

***Health: The Basics, 12e (Donatelle)***

**Chapter 3 Managing Stress and Coping with Life's Challenges**

1) Which of the following is TRUE about stress?

- A) Stress is only produced by externally imposed factors and is always negative.
- B) Stress is a mental and physical response to real or perceived changes and challenges.
- C) It is possible to eliminate all stressors in our lives if we try hard enough.
- D) Stress does not affect a person's general health.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Stress?

Learning Outcome: 3.1

2) Jade's heart races and she cannot think of anything to say when the cute guy in class sits next to her. This is an example of

- A) the overreactive response.
- B) the stress response.
- C) homeostasis.
- D) hyperventilation.

Answer: B

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

3) A pop quiz in class is an example of

- A) chronic stress.
- B) a stressor.
- C) a frustration.
- D) eustress.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Stress?

Learning Outcome: 3.1

4) All of the following are likely to influence your response to stress EXCEPT

- A) your past experiences.
- B) your personality.
- C) your friend's level of stress.
- D) your general health status.

Answer: C

Diff: 4

Skill: Analyzing

Section: What Is Stress?

Learning Outcome: 3.1

5) Which of the following is most likely to cause eustress instead of distress?

- A) failing a test
- B) losing your job
- C) the death of a grandparent
- D) an impending promotion

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Stress?

Learning Outcome: 3.1

6) Ken is the new pastor at a local church. He is both nervous and excited about his new post and is looking forward to meeting all the members of his new congregation. This process will take some time and effort, but he is convinced that it will help him learn how to serve them better.

Ken's situation is an example of

- A) distress.
- B) anticipation.
- C) eustress.
- D) reactivity.

Answer: C

Diff: 3

Skill: Applying

Section: What Is Stress?

Learning Outcome: 3.1

7) An example of an event likely to be associated with distress is

- A) bouncing several checks.
- B) the end of final exam week.
- C) getting the highest score on a difficult exam.
- D) completing an assignment.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Stress?

Learning Outcome: 3.1

8) Peter recently ended a relationship when he found out his partner was cheating on him. This probably caused

- A) eustress.
- B) anger.
- C) distress.
- D) episodic stress.

Answer: C

Diff: 3

Skill: Applying

Section: What Is Stress?

Learning Outcome: 3.1

9) David woke up in the middle of the night because he smelled smoke. This most likely caused him to experience

- A) insomnia.
- B) the flight-or-fight response.
- C) the adaptation syndrome.
- D) the resistance response.

Answer: B

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

10) The physiological state in which all body systems are in balance and functioning normally is

- A) adaptation.
- B) eustress.
- C) homeostasis.
- D) recovery.

Answer: C

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

11) Catrina just missed hitting a deer as she was driving along a dark, curving road. She felt her racing heart finally slow down after she pulled off the road and took a few deep breaths. This is an example of a(n)

- A) challenge.
- B) adaptive response.
- C) fight-or-flight response.
- D) state of overload.

Answer: B

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

12) Hearing a piercing scream late at night while walking on a campus path would likely trigger which phase of the general adaptation syndrome?

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

Answer: D

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

13) As Joe prepares to spar with a Taekwondo opponent, his heart rate and respiration rate increase. These are indicators that which branch of the nervous system has been activated?

- A) parasympathetic
- B) episodic
- C) sympathetic
- D) central

Answer: C

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

14) Which of the following is NOT an indicator that a person's sympathetic nervous system has been activated?

- A) increased heart rate
- B) increased respiration
- C) increased salivation
- D) increased blood pressure

Answer: C

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

15) The body's attempt to restore homeostasis in the aftermath of a stress response is a(n) \_\_\_\_\_ response.

- A) fight-or-flight
- B) biological
- C) sympathetic
- D) adaptive

Answer: D

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

16) Before taking her biology final, Jessie experienced abdominal pain and nausea, but these symptoms weren't caused by a gastrointestinal virus. Stress could contribute to these symptoms by

- A) increasing blood flow to her digestive organs.
- B) increasing the production of insulin.
- C) increasing her heart rate.
- D) decreasing blood flow to her digestive organs.

Answer: D

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

17) The primary hormone responsible for physiological stress responses such as increased heart and breathing rates is

- A) epinephrine.
- B) cortisol.
- C) thyroxin.
- D) insulin.

Answer: A

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

18) The stress hormone cortisol plays a major role during the stress response in

- A) increasing heart and respiratory rates.
- B) decreasing appetite and thirst.
- C) mobilizing nutrients to meet energy needs.
- D) relieving pain.

Answer: C

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

19) Emily is experiencing an allostatic load due to a dysfunctional relationship, credit card debt, and a challenging course load. Which of the following defines the term allostatic load?

- A) the long-term wear and tear on the body caused by the stress response
- B) the magnitude of the body's response to a stressor
- C) the increased magnitude of a stressor required to cause a response
- D) the ability of the immune system to respond to assaults

Answer: A

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

20) Research on stress and body function have found that prolonged stress

- A) impairs the immune response.
- B) increases adaptive energy stores.
- C) increases B cell function.
- D) affects a limited number of body systems.

Answer: A

Diff: 2

Skill: Understanding

Section: Physical Effects of Stress

Learning Outcome: 3.3

21) Chronic stress has a strong connection to all of the following medical conditions EXCEPT

- A) impaired immune function.
- B) heart disease.
- C) diabetes.
- D) hearing loss.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical Effects of Stress

Learning Outcome: 3.3

22) Which of the following hormones might contribute to the "Freshman 15"—the tendency to gain about 15 pounds during the first year of college?

- A) testosterone
- B) estrogen
- C) cortisol
- D) epinephrine

Answer: C

Diff: 4

Skill: Analyzing

Section: Physical Effects of Stress

Learning Outcome: 3.3

23) Stress has been associated with increased blood pressure and inflammatory responses. These are most closely associated with an increased risk for

- A) cardiovascular disease.
- B) blood cancers such as leukemia.
- C) mood disorders.
- D) insomnia.

Answer: A

Diff: 3

Skill: Applying

Section: Physical Effects of Stress

Learning Outcome: 3.3

24) Which of the following situations might contribute to impaired immune function?

- A) You purchase a new car when you get your first job offer.
- B) Your grandmother moves in with your family after being hospitalized due to a stroke.
- C) You keep changing the diet, vitamin, and exercise regimen you follow to see faster results.
- D) You have a fairly calm demeanor and life rarely "stresses you out."

Answer: B

Diff: 4

Skill: Analyzing

Section: Physical Effects of Stress

Learning Outcome: 3.3

25) Mariah is behind on her coursework because of training for the upcoming tryouts for the swim team. On top of that, she broke up with her boyfriend last week. Monica, her twin sister, does not participate on a sports team and has plenty of time to get her homework done before her boyfriend visits most evenings. Compared to Monica, Mariah is likely to experience

- A) fewer incidences of cold-related symptoms.
- B) more upper respiratory illness.
- C) less joint pain.
- D) better sleep.

Answer: B

Diff: 4

Skill: Analyzing

Section: Physical Effects of Stress

Learning Outcome: 3.3

26) The immune system's ability to respond to assaults is known as

- A) immunocompetence.
- B) adaptation.
- C) immunity.
- D) defense.

Answer: A

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

- 27) When acute stress bombards your brain with stress chemicals,  
A) you are more likely to be able to concentrate in class.  
B) your ability to make sound decisions is enhanced.  
C) you are likely to experience euphoria.  
D) your memory may be impaired.

Answer: D

Diff: 2

Skill: Understanding

Section: Stress and Your Mental Health

Learning Outcome: 3.4

- 28) Which of the following categories describes the small stressors, frustrations, and petty annoyances that collectively can add up to a higher level of stress?

- A) adjustments  
B) hassles  
C) pressures  
D) choices

Answer: B

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

- 29) Relationships can cause stress in all the following ways EXCEPT

- A) excitement and eustress in the early stages of a new relationship.  
B) aspiring to be the best one can be.  
C) competition and conflicts with work colleagues.  
D) lowered self-esteem from high expectations with low control.

Answer: B

Diff: 2

Skill: Understanding

Section: What Causes Stress?

Learning Outcome: 3.5

- 30) You eat an entire box of cookies the night before you attend a Weight Watchers meeting. This is an example of

- A) inconsistent goals and behavior.  
B) goals defined by parental expectations.  
C) conflict due to feeling overwhelmed by obligations.  
D) the general adaptation syndrome.

Answer: A

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5



31) Tyler wants to win the trumpet soloist competition this year. His practice time always ends up being the same time his friends are going out to party. Tyler always goes along for the party because he figures he can squeeze in a few minutes of practice somewhere in his schedule. It is competition week and Tyler has come down with a terrible stomach bug. Tyler's illness may be related to

- A) outward conflict.
- B) behavior that is inconsistent with his goals.
- C) a consistent pattern of not eating healthy food.
- D) overload.

Answer: B

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

32) Of the following choices, the BEST example of conflict is

- A) worrying about a tough test.
- B) wanting to go out with friends, but needing to study.
- C) too many responsibilities.
- D) experiencing illness due to stress.

Answer: B

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

33) College freshmen living away from home for the first time may face a variety of conflicts due to differences between their own values and beliefs and those of

- A) their professors.
- B) their parents and new people they encounter.
- C) their parents and long-time friends.
- D) celebrities they admire.

Answer: B

Diff: 2

Skill: Understanding

Section: What Causes Stress?

Learning Outcome: 3.5

34) Brian is considered a Type A personality by his friends because of his history of "road rage" and extreme competitiveness. All the following put him at increased risk for cardiovascular disease EXCEPT

- A) his negative beliefs and hostile attitudes toward others.
- B) bouts of anger ranging from irritation to rage.
- C) his actions that often harm others verbally or physically.
- D) his upbeat, glass-half-full approach to life.

Answer: D

Diff: 2

Skill: Understanding

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

35) Luci has worked as a customer service representative for two years. She believes that this job has improved her ability to cope with a variety of stressful situations and is confident in her ability to do so. Luci is exhibiting which of the following personality traits?

- A) self-efficacy
- B) Type A
- C) Type B
- D) low self-esteem

Answer: A

Diff: 3

Skill: Applying

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

36) Which of the following forms of stress management originated as a form of self-defense?

- A) yoga
- B) tai chi
- C) qigong
- D) Taekwondo

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

37) Which of the following forms of stress management also improves flexibility?

- A) yoga
- B) deep breathing
- C) biofeedback
- D) visualization

Answer: A

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

38) Jo has been seeing a stress-management counselor since she moved to a new city to attend college. Which of the following is the most likely recommendation of the counselor?

- A) Keep reminding yourself that you should be able to handle this.
- B) Work to maintain healthy relationships with family members and old friends, while also cultivating new sources of social support.
- C) Drop one of more classes or extracurricular activities to open up more time to relax.
- D) Treat yourself to a favorite meal or dessert when you're feeling particularly stressed.

Answer: B

Diff: 4

Skill: Analyzing

Section: Managing Stress in College

Learning Outcome: 3.7

39) Which of the following BEST describes a Type C personality?

- A) relaxed
- B) hostile
- C) stoic
- D) distressed

Answer: C

Diff: 2

Skill: Understanding

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

40) Rudy lives in a cheap apartment in a run-down building behind the train depot. He gets quite a few upper respiratory infections, and he suspects that these could be related to mold or other pollutants in the building or neighborhood. His recurrent illnesses are likely due to

- A) a major immune disorder.
- B) background distressors.
- C) his incessant worrying.
- D) technostress.

Answer: B

Diff: 4

Skill: Analyzing

Section: What Causes Stress?

Learning Outcome: 3.5

41) When we are forced to choose between two or more competing desires, motives, behaviors, or impulses, which process is occurring?

- A) doubt
- B) control
- C) adaptation
- D) conflict

Answer: D

Diff: 2

Skill: Understanding

Section: What Causes Stress?

Learning Outcome: 3.5

42) Hakim walked into his house one summer day and discovered that the air conditioning was not working. He did not get upset because the last time this happened, he found a great repair company that was fast and affordable; he also had a couple of fans that he used to keep cool until the AC was restored. Hakim did not experience excessive stress because

- A) his appraisal of the stressor told him he could cope with it.
- B) he had a plan in place due to his last experience with the repair company.
- C) he has low self-esteem and knew he could not fix the AC himself.
- D) he has a Type A personality.

Answer: A

Diff: 4

Skill: Analyzing

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

43) Which of the following statements BEST describes self-esteem?

- A) Self-esteem is inherited and can rarely change.
- B) Self-esteem is established during childhood.
- C) Self-esteem has to do with the ability to follow the lead of others.
- D) Self-esteem has to do with one's confidence and self-satisfaction.

Answer: D

Diff: 4

Skill: Analyzing

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

44) Jake is a good student and seems pretty resilient. He usually gets all of his work completed; if he misses an assignment, he acknowledges it is his own fault. His friends really respect him, but they wish he did not explode sometimes over little things. Which of the following is TRUE about Jake?

- A) He has the typical Type A personality.
- B) He has a hardy personality.
- C) His personality varies depending on the situation.
- D) He reacts appropriately to all situations.

Answer: C

Diff: 4

Skill: Analyzing

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

45) One reason the Type A personality theory has been debated is that

- A) the early research had serious methodological flaws.
- B) most people have either Type A or Type B personalities.
- C) not all Type A people experience negative health consequences.
- D) most people have either Type C or Type D personalities.

Answer: C

Diff: 4

Skill: Analyzing

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

46) Which of the following characteristics of a Type A personality have been determined to most increase the risk for heart disease?

- A) being time-driven and perfectionistic
- B) having a hard-driving approach to tasks and life in general
- C) being highly competitive
- D) having a tendency toward anger, distrust, and cynicism

Answer: D

Diff: 1

Skill: Remembering

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

47) Which of the following statements regarding stress and hair loss is NOT true?

- A) Stress may cause hair to fall out in clumps.
- B) Stress-related hair loss can occur in both men and women.
- C) The most common type of stress-induced hair loss is telogen effluvium.
- D) Stress-induced hair loss occurs when colonies of hair are pushed into an active phase.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical Effects of Stress

Learning Outcome: 3.3

- 48) Cortisol contributes to weight gain by
- A) increasing testosterone production.
  - B) increasing hunger and activating fat storage enzymes.
  - C) increasing thirst for sweet beverages.
  - D) stimulating cravings for healthy foods such as vegetables.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical Effects of Stress

Learning Outcome: 3.3

- 49) To replenish vital energy stores, which of the following would be particularly helpful?
- A) getting more sleep and "down time"
  - B) a regimen of "energy-boosting" supplements
  - C) increasing alcohol intake to promote relaxation
  - D) broadening one's social support system

Answer: A

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

- 50) Stress management consists of
- A) finding balance and developing coping strategies.
  - B) eliminating all sources of stress.
  - C) learning to juggle as many tasks as possible.
  - D) firmly controlling reactions to stress.

Answer: A

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

- 51) To manage stress, the first step is to
- A) control your emotional responses.
  - B) choose to ignore the stressors in your life.
  - C) determine which stressors can be reduced or eliminated.
  - D) identify and assess the stressors in your life.

Answer: D

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

52) Jeff knows the midterm chemistry exam is going to be tough. He is trying to prepare for it by taking a practice test every night before he goes out with his buddies. Jeff is

- A) using the technique of stress inoculation.
- B) restructuring his thinking patterns.
- C) increasing his level of stress before the test.
- D) using alcohol as a coping mechanism to relax.

Answer: A

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

53) Downshifting refers to the process of

- A) using meditation to combat the stress response.
- B) taking steps to simplify one's life.
- C) deliberately completing tasks at a slower pace.
- D) allowing passivity to take over as a result of stress.

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

54) The process of replacing negative thoughts with positive ones is referred to as

- A) affirmations.
- B) meditation.
- C) cognitive restructuring.
- D) stress inoculation.

Answer: C

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

55) Research has shown that laughter results in all of the following EXCEPT

- A) decreased stress levels.
- B) increased levels of oxygen in the blood.
- C) pain reduction.
- D) increased risk of heart disease.

Answer: D

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

56) Which of the following is a useful strategy to prevent explosive anger?

- A) Have a couple of beers and watch TV to take your mind off the issue.
- B) Avoid all situations that provoke anger.
- C) Pound on something soft, like a pillow.
- D) Develop realistic expectations of yourself and others.

Answer: D

Diff: 4

Skill: Analyzing

Section: Managing Stress in College

Learning Outcome: 3.7

57) Exercise reduces stress primarily by

- A) suppressing endocrine function.
- B) increasing endorphins and reducing levels of stress hormones.
- C) providing a therapeutic way to reduce or eliminate pain.
- D) expanding aerobic capacity.

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

58) Eating healthy foods helps in managing stress,

- A) because they are easier on the digestive system than junk foods.
- B) especially if they contain sympathomimetics.
- C) although the precise reasons are not fully understood.
- D) because food is comforting and eating can distract one from problems.

Answer: C

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

59) Which of the following is a time management tip that can reduce stress?

- A) Let your mail pile up and only look at it once a week.
- B) Make a daily list of tasks and prioritize them.
- C) Take a day off even if you have assignments due.
- D) Only clean up clutter when you have enough time to get to all of it.

Answer: B

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7



60) Meditation has been proven effective in managing stress. Which of the following is NOT true about meditation?

- A) There is only one meditation style that is considered effective.
- B) Meditation allows the body to relax while the mind is focused.
- C) Meditation involves some method of calming and focusing the mind.
- D) It usually takes some effort and patience to learn to meditate.

Answer: A

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

61) Which of the following has been recommended as a method for managing stress?

- A) engaging in demanding or competitive physical activity
- B) keeping a journal to track your stressors, worries, and options
- C) practicing dichotomous thinking
- D) using mind-altering drugs to induce a sense of peace

Answer: B

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

62) Julia is extremely upset to discover a suggestive e-mail her boyfriend has sent to another woman. Which stage of the general adaptation syndrome applies to this situation?

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

Answer: A

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

63) After Julia discovers the suggestive e-mail her boyfriend sent to another woman, she considers how to confront him about it. Which stage of the general adaptation syndrome applies to this situation?

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

Answer: B

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

64) Julia confronts her boyfriend with the evidence that he has been cheating on her, and after days of arguments, they break up. By the end of the week, all she can do is cry herself to sleep. Which stage of the general adaptation syndrome applies to this situation?

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

Answer: C

Diff: 3

Skill: Applying

Section: Your Body's Stress Response

Learning Outcome: 3.2

65) As part of the stress response, the hormone that makes stored nutrients available for energy is

- A) epinephrine.
- B) cortisol.
- C) testosterone.
- D) thyroxine.

Answer: B

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

66) As part of the stress response, the hormone that stimulates the body to prepare for action is

- A) epinephrine.
- B) cortisol.
- C) testosterone.
- D) thyroxine.

Answer: A

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

67) The part of the brain involved in controlling the body's overall reaction to stress is the

- A) pituitary gland.
- B) cerebral cortex.
- C) frontal lobe.
- D) hypothalamus.

Answer: D

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

68) The gland that secretes ACTH is the

- A) adrenal.
- B) pituitary.
- C) thyroid.
- D) thymus.

Answer: B

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

69) Cortisol is secreted by the

- A) adrenal glands.
- B) pituitary gland.
- C) thyroid gland.
- D) thymus.

Answer: A

Diff: 1

Skill: Remembering

Section: Your Body's Stress Response

Learning Outcome: 3.2

70) Your roommate just ate the last of your trail mix without asking. Which type of stressor is this?

- A) pressure
- B) change
- C) conflict
- D) hassle

Answer: D

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

71) You are moving into your first apartment. Which type of stressor is this?

- A) pressure
- B) change
- C) conflict
- D) hassle

Answer: B

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

72) You really want to buy an expensive software program to help you with coursework, but your credit cards are maxed out and the rent is due next week. Which type of stressor is this?

- A) pressure
- B) change
- C) conflict
- D) hassle

Answer: C

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

73) You've misplaced your cell phone and you're already late for class. Which type of stressor is this?

- A) pressure
- B) change
- C) conflict
- D) hassle

Answer: D

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

74) Haley has to make a college choice by the end of the month. She has been accepted by three schools. Her parents want her to go to the same state university that they attended, but she is more interested in a small, private college known for its excellent drama department. Which type of stressor is this?

- A) pressure
- B) change
- C) conflict
- D) hassle

Answer: C

Diff: 3

Skill: Applying

Section: What Causes Stress?

Learning Outcome: 3.5

75) The strategy of reframing appraisals of stressors more positively and working toward future goals is known as  
A) shift and persist.  
B) downshifting.  
C) psychological resilience.  
D) stress inoculation.

Answer: A

Diff: 2

Skill: Understanding

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

76) You have been a successful doctor of internal medicine for many years. You recently gave up your large practice in the city to join the staff of a small-town clinic where you will work four days a week. Which method are you using to manage stress?

- A) meditation
- B) downshifting
- C) biofeedback
- D) stress inoculation

Answer: B

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

77) You have learned how to intentionally slow your heart rate to calm yourself during an exam. Which method are you using to manage stress?

- A) meditation
- B) downshifting
- C) biofeedback
- D) stress inoculation

Answer: C

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

78) You complete weekly practice tests for three months before you are scheduled to take the LSAT. Which method are you using to manage stress?

- A) meditation
- B) downshifting
- C) biofeedback
- D) stress inoculation

Answer: D

Diff: 3

Skill: Applying

Section: Managing Stress in College

Learning Outcome: 3.7

79) Type A individuals said to have a "toxic core" and an increased risk of heart disease consistently exhibit which characteristic?

- A) perfectionism
- B) hostility
- C) ambition
- D) extroversion

Answer: B

Diff: 2

Skill: Understanding

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

80) The physiological arousal response that allows us to face or escape from real or perceived threats is the

- A) fight-or-flight response.
- B) adaptive response.
- C) resistance response.
- D) cardiac response.

Answer: A

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

81) A sense of being overwhelmed by perceived obligations to stay connected online is

- A) distress.
- B) acute stress.
- C) technostress.
- D) chronic stress.

Answer: C

Diff: 2

Skill: Understanding

Section: What Causes Stress?

Learning Outcome: 3.5

82) Stress caused by not being able to accomplish all tasks and obligations in the time available is known as

- A) overload.
- B) acute stress.
- C) conflict.
- D) chronic stress.

Answer: A

Diff: 2

Skill: Understanding

Section: What Causes Stress?

Learning Outcome: 3.5

83) Creating pleasant and peaceful mental images is the relaxation technique known as

- A) qigong.
- B) progressive muscle relaxation.
- C) visualization.
- D) meditation.

Answer: C

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

84) Stress can have positive health effects.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Stress?

Learning Outcome: 3.1

85) Acute stress is significant, long-term stress that can produce negative effects on multiple body systems.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Stress?

Learning Outcome: 3.1

86) Some research suggests that long-term exposure to high levels of stress hormones can increase the risk for Alzheimer's disease.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Stress and Your Mental Health

Learning Outcome: 3.4

87) Deep breathing is a technique used in yoga but not in other mind-body practices.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

88) The three phases of the general adaptation syndrome are alarm, resistance, and exhaustion.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

89) A person's perception of stress may have as much impact as an actual stressor.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

90) Even a full year after a tornado struck their town, community residents were at increased risk for traumatic stress.

Answer: TRUE

Diff: 3

Skill: Applying

Section: What Is Stress?

Learning Outcome: 3.1

91) Cardiovascular disease has been identified as a health consequence of chronic stress.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical Effects of Stress

Learning Outcome: 3.3

92) Psychoneuroimmunology is the scientific study of the interrelationships of mind and body on the immune system.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Physical Effects of Stress

Learning Outcome: 3.3



93) Women are more likely than men to "tend and befriend" in response to stress.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Your Body's Stress Response

Learning Outcome: 3.2

94) According to a recent survey, health concerns are the number-one stressor reported by Americans.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Causes Stress?

Learning Outcome: 3.5

95) People with high levels of stress are less likely to develop upper respiratory infections.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Physical Effects of Stress

Learning Outcome: 3.3

96) Stress is thought to be related to an increased risk for type 2 diabetes.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical Effects of Stress

Learning Outcome: 3.3

97) A personality trait characterized by control, commitment, and the willingness to embrace new challenges is known as psychological hardiness.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

98) Self-efficacy is the same as self-esteem.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

99) Sometimes expressing anger assertively can be healthful.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

100) Multitasking is an effective time-management strategy.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Managing Stress in College

Learning Outcome: 3.7

101) Explain how learning to manage excess or prolonged stress can help prevent overweight and obesity.

Answer: Stress causes the release of cortisol. Cortisol can cause increased hunger, which leads to consumption of excess calories. Cortisol also activates fat-storing enzymes and may increase craving for salty and sweet foods. In addition, it appears to play a role in laying down extra belly fat. A person who learns to effectively manage stress will have lower levels of circulating cortisol, and is therefore less likely to engage in stress-related consumption of excess calories or experience the storage of excess fat.

Diff: 4

Skill: Analyzing

Section: Physical Effects of Stress

Learning Outcome: 3.3

102) Identify the origins of technostress and the negative consequences associated with iDisorders. Devise and list at least three strategies to reduce the problems.

Answer: Technostress is caused by a dependence on technology and a constant need to be connected via texting or online activity. The person experiencing technostress may feel obligated to respond promptly to certain or all forms of electronic communication. The negative consequences associated with iDisorders include reduced energy, sleep disorders, damaged relationships, and poor grades. Any number of stress-reduction techniques can help. Suggested answers include at least three of the following:

1. Schedule your technology usage. Set time limits, and stick to them. Remember that you don't always have to answer your phone or respond to a text or e-mail immediately. (Consider screening contacts and only responding at certain times, since there is no need to respond immediately in most situations.)
2. Limit the number of people you interact with online. Unfriend people who post or message you with annoying or offensive messages.
3. Spend more time in face-to-face interactions with people you care about than in scrolling through their Facebook posts. (You might log time spent in virtual interactions for three days and face-to-face interactions for three days, then compare the two.)
4. Be mindful of when you're the one who actually initiates electronic communication, and recognize that you can choose to postpone the conversation until you see the person face-to-face.
5. Take breaks when working with technology for long periods of time.
6. Avoid sharing intimate details online.
7. Leave devices at home or turn them off when out with family or friends or on vacation.

Diff: 6

Skill: Creating

Section: What Causes Stress?

Learning Outcome: 3.5

103) When does having a Type A personality increase a person's risk for cardiovascular disease?

Answer: When people with Type A personalities have a "toxic core" with a cynical attitude and disproportionate anger, they are considered hostile. This component of Type A increases their risk for CVD.

Diff: 2

Skill: Understanding

Section: Individual Factors That Affect Your Stress Response

Learning Outcome: 3.6

104) Explain what research has indicated about the links between stress and mental illness.

Answer: Studies have linked high levels of stress from violence, relationship issues, and poverty to correspondingly high levels of anxiety disorders, depression, and other forms of mental illness. Moreover, prior periods of depression can leave individuals more susceptible to stress.

Diff: 2

Skill: Understanding

Section: Stress and Your Mental Health

Learning Outcome: 3.4