

Multiple Choice

1. Which of the following is not in the sequence of the fight-or-flight response?
- A. The body returns to homeostasis when the threat is gone.
 - B. The brain receives and deciphers stimuli from one or more of the five senses.
 - C. The body stays keyed up until the threat is over.
 - D. The limbic system releases ACTH from the hypothalamus.

Answer: D

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2. The World Health Organization (WHO) refers to stress as:
- A. A global epidemic
 - B. what Americans are made of.
 - C. the precursor to all pandemics.
 - D. mass hallucination.

Answer: A

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3. The most notorious lifestyle disease is:
- A. lung cancer.
 - B. colon cancer.
 - C. alcoholism.
 - D. coronary heart disease.
 - E. diabetes.

Answer: D

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4. The average workweek has expanded from:
- A. 32 to 45 hours.
 - B. 40 to 55 hours.
 - C. 32 to 50 hours.
 - D. 40 to 60 hours.

Answer: D

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5. Which of the following characteristics is not typically experienced in the fight-or-flight response?

- A. Increased serum glucose levels
- B. Increased gastric movement
- C. Increased breathing rate
- D. Increased heart rate

Answer: B

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6. “Tend and befriend,” as proposed by Shelley Taylor, speaks best to the coping technique used by:

- A. women.
- B. AIDS patients.
- C. cancer patients.
- D. senior citizens.

Answer: A

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7. When stressed out, men tend to act more ____ than women.

- A. mature
- B. hostile
- C. nurturing
- D. impatient

Answer: B

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8. Which of the following are the three types of stress?

- A. Neustress, distress, and eustress
- B. Acute stress, distress, and chronic stress
- C. Chronic stress, eustress, and acute stress
- D. Distress, restress, and neustress

Answer: A

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9. Which type of stress is most commonly associated with illness and disease?

- A. Acute stress
- B. Neustress
- C. Chronic stress
- D. Eustress

Answer: C

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10. The Yerkes-Dodson principle suggests that:

- A. not enough stressors can put someone at risk for disease.
- B. uplifts balance the daily hassles in life.
- C. after a certain point, stress can impede one's health.
- D. all stress is bad for your overall health.

Answer: C

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11. Seasonal affective disorder (SAD) would most strongly affect people who live in:

- A. areas in the United States that have warm weather.
- B. areas in or near the Arctic Circle.
- C. areas south of the equator.
- D. areas that can have climates below 50°F.

Answer: B

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12. Which stressor would be best classified as a bioecological influence?

- A. Pessimism
- B. Overcrowded habitat
- C. Inadequate sunlight
- D. Poor diet

Answer: C

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13. There are many physiological cycles affected by environmental stressors. Which of the following cycles occurs in less than a 24-hour period?

- A. Ultradian cycles
- B. Meridian cycles
- C. Circadian cycles
- D. Infradian cycles

Answer: A

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14. Most stressors fall into which category?

- A. Bioecological influences.
- B. Socioecological influences
- C. Social influences
- D. Psychointerpersonal influences

Answer: D

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15. This is *not* listed among the reasons people cite stress to be a big factor in their lives

- A. Financial pressures
- B. Family Issues
- C. Health Issues
- D. Noisy environment

Answer: D

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16. These were cited as daily stressors or hassles:

- A. family schedules
- B. commuting to work
- C. news headlines
- D. Losing a cell phone
- E. All of these

Answer: E

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17. Putting a better balance on the stress hormones (cortisol and DHEA) is described as
- A. Rest and relaxation
 - B. Excite and delight
 - C. Stew and brew
 - D. Shake and bake

Answer: B

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18. Americans get what percentage less sleep than their nineteenth-century counterparts?
- A. 15 percent
 - B. 20 percent
 - C. 25 percent
 - D. 30 percent

Answer: B

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19. Hans Selye listed this as the first stage of the general adaptation syndrome.
- A. Alarm
 - B. Exhaustion
 - C. Termination
 - D. Resistance

Answer: A

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20. What percentage of Americans suffer from poor sleep quality?
- A. 45 percent
 - B. 50 percent
 - C. 55 percent
 - D. 60 percent

Answer: D

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21. All but which of the following factors are thought to negatively impact sleep hygiene?

- A. Menopause
- B. Alcohol consumption
- C. Cell phone use
- D. Kava tea

Answer: D

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22. Insomnia is categorized in which of the following three ways?

- A. Infrequent, frequent, or chronic
- B. Acute, intermittent, or recurring
- C. Transient, intermittent, or chronic
- D. Occasional, frequent, or perpetual

Answer: C

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23. Secondary post-traumatic stress disorder (PTSD) refers to:

- A. a second catastrophic episode of stress shortly after the first.
- B. lack of available PTSD assistance.
- C. stress experienced by family members of those with PTSD.
- D. All of these

Answer: C

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24. It is suggested that attitudes and behaviors about race and gender are formed:

- A. at birth.
- B. in grade school.
- C. in college.
- D. adulthood.

Answer: B

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25. The sense of being overwhelmed by the digital divide, information overload, and cell phone proliferation can be summed up best by this expression?

- A. Big Brother

- B. Techno-stress
- C. The information age
- D. 24-7 society

Answer: B

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26. The holistic wellness paradigm is based on the integration, balance, and harmony of which four components?

- A. Home, work, play, and family
- B. Mind, body, spirit, and environment
- C. Sleep, nutrition, exercise, and friends
- D. Mind, body, spirit, and emotions

Answer: D

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27. Regarding stress management, the wellness paradigm suggests that:

- A. one should address the causes and the symptoms of stress equally.
- B. the whole is equal to the sum of the parts.
- C. the Newtonian view of medicine is wrong.
- D. one should address the mental, emotional, spiritual, and physical aspects of well-being.

Answer: D

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28. Mental well-being is:

- A. physical.
- B. sensory.
- C. visual.
- D. intellectual.

Answer: D

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29. Holistic stress management underlies the premise of using a combination of:

- A. mind, stress, and focus.
- B. ineffective coping skills and focus.

- C. effective coping skills and sound relaxation techniques.
- D. mind and music.

Answer: C

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30. One of the greatest attributes of the human species is:

- A. the ability to adapt to change.
- B. the ability to work out differences.
- C. the ability to express emotions.
- D. the ability to interpret one's feelings.

Answer: A

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31. According to experts, the field of sociology involves the study of human behavior within all but the following:

- A. families.
- B. organizations.
- C. institutions.
- D. societies.

Answer: D

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32. The term “screen addiction” refers to the addiction to:

- A. television programming.
- B. computer screens.
- C. Netflix movies.
- D. All of these

Answer: B

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33. Stressfully speaking, the anxiety from the digital divide, information overload, and cell phone proliferation can be summed up in one term:

- A. TMI (too much information).
- B. techno-stress.

- C. 24/7 accessibility.
- D. the information age.
- E. Big Brother.

Answer: B

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34. According to Manpower, this many Americans typically do not leave their workstation during the lunch hour.

- A. 12 percent
- B. 22 percent
- C. 37 percent
- D. 51 percent

Answer: D

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35. The neurotransmitter associated with chemical addictions, but now also associated with screen addictions is:

- A. serotonin.
- B. epinephrine.
- C. beta endorphin.
- D. dopamine.

Answer: D

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36. Experts attribute the cause of America's current demise of civility with:

- A. narcissism and lack of values.
- B. talk show hosts and blogs.
- C. obsessions with Facebook and Twitter.
- D. apathy and lethargy.

Answer: A

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37. People on cell phones show a driving impairment comparable to:

- A. nothing.

- B. a blood alcohol level of 0.08 percent.
- C. a blood THC level of 0.05 percent.
- D. undetermined, as this is impossible to measure.

Answer: B

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38. Approximately this many gallons of water are used to produce a one-pound hamburger.

- A. 1,511
- B. 1,757
- C. 1,994
- D. 2,500

Answer: D

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39. Please finish this popular axiom: As population increases:

- A. water supplies decrease.
- B. behavior decreases.
- C. food supplies decrease.
- D. energy demands increase.

Answer: B

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40. Research about smart phones that make us dumb, suggests that this is the best recommendation to avoid digital distractions.

- A. Keep smart phones out of sight
- B. Turn off/disable text and email alerts
- C. Schedule blocks of distraction-free time
- D. All of these

Answer: D

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True/False

41. Physiologically speaking, stress can be defined as the “rate of wear and tear on the body.”

Answer: True

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42. Tend and befriend is a coping style used more by women under stress than by men under stress.

Answer: True

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43. Social influences are the most likely influences to cause stress in one’s life.

Answer: False

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44. The three stages of the general adaptation syndrome are alarm reaction, resistance, and exhaustion.

Answer: True

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45. In terms of techno-stress, the rate of technological change seems to have outpaced the level of responsibility and moral codes that accompany it.

Answer: True

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46. The average American spends more time at work than with their family.

Answer: True

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47. The typical American uses approximately 100 gallons of water per day.

Answer: True

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48. Sociology is best described as the study of different cultures in the same locality.

Answer: False

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49. Melatonin is known as the feel good neurotransmitter.

Answer: False

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50. Experts in the field of sociology suggest that narcissism and a lack of values promotes incivility in our culture.

Answer: True

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51. The distraction of cell phone use reveals a driving impairment similar to a blood alcohol level of 0.08 percent.

Answer: True

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52. The leading cause of incivility in America is aggressive radio talk show hosts.

Answer: False

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53. If you are inside playing video games, surfing the net, or using a smartphone all day long, you are more than likely not directly getting enough of the sunshine vitamin, Vitamin D.

Answer: True

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54. Water and the lack thereof is suggested to become a significant social stressor in the months and years to come.

Answer: True

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55. The water footprint of a fast food hamburger is over 2,000 gallons per pound of beef.

Answer: True

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56. Many biologists now refer to our age as the “sixth mass extinction” due to over hunting and fishing, loss of habitat, and pollution, all of which will impact us.

Answer: True

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57. Students who take lecture notes by hand retain the information better than those who type their class notes into a computer screen

Answer: True

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58. Research shows that people who have their smart phones within easy reach are more easily distracted than those who don't have them nearby

Answer: True

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59. Children tend to model their stress behavior from their parents

Answer: True

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Essay

60. Please define the following terms or concepts in no more than two sentences. Give an example to support your definitions.

1. Acute stress
2. Alarm reaction
3. Alternative medicine
4. Biological influences
5. Chronic stress
6. Digital divide
7. Emotional well-being
8. Eustress
9. Fight-or-flight response
10. General adaptation syndrome
11. Homeostasis
12. Mental well-being
13. Occupational stress
14. Physical well-being
15. Social influences
16. Spiritual well-being
17. Techno-stress
18. Wellness paradigm
19. Future shock
20. Superstress
21. 3. Email stress
22. 4. Dopamine
23. 5. Shallow effect
24. 6. Cognitive surplus
25. 7. Civility
26. 8. Vitamin D
27. 9. Nature deficit disorder
28. 10. Environmental disconnect
29. 11 Water footprint

Answer: Answers will vary.

61. Please answer the following question as an essay. Begin with an opening statement, document and outline your content in a clear and succinct manner, and end with a concluding statement. From the perspective of wellness, define stress, explain each component of wellness, and explain how stress affects each area of the wellness paradigm. Finally, discuss how coping and relaxation techniques can be used to promote optimal wellness.

Answer: Answers will vary.

62. Please answer the following question as an essay. Begin with an opening statement, document and outline your content in a clear and succinct manner, and end with a concluding statement. Describe the difference between acute stress and chronic stress. Next, explain the differences between the fight-or-flight response and the general adaptation syndrome. Finally, describe the classifications of stressors and include examples of each.

Answer: Answers will vary.

63. Please answer the following question as an essay. Begin with an opening statement, document and outline your content in a clear and succinct manner, and end with a concluding statement. Change is often synonymous with stress. According to sociologists, we are living in times of great change. Address the issues of change with regard to the following terms:

- A. Techno-stress
- B. College-age stress
- C. Occupational stress
- D. Stress and the aging process

Answer: Answers will vary.

64. Please describe how techno-stress, incivility, and environmental disconnect can create the perfect storm of stress

Answer: Answers will vary.

65. How can addictions be stressful? Please relate the concept of screen addictions to the bigger problem of stress and addictions.

Answer: Answers will vary.