1 **The hippocampus controls anger, fear, and aggressive behavior, while the amygdala is important for memory storage and retrieval.**

(A) True

(B) False

Answer:
(B)False

2 **Chronic exposure to extra of this hormone in the bloodstream is associated with increased incidence of hypertension and coronary heart disease?**

(A) endorphins

(B) epinephrine

(C) serotonin

(D) cortisol

Answer:
(D)cortisol

3 **Unnecessary muscular contraction due to stress is called:**

(A) extraneous myography.

(B) muscle fabrication.

(C) galvanic muscular response.

(D) bracing.

(E) none of the above.

Answer:
(D)bracing.

4 **The adrenal medulla**

(A) secretes cortisol and aldosterone.

(B) is associated with chronic stress.

(C) secretes epinephrine and norepinephrine.

(D) secretes vasopressin.

Answer:
(C) secretes epinephrine and norepinephrine.

5 **When _____ is released in moderate, brief intervals, it is experienced as pleasurable. But when this neurotransmitter becomes sustained and repetitive, depression can result.**

(A) serotonin

(B) epinephrine

(C) dopamine

(D) acetylcholine

(E) tryptophan

Answer:
(C) dopamine

6 **Which one is not a condition that separates eustress from distress:**

(A) extent of uncertainty

(B) amount of relevant information available

(C) amount of psychological demand

(D) amount of control

(E) interpersonal conflict

Answer:
(C) amount of psychological demand

7 **Which system produces potent biochemical substances called hormones via a group of glands that are carried in the bloodstream to control specific organs?**

(A) immune system

(B) reproductive system

(C) endocrine system

(D) cardiovascular system

Answer:
(C) endocrine system

8 **What does the immune system rely on in order to recognize and destroy invading agents such as fungi, parasites, bacteria, and viruses?**

(A) circulating blood hormones

(B) bone marrow

(C) blood platelets

(D) circulating white blood cells

Answer:
(D) circulating white blood cells

9 **During an immune reaction, the body mounts which two types of reactions?**

(A) nonspecific and specific reactions

(B) voluntary and involuntary reactions

(C) defensive and offensive reactions

(D) local and global reactions

Answer:
(A) nonspecific and specific reactions

10 **Specific reactions include chemically mediated (through B Cells) and cell-mediated (through T cells). Which type of cells are called to produce antibodies?**

(A) T cells

(B) NK cells

(C) E cells

(D) B cells

Answer:
(D)B cells

11 **Which of the following is false about cytokines?**

(A) They are chemical messengers of the immune system

(B) They activate specific receptors on immune, endocrine

(C) or neural cells.

Answer:
(E) They can produce glucose.

(D) They can either increase or decrease inflammation

(E) They can produce glucose.

12

According to your text, there are basically four conditions that separate eustress from distress. Elaborate on each one.

Answer:

13

Describe how the sympathetic and parasympathetic nervous systems respond during and after a stressful episode. Be sure to list some of the symptoms associated with each system.

Answer:

14

Describe how the endocrine system responds to stress. Elaborate on the various pathways, naming important glands, organs, and brain components involved. List the physiological effects of the hormones that are produced. Is the endocrine system used mainly for acute stress or chronic stress?

Answer:

15

List the risk factors associated with the development of heart disease.

Answer:

16

During the stress response, the hormone cortisol triggers target cells to convert energy stores and release _____.

(A) insulin

(B) glucose

(C) endorphins

(D) adrenaline

Answer:
(B)glucose

17

The study of the interactions between the immune system, the nervous system, and behavior is called:

(A) psychoneuroimmunology.

(B) egostical immunology.

(C) cellular biology.

Answer:
(A) psychoneuroimmunology.

(D) autoimmunology.

(E) immuneurology.

18

Excessive stress can lead to "brain shrinkage" in the hippocampal region.

(A) True

(B) False

Answer:
(A) True

19

The sympathetic nervous system is responsible for energy expenditure while the parasympathetic nervous system is responsible for energy conservation.

(A) True

(B) False

Answer:
(A) True

20

Chronic stress can decrease white blood cell production, thus leaving you vulnerable to disease, illness, and infections.

(A) True

(B) False

Answer:
(A) True

21

Another name for a heart attack is arteriosclerosis.

(A) True

(B) False

Answer:
(B) False

22

The body's main stress hormone is cortisol.

(A) True

(B) False

Answer:
(A) True

23 **Which of the following is false about post-traumatic stress disorder?**

(A) It can result from battle fatigue.

(B) Its symptoms include flashbacks and nightmares.

(C) It increases the chances of substance abuse problems.

(D) It occurs immediately after a stressful event.

Answer:
(D) It occurs immediately after a stressful event.

24 **The area of the brain important for controlling emotional responses is the:**

(A) reticular activation system.

(B) limbic system.

(C) sympathetic nervous system.

(D) basal ganglia.

(E) primary association cortex.

Answer:
(B) limbic system.

25 **In response to immediate stress, which pathway is activated?**

(A) adrenocorticotropic hormone (ACTH) pathway

(B) thyroxine pathway

(C) hypothalamus-pituitary-adrenal (HPA) pathway

(D) sympathetic adrenal medullary complex (SAM)

Answer:
(D) sympathetic adrenal medullary complex (SAM)

26 **Which of the following hormones is a mineralocorticoid?**

(A) aldosterone

(B) cortisol

(C) vasopressin

(D) thyroxine

Answer:
(A) aldosterone

27

Which brain is the first to be activated during fear responses?

(A) hippocampus

(B) thalamus

(C) hypothalamus

(D) amygdala

Answer:
(D)amygdala

28

When Dr. Wilder Penfield used electrical stimulation on a certain region of a patient's brain, he noticed that the patient raised his arm uncontrollably. From this experiment, Penfield learned that the motor program of the _____ has the capability to override the signals sent from other systems and explains why you might feel helpless to control certain impulses that are overridden by another source of power.

(A) prefrontal lobe

(B) motor cortex

(C) occipital lobe

(D) primary somatic sensory cortex

(E) premotor area

Answer:
(A) prefrontal lobe

29

Sustained stress can lead to atrophy of the hippocampus, which in turn can contribute to:

(A) severe depression.

(B) Cushing's syndrome.

Answer:
(E) all of the above.

(C) permanent impairment of various brain functions after a

(D) stroke.

(E) all of the above.

(F) none of the above.

30 **The parasympathetic nervous system:**

(A) dilates the pupil.

(B) accelerates energy expenditure.

(C) promotes energy storage.

(D) promotes the release of epinephrine and norepinephrine.

(E) all of the above.

Answer:
(C) promotes energy storage.

31 **Which gland is not one of the most relevant to the stress response with regard to the endocrine system?**

(A) thyroid

(B) thymus

(C) adrenal

(D) pituitary

Answer:
(B)thymus

32 **What is hypertension? How is hypertension developed? What are some lifestyle changes you could make to prevent hypertension?**

Lastly, define arteriosclerosis and describe the process by which you could develop arteriosclerosis.

Answer: