

Student name: _____

1) The approach to psychological research that, instead of studying mental illness, studies such things as happiness, character strengths, and healthy emotions is called

- A) positive thinking.
- B) positivism.
- C) positive health modeling.
- D) positive psychology.

2) Research on positive psychology has led scientists to identify six virtues that "enable human thriving." One of these is

- A) temperance.
- B) competitiveness.
- C) individualism.
- D) zeal.

3) The highest level of Maslow's needs hierarchy is characterized by

- A) constant self-absorption.
- B) a profound sense of unworthiness.
- C) a continuing drive to achieve more.
- D) a state of transcendence and well-being.

4) The basic premise of Maslow's hierarchy of needs theory is that people will pursue their highest potential when

- A) circumstances force them to do it.
- B) they model the behavior of other successful people.
- C) they can acknowledge all their psychological faults.
- D) their basic needs are met.

5) In the hierarchy of needs pyramid, the order of human needs progresses as

A) safety and security; physiological needs; self-esteem; love and belongingness; self-actualization.

B) physiological needs; safety and security; love and belongingness; self-esteem; self-actualization.

C) physiological needs; safety and security; self-actualization; self-esteem; love and belongingness.

D) safety and security; love and belongingness; physiological needs; self-esteem; self-actualization.

6) Which of the following is most strongly associated with better mental health?

- A) isolation
- B) optimism

- C) intelligence
- D) self-employment

7) Which type of intelligence involves self-awareness and sensitivity to others?

- A) spatial
- B) general

- C) emotional
- D) interpersonal

8) Mentally healthy people tend to have

- A) high-paying jobs.
- B) high self-esteem.
- C) a high percentage of risk factors.

- D) a minimal support system.

9) Which of the following is a key to reducing stress and leading a mentally healthy life?

- A) going to a top-10 college
- B) getting married

- C) social support
- D) having children

10) You are demonstrating a sense of self-efficacy when you believe you are

- A) always right.

- B) a good person.
- C) more gifted than others.

D) in control of
your circumstances.

11) The ability to bounce back from an adverse event is known as

- A) realism.
- B) retribution.

- C) resilience.
- D) recognition.

12) Your brain is not fully developed until you reach your

- A) early twenties.
- B) teens.

- C) fifth birthday.
- D) fortieth
birthday.

13) A person suffering from depression commonly experiences

- A) a lack of guilt.
- B) improved concentration.

- C) an unusual
passion for hobbies.
- D) fatigue.

14) Jorge has always been a top student, but for the past couple of months he no longer enjoys school and can't concentrate, so his grades are far lower than they could be. With which of the following conditions is Jorge most likely to be diagnosed?

- A) bipolar disorder
- B) hypersomnia

- C) major
depressive disorder
- D) panic disorder

15) Jenna sometimes "shops till she drops," meaning she shops on an exhilarating high until she crashes into a major depressive episode. Jenna's behavior is most common to which disorder?

- A) obsessive-compulsive
- B) major depressive

- C) bipolar
- D) generalized anxiety

16) Geoff showers four or five times during the course of a day and washes his hands almost every time he touches something. Geoff's behavior most closely resembles symptoms of

- A) agoraphobia.
- B) obsessive-compulsive disorder.

- C) a major depressive disorder.
- D) a psychosis.

17) Which of the following statements about schizophrenia is true?

- A) Brain scanning technologies reveal abnormalities in the brains of people with schizophrenia.
- B) There is no hereditary risk in the occurrence of schizophrenia.
- C) Behavioral therapies are the only available

treatments.

- D) People who are schizophrenic always hear voices.

18) Scott, age 24, has withdrawn from most social contact and stopped dressing appropriately. When you speak with him, his conversation tends to make no sense. Of the

following options, Scott is most likely to be diagnosed with

- A) a generalized anxiety disorder.
- B) a specific phobia.

- C) an addiction.
- D) schizophrenia.

19) Suicide is the _____ leading cause of death among college students.

- A) third
- B) first

- C) second
- D) fifth

20) Which of the following is a warning sign or event that often precedes a suicide attempt?

- A) acting normally
- B) social isolation
- C) decrease in risk-taking behaviors

- D) a constant desire for companionship

21) When a person with a physiological dependence on a substance needs higher and higher doses to achieve a high,

that person is experiencing the characteristic signs of

- A) a compulsion.
- B) loss of interest.

- C) tolerance.
- D) withdrawal.

22) Which part of the brain activates the stress response?

- A) corticoid
- B) cerebral cortex
- C) parasympathetic nervous system

- D) hypothalamus

23) The stress response is a series of _____ that occur in the face of a threat.

- A) physiological changes

- B) trained behaviors

- C) threatening images
- D) irrational thoughts

24) Which system controls our involuntary, unconscious actions?

- A) autonomic nervous system
- B) sympathetic system

- C) limbic system
- D) autoimmune system

25) Of the following bodily changes, which is associated with the stress response?

- A) decreased blood pressure
- B) muscle relaxation
- C) slowed heart rate

- D) increased metabolism

26) Selye proposed the General Adaptation Syndrome (GAS) model to explain

- A) how organisms respond physiologically to stressors.
- B) how different people respond differently to stress.
- C) the difference between good and bad stress.

- D) the effects of stress on our health.

27) The _____ stage of the General Adaptation Syndrome is characterized by a reduction in immune system functioning that will be temporary if the stress is over quickly.

- A) exhaustion
- B) alarm

- C) fight-or-flight
- D) resistance

28) The body can no longer keep up with the demands of the stressor in the _____ stage of the General Adaptation Syndrome.

- A) alarm
- B) exhaustion

- C) fight-or-flight
- D) resistance

29) Long-term exposure to stress can damage the cardiovascular system by causing

- A) sudden, dangerous increases in the heart rate.
- B) excessive electrical activity in heart muscle.
- C) chronic high blood pressure.

- D) heart valve malfunction.

30) Iraq war veteran Mallory was diagnosed with post-traumatic stress disorder based on the fact that her symptoms were

- A) acute and disabling.
- B) irregular and nonspecific.
- C) hampering her readjustment to civilian life.

- D) not apparent until a year after she returned home.

31) In which of the following would a response to a stressor continue for a longer period than would normally be expected?

- A) acute stress disorder
- B) adjustment disorder
- C) bipolar disorder

- D) post-traumatic stress disorder

- A) Type A
- B) Type B

- C) Type C
- D) Type D

33) Which of the following personality types describes people who are impulsive, need to get things done quickly,

and live their lives on a time schedule?

- A) Type A
- B) Type B

- C) Type C
- D) Type X

34) Among Type A individuals, the trait that appears to be most harmful to health is

- A) hostility.
- B) infidelity.

- C) self-esteem.
- D) competitiveness.

35) Kristi's friends all describe her as cool and not easily frustrated. Kristi most likely has which type of personality type?

- A) Type A
- B) Type B

- C) Type C
- D) Type D

36) Which of the following statements displays "hardiness"?

- A) "I don't know what to do—all of my professors are so difficult!"
- B) "My new professor has it in for me. It will be easier just to drop the class."
- C) "This class is hard, so I'll just do the bare

- minimum to pass."
- D) "My new professor is difficult, but I know that if I work hard enough I'll learn a lot from her."

37) _____ is a style of coping with stress that features a positive outlook, a sense of commitment, and a sense of control.

- A) Distorted thinking
- B) Visualization

- C) Hardiness
- D) Realism

38) Holmes and Rahe created the Social Readjustment Scale to measure a person's

- A) ability to cope with stressors.
- B) recovery from an acute stress disorder.
- C) risk of developing stress-related illnesses.

- D) risk of encountering environmental stressors.

39) Daily hassles, such as arguments and car problems, can cause health problems when

- A) they coincide with a major stressful life event.
- B) you don't have a period of recovery.
- C) you forget to take an anti-anxiety medication.

- D) they occur infrequently.

40) Groups of conditions that often start before a child enters grade school and include limitations on learning and difficulty with behavior control and social skills are known as

- A) mood disorders.
- B) psychotic disorders.
- C) neurodevelopmental disorders.

- D) depressive disorders.

41) James is an impulsive 7-year-old who

is constantly in motion and has an extreme inability to focus. After evaluation, he is diagnosed with a neurodevelopmental disorder. Of the following, which is the most likely diagnosis?

- A) autism spectrum disorder (ASD)
- B) bipolar disorder
- C) obsessive-compulsive disorder

D) attention-deficit/hyperactivity disorder (ADHD)

42) The concept central to _____ is to calm the mind, cleanse the body, and raise awareness through activities involving posture, breathing, and body and mind awareness.

- A) yoga
- B) t'ai chi

C) biofeedback
D) affirmations

43) _____ are positive thoughts that one can write down or say to oneself to balance negative thoughts.

- A) Affirmations
- B) Distortions

C) Biofeedbacks
D) Achievements

44) Gathering information about your heart rate, breathing, and skin temperature in order to recognize stress

response symptoms is a technique referred to as

- A) affirmation.
- B) regulation.

C) biofeedback.
D) yoga.

45) The concept central to _____ is to promote the flow of life energy throughout the body.

- A) affirmations
- B) biofeedback

C) yoga
D) t'ai chi

46) According to Kübler-Ross, when a person believes he or she is in the process of dying, the person passes through five stages. Which of the following is the linear order

- A) anger; denial and isolation; bargaining; depression; acceptance
- B) denial and isolation; bargaining; depression; anger; acceptance
- C) denial and isolation; anger; bargaining;

originally presented by Kübler-Ross?

- depression; acceptance
- D) depression; bargaining; anger; denial and isolation; acceptance

47) Which of the following is NOT a symptom of grief?

- A) lethargy
- B) eustress

- C) headaches
- D) sleep disturbances

48) Kathleen's brother passed away six months ago. Recently, Kathleen has been imagining herself having conversations with her brother as if he were still alive. What

- A) separation
- B) numbness and shock

phase of bereavement is she most likely experiencing?

- C) disorganization
- D) reorganization

49) It's been two years since Frank's mother passed away, but Frank still finds that he has trouble concentrating on anything for too long and often feels tired. What phase of

- A) numbness and shock
- B) separation

bereavement is Frank most likely experiencing?

- C) disorganization
- D) reorganization

- 50) Which of the following is recommended for someone who has just lost a loved
- A) Set a timetable for grieving.
 - B) Spend time alone, away from your social network.
 - C) Eat well, exercise, and get plenty of rest.
 - D) Focus on others rather than on your loss.

51) Bereavement typically involves four phases. Which of the following is NOT one of the four phases?

- A) numbness and shock
- B) depression

- C) separation
- D) reorganization

52) The psychological, emotional, cognitive, and spiritual aspects of our lives are known as our _____ health.

53) Daniel Goleman's term for a person's social competence, self-control, empathy, and motivation is _____ intelligence.

54) The ability to bounce back from a negative event is called _____.

55) Someone who tends to view problems as temporary and specific can be said to have a(n) _____ explanatory style.

56) If you possess self-_____, meaning you believe you have some control over a situation, you are much more likely to be successful.

57) Depressive and bipolar disorders are classified as _____ disorders.

58) Major depressive disorder is characterized by the experience of one or more episodes of depression lasting at least two _____.

59) The occurrence of manic episodes that alternate with depressive episodes is called _____ disorder.

60) Palpitations, sweating, shortness of breath, and/or chest pain typify the reaction known as a(n) _____.

61) _____ is the dependence on a substance or behavior.

62) A specific _____ is an intense fear of an activity, situation, or object.

63) A person with bipolar disorder experiences one or more _____ episodes, a distinct period during which the

person has an abnormally elevated mood.

64) The severe mental disorder characterized by disorganized and

disordered thinking and perceptions, bizarre ideas, hallucinations, and impaired functioning is called _____.

65) A(n) _____ is an agent that elicits a stress reaction.

66) Positive stress is also called _____.

67) The _____ response, or stress response, prepares us with a burst of energy to deal with threats or danger.

68) *Stress* may be defined as any challenge to the body's systems that challenges the body's ability to stay in balance, a condition called _____.

69) During the fight-or-flight response, the _____ branch of the autonomic nervous system is responsible for initiating a series of changes in the body, such as increasing heart rate.

70) Managing your _____ well by focusing on planning and prioritizing is a key to reducing stress.

71) Another name for adrenaline is _____.

72) The turning-off of the body's response to stress is called the _____ response.

73) The stress response itself can become damaging when people

live in a state of _____ stress, in which the stressful conditions are ongoing and the stress response continues without resolution.

74) Selye's model for the physiological changes associated with the stress response is called the _____ (GAS).

75) People who tend to be impulsive, who need to get things done quickly, and who are sometimes considered hostile, competitive, or impatient, are Type _____ individuals.

76) Some people display a great deal of _____, which is defined as an ongoing accumulation of anger and irritation.

77) The technique for stress reduction that uses relaxing images to bring about a relaxation response is called _____, or visualization.

78) The ancient Hindu practice of _____ includes physical, mental, social, and spiritual components.

79) According to Kübler-Ross, the second stage that individuals pass through when they have been diagnosed with _____ a terminal illness is _____.

80) In Kübler-Ross's view, the last stage people go through when they believe they are dying is _____.

81) The second phase people go through after the loss of a loved one is _____.

82) IQ is one of the best predictors of success and happiness in life.

- ☐ true
- ☐ false

83) The concept of self-actualization was developed by Abraham Lincoln in the 1960s as a model of human personality development.

- ☐ true
- ☐ false

84) Social support can help protect you against illness.

- ☐ true
- ☐ false

85) Pessimists view failure as temporary and limited.

- ☐ true
- ☐ false

86) Taking reasonable risks is part of being mentally healthy.

- ☐ true
- ☐ false

87) "Executive functions" of the brain, including planning and organizing, are not fully developed until the early- to mid-20s.

- ☐ true
- ☐ false

88) The brain is fully developed by the time a child reaches puberty.

- ☐ true
- ☐ false

89) In the United States today, it is unusual for people to live with undiagnosed mental disorders.

- ☐ true
- ☐ false

90) Approximately half of depressed individuals seek help.

- ☐ true
- ☐ false

91) Generalized anxiety disorder is characterized by behaviors such as repetitive hand washing.

- ☐ true
- ☐ false

92) The symptoms of schizophrenia most commonly manifest themselves in

- ☐ true
- ☐ false

93) Women usually develop schizophrenic symptoms earlier than men do.

- ☐ true
- ☐ false

94) People addicted to sex, Internet use, or shopping can experience euphoria similar to that experienced with drug use.

- ☐ true
- ☐ false

95) When a person stops using drugs, the uncomfortable symptoms that result are called tolerance.

- ☐ true
- ☐ false

96) Research has established that drugs cause addiction by operating on the "pleasure pathway" in the brain.

- ☐ true
- ☐ false

97) In the United States, firearms are used in 55-60 percent of all suicides.

- ☐ true
- ☐ false

98) Female use of firearms to commit suicide has decreased in recent years.

- ☐ true
- ☐ false

99) Alzheimer's, dementia, and amnesia are examples of cognitive disorders.

- ☐ true
- ☐ false

100) Drugs to treat mood disorders are among the most frequently prescribed medications in the United States.

- ☐ true
- ☐ false

101) Individuals who self-mutilate rarely have a history of physical abuse or substance use, thus making it difficult for scientists to identify the cause of self-inflicted harm.

- ☐ true
- ☐ false

102) Studies indicate that antidepressants can increase the risk of suicidal thoughts in young adults.

- ☐ true
- ☐ false

103) Humans are unique in that they are the only

members of the animal kingdom that need sudden bursts of energy to fight or flee from situations perceived as dangerous.

- ☐ true
- ☐ false

104) Immunity breaks down in the resistance stage of the General Adaptation Syndrome.

- ☐ true
- ☐ false

105) It is not the stressor itself that creates health problems, but the body's natural responses to the stressor.

- ☐ true
- ☐ false

106) Introducing a relaxation response is one way to fight illness during moments of stress.

- ☐ true
- ☐ false

107) Symptoms of post-traumatic stress disorder usually appear immediately after the traumatic event.

- ☐ true
- ☐ false

108) Ulcers are more of a psychological problem than a biological problem.

☐ true

☐ false

109) Hostility is related to coronary heart disease and may contribute to premature death.

☐ true

☐ false

110) Major life events are more strongly related to illness and disease than are daily hassles.

☐ true

☐ false

111) Job pressure is a leading stressor for American adults.

☐ true

☐ false

112) Approximately 70 percent of Americans report that their financial situation is a cause of stress.

☐ true

☐ false

113) Acts of self-injurious behavior may include but are not limited to cutting, burning, scratching, branding, and hand banging.

☐ true

☐ false

- 114)** In 1969, Elisabeth Kübler-Ross proposed a set of stages that people go through when they believe that they are in the process of dying. Studies have shown that these stages are experienced in a distinctly linear fashion; once a stage is completed, it is never revisited.
- Ⓐ true
 - Ⓑ false
- 115)** The separation stage of bereavement is characterized by the pain of loss and an intense yearning to be reunited with the person who passed away.
- Ⓐ true
 - Ⓑ false
- 116)** Studies suggest that people involved in religion at the end of life tend to be less anxious about death than those who are less religiously involved.
- Ⓐ true
 - Ⓑ false
- 117)** Grief can have a negative impact on immune system functioning.
- Ⓐ true
 - Ⓑ false
- 118)** Studies have shown that surviving spouses may have increased odds for heart disease, cancer, depression, alcoholism, and suicide.

☐ true

☐ false

119) Healthy grieving should last no longer than three months after the death of a loved one.

☐ true

☐ false

Answer Key

Stress

Test name: Chapter 02 Mental Health and

1) D

2) A

3) D

4) D

5) B

6) B

7) C

8) B

9) C

10) D

11) C

12) A

13) D

14) C

15) C

16) B

17) A

18) D

19) C

20) B

21) C

22) B

23) A

24) A

25) D

26) A

27) B

28) B

29) C

30) D

31) B

32) A

33) A

34) A

35) B

36) D

37) C

38) C

39) B

40) C

- 41) D
- 42) A
- 43) A
- 44) C
- 45) D
- 46) C
- 47) B
- 48) A
- 49) C
- 50) C
- 51) B
- 82) FALSE
- 83) FALSE
- 84) TRUE
- 85) FALSE
- 86) TRUE
- 87) TRUE
- 88) FALSE
- 89) FALSE
- 90) FALSE
- 91) FALSE

- 92) FALSE
- 93) FALSE
- 94) TRUE
- 95) FALSE
- 96) TRUE
- 97) TRUE
- 98) FALSE
- 99) TRUE
- 100) TRUE
- 101) FALSE
- 102) TRUE
- 103) FALSE
- 104) FALSE
- 105) TRUE
- 106) TRUE
- 107) FALSE
- 108) FALSE
- 109) TRUE
- 110) FALSE
- 111) TRUE
- 112) TRUE

113) TRUE

114) FALSE

115) TRUE

116) TRUE

117) TRUE

118) TRUE

119) FALSE