student become aware of stress

through awareness of heart rate, skin temperature or sweating.

- D) It is easily self-taught.

74) How does biofeedback help people reduce stress?

- A) The electrical stimulation can help remove the internal stressors in their lives.
- B) It cleanses the body of toxins.
- C) Electrical stimulation increases muscle strength

and flexibility.

D) It heightens awareness of physiological functions.

75) Which strategy is NOT considered counterproductive in managing stress?

- A) tobacco use
- B) avoidance of all challenging situations
- C) increasing intake of fruits and vegetables

D) alcohol

76) Which is the first step in creating a personal plan for managing stress?

- A) Design your plan.
- B) Learn to listen to your body.
- C) Seek professional help.

D) Investigate support groups.

77) What is the primary value of a support group?

- A) shared experiences
- B) inexpensive psychotherapy sessions
- C) relaxation techniques

D) pastoral counseling

78) Which is correct regarding the role of caffeine in stress management?

A) Even a single cup of coffee daily is problematic.

B) Caffeine can

reduce irritability.

C) High doses of caffeine can enhance feelings of self-control.

D) Caffeine can increase levels of cortisol.

79) Sue has been attending college for about a month. During the past week, when she had two exams coming up, she has had trouble sleeping, experienced headaches, and had difficulty concentrating.

79.1) Sue most likely is experiencing

- A) worry about her post-college career.
- B) academic stress.
- C) interpersonal stress.

D) financial concerns.

79.2) Which strategy would be LEAST helpful in alleviating Sue's symptoms?

- A) concentrating on obstacles
- B) practicing affirmation
- C) joining a social group

D) adopting a Yoga practice

80) A physical or psychological event called a stressor triggers the stress response.

- Ⓐ true
- Ⓑ false

81) A high score on a perceived stress scale generally means you are coping well with stressors in your life.

☐ true

☐ false

82) Emotional reactions are the sole form of stress response.

☐ true

☐ false

83) Endorphins are brain secretions that inhibit pain.

☐ true

☐ false

84) The physical responses to a given stressor are always consistent from person to person.

☐ true

☐ false

85) Individual perceptions affect stress response.

☐ true

☐ false

86) Beth has enrolled in the most difficult course of her college career and views it as an opportunity for growth. Beth has the psychological characteristic of power motivation.

☐ true

☐ false

87) There is NO gender difference in the experience of stress.

☐ true

☐ false

88) The intensity of an emotional response to a stressor has NO impact on the intensity of the physical response.

☐ true

☐ false

89) Being promoted to a longed-for but challenging job is more likely to be associated with distress than eustress.

☐ true

☐ false

90) When you are in the resistance stage of the general adaptation syndrome you are likely to have distorted

perceptions and disorganized thinking.

☐ true

☐ false

91) The general adaptation syndrome is a theory that describes a universal and predictable response pattern to all stressors.

☐ true

☐ false

92) Allostatic load depends solely on the amount of exposure to stress.

☐ true

☐ false

93) During periods of stress, the cardiovascular system becomes more resistant to inflammation and heart attacks.

☐ true

☐ false

94) Increased levels of cortisol are associated with an increased function of the immune system.

☐ true

☐ false

95) Stress affects cardiovascular disease.

☐ true

☐ false

96) Those with high stress levels are more resistant to asthma and allergy attacks.

☐ true

☐ false

97) Daily hassles such as misplacing your car keys can be a greater source of stress than major life changes such as moving.

- ☐ true
- ☐ false

98) Marriage is associated with an increase in life expectancy, but the benefit appears to be greater in women than in men.

- ☐ true
- ☐ false

99) Regular physical activity impedes the ability to return to homeostasis after a stressful situation.

- ☐ true
- ☐ false

100) Social isolation can produce changes in the autonomic nervous system.

- ☐ true
- ☐ false

101) A key element of mindfulness-based stress reduction is to focus thoughts to more conceptual and discursive activities.

- ☐ true
- ☐ false

Answer Key

Test name: Chapter 02

1) Answers will vary but could include any of the responses highlighted and outlined in Figure 2.1

2) Answers will vary but should include distinction between those motivated by a need to have power over others vs. those with a

need to be liked by others.

3) Answers will vary.

4) Answers will vary but may contain distinct descriptions of cultural norms, communication and language challenges, racism, intolerance to non-mainstream gender roles, religious

persecution, altered access to familiar foods, etc.

5) Answers will vary.

6) Answers will vary but should include the pathway where prolonged secretion of cortisol may lead to a decrease in the number of lymphocytes and a reduction in immune cell efficiency as well as the acceleration of

inflammation that can contribute to a variety of diseases.

7) Answers will vary but may include meditation, mindful breathing, visualization,

walking meditation, yoga, tai chi, biofeedback.

8) B

9) A

10) C

11) B

12) B

13) D

14) C

15) D

16) D

17) B

18) B

19) B

20) A

21) D

22) B

23) A

24) C

25) C

26) A

27) C

28) A

29) B

30) A

31) A

32) B

33) C

34) A

35) B

36) A

37) C

38) D

39) A

40) D

41) D

42) A

43) A

44) A

45) A

46) A

47) A

48) A

49) A

50) A

51) A

52) A

53) A

54) B

55) A

56) C

57) B

58) C

59) D

60) B

61) C

62) C

63) A

64) B

65) D

66) D

67) B

68) D

69) C

70) B

71) A

72) B

73) A

74) D

75) C

76) B

77) A

78) D

79) Section Break

79.1) B

79.2) A

80) TRUE

81) FALSE

82) FALSE

83) TRUE

84) FALSE

85) TRUE

86) FALSE

87) FALSE

88) FALSE

89) FALSE

90) FALSE

91) TRUE

92) FALSE

- 93) FALSE
- 94) FALSE
- 95) TRUE
- 96) FALSE
- 97) TRUE
- 98) FALSE
- 99) FALSE
- 100) TRUE
- 101) FALSE