## **Chapter 11 - Stress, Coping, and Well-Being**

## 1. \_\_\_\_\_\_\_\_\_\_ psychology investigates the psychological factors related to wellness and illness, including the prevention, diagnosis, and treatment of medical problems.

a. Biopsychosocial

b. Neuro-

c. Health

d. Wellness

Answer: c

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

## 2. Which statement about health psychologists is TRUE?

a. They investigate the effects of psychological factors on illness.

b. They examine the psychological factors underlying treatments for disease and illness.

c. They study how more healthful behavior can avoid and reduce health problems.

d. All these are true.

Answer: d

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

3. Which of these statements best expresses the position of most health psychologists with regard to the mind-body issue?

a. The mind and the body are separate entities.

b. The mind and the body are one and the same.

c. The mind and the body interact.

d. Health psychologists are concerned only with the body.

Answer: c

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

## 4. Which of the following would NOT be researched by health psychologists?

a. chronic illness

b. coping strategies

c. broken bones

d. smoking and drug use

Answer: c

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

5. Dr. Alastair examines the relationship among psychological factors, the immune system, and the brain. Dr. Alastair is a(n)

a. psychoimmunologist.

b. psychoneuroimmunologist.

c. psychoneurologist.

d. neuroimmunologist.

Answer: b

Page: 280

APA Goal: Goal 10: Career Planning and Development

6. Which of these statements is TRUE with respect to health psychology?

a. It achieved prominence as a field in the early 20th century.

b. It has become an important part of psychology in relatively recent decades.

c. It has paid particular attention to the immune system.

d. Both B and C are true.

Answer: d

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

7. \_\_\_\_\_\_\_\_\_\_ is the study of how the body defends itself against foreign substances and the influence of psychological and physiological factors on the immune system.

a. Neurobiology

b. Psychophysiology

c. Psychoneuroimmunology

d. Bioneuropsychology

Answer: c

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

8. Positive events

a. generally do not produce stress.

b. may produce stress.

c. generally result in less detrimental effects than do negative events.

d. Both B and C

Answer: d

Page: 280–281

APA Goal: Goal 1: Knowledge Base of Psychology

## 9. Which of the following is NOT a stressor?

a. winning the lottery

b. a death in the family

c. taking a test

d. All these are stressors.

Answer: d

Page: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

10. Brett sees an attractive woman he wants to meet. As he approaches her, he experiences sweaty palms and a racing heart. In this situation, \_\_\_\_\_\_\_\_\_\_ is the stressor.

a. his attraction to the woman

b. approaching the woman

c. his physical reaction

d. None of these is a stressor; this is a pleasant experience.

Answer: b

Pages: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

11. Which of the following sequences best reflects the relative severity of the categories of stressors described in your text, from MOST to LEAST severe?

a. personal stressor 🡪 daily hassles 🡪 cataclysmic event

b. personal stressor 🡪 cataclysmic event 🡪 daily hassles

c. cataclysmic event 🡪 personal stressor 🡪 daily hassles

d. daily hassles 🡪 cataclysmic event 🡪 personal stressor

Answer: c

Pages: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

12. Events that are strong stressors and that occur suddenly and affect many people are called

a. cataclysmic events.

b. daily hassles.

c. personal stressors.

d. life-crisis events

Answer: a

Pages: 281

APA Goal: Goal 1: Knowledge Base of Psychology

13. Major life events that have immediate negative consequences that generally fade with time are called

a. cataclysmic events.

b. daily hassles.

c. personal stressors.

d. life-crisis events

Answer: c

Pages: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

14. The minor irritations of life that we all face time and time again are called

a. cataclysmic events.

b. daily hassles.

c. personal stressors.

d. annoyance stressors

Answer: b

Pages: 282

APA Goal: Goal 1: Knowledge Base of Psychology

15. Which category of stressor is CORRECTLY matched with an example?

a. daily hassle—hurricane Katrina

b. personal stressor—being fired

c. cataclysmic event—spending time on hold on the phone

d. None of these is correctly matched.

Answer: d

Pages: 281-282

APA Goal: Goal 4: Application of Psychology

16. PTSD may result from

a. cataclysmic events and severe personal stressors.

b. personal stressors only.

c. cataclysmic events only.

d. any type of stressor.

Answer: a

Page: 281–282

APA Goal: Goal 4: Application of Psychology

17. Experiencing intense fear while reliving a shocking event in dreams or flashbacks describes

a. posttraumatic stress disorder

b. personal stressors

c. the general adaptation syndrome

d. daily hassles

Answer: a

Page: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

18. A man was robbed and viciously beaten six months ago and is suffering from PTSD. Which of the following symptoms is least likely to be related to his PTSD?

a. sleep difficulties and nightmares

b. interpersonal problems

c. manic and depressive episodes

d. alcohol and drug abuse

Answer: c

Page: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

19. About how many soldiers returning from Iraq show symptoms of PTSD?

a. one in two

b. one in four

c. one in five

d. one in six

Answer: d

Page: 282

APA Goal: Goal 4: Application of Psychology

20. Consider the relationship between a New Yorker’s proximity to Ground Zero and the likelihood that he or she developed PTSD in the months after 9/11. This relationship is best portrayed using a \_\_\_\_\_\_\_\_\_\_ graph with proximity on the \_\_-axis.

a. bar; x

b. bar; y

c. line; x

d. line; y

Answer: c

Page: 282

APA Goal: Goal 7: Communication Skills

21. Which of the following statements best captures the relationship between personal stressors and daily hassles?

a. Personal stressors are less severe than daily hassles.b. Personal stressors and daily hassles are the same thing.c. Daily hassles are less severe than personal stressors.d. Daily hassles are a type of personal stressor.

Answer: c

Page: 281–282

APA Goal: Goal 1: Knowledge Base of Psychology

22. In what way do daily hassles represent a problem for our physical and psychological well-being?

a. Their effects tend to cumulate, or add up, over time.

b. They make us feel frazzled.

c. They require a great deal of coping.

d. Both B and C

Answer: a

Page: 282

APA Goal: Goal 1: Knowledge Base of Psychology

23. Which of the following is probably closest to the correlation coefficient one would find between the number of hassles survey respondents report experiencing during a given time period and the number of sick days they say they’ve used?

a. .80

b. –.40

c. .30

d. –1.00

Answer: c

Page: 282–285

APA Goal: Goal 2: Research Methods in Psychology

24. A researcher assesses the number of hassles and the number of uplifts that survey respondents report experiencing during a given time period; she also includes a measure of physical and psychological health. Given your text’s discussion, which of the following measures do you think would correlate MOST STRONGLY with health scores?

a. number of hassles

b. number of uplifts

c. number of hassles plus the number of uplifts

d. ratio of hassles to uplifts

Answer: d

Pages: 282

APA Goal: Goal 2: Research Methods in Psychology

25. Which of the following phrases best describes the short- and long-term effects of stress?

a. Stress is adaptive in both the short and the long term.

b. Stress is adaptive in the short term but detrimental over the long term.

c. Stress is detrimental both in the short term and over the long term.

d. Stress is detrimental in the short term, but adaptive over the long term.

Answer: b

Page: 282–285

APA Goal: Goal 1: Knowledge Base of Psychology

26. Physiological reactions to stress include

a. an increase in heart rate and blood pressure.

b. an increase in hormone activity.

c. activation of the sympathetic nervous system.

d. All of these

Answer: d

Page: 285

APA Goal: Goal 1: Knowledge Base of Psychology

27. The longer-term physiological consequences of stress include

a. the deterioration of blood vessels and the heart.

b. lowered immune system functioning.

c. Both A and B

d. Neither A nor B

Answer: c

Page: 283–285

APA Goal: Goal 1: Knowledge Base of Psychology

28. Which statement best captures the relationship between psychosomatic and psychophysiological disorders?

a. *Psychophysiological disorders* is a new term for *psychosomatic disorders*.

b. *Psychosomatic disorders* is a new term for *psychophysiological disorders*.

c. *Psychosomatic disorders* are psychological; *psychophysiological disorders* are physical.

d. *Psychosomatic disorders* are physical; *psychophysiological disorders* are psychological.

Answer: a

Page: 283

APA Goal: Goal 1: Knowledge Base of Psychology

29. Psychophysiological disorders include

a. headaches.b. constipation.c. high blood pressure.d. All of these

Answer: d

Page: 283

APA Goal: Goal 4: Application of Psychology

30. In the psychology of health and stress, Hans Selye is associated with the study of

a. the hardy personality.

b. coping strategies.

c. the General Adaptation Syndrome.

d. Type A and Type B personalities.

Answer: c

Page: 283

APA Goal: Goal 1: Knowledge Base of Psychology

## 31. Which of these sequences correctly orders the stages of the General Adaptation Syndrome, from first to last?

a. alarm 🡪 exhaustion 🡪 resistance

b. alarm 🡪 resistance 🡪 exhaustion

c. resistance 🡪 alarm 🡪 exhaustion

d. exhaustion 🡪 resistance 🡪 alarm

Answer: b

Page: 283–285

APA Goal: Goal 1: Knowledge Base of Psychology

32. At which stage of Selye’s general adaptation model (GAS) are individuals the most likely to show negative consequences of stress?

a. exhaustion

b. resistance

c. alarm

d. mobilization

Answer: a

Page: 283–285

APA Goal: Goal 1: Knowledge Base of Psychology

## 33. As Liz watches her instructor pass out papers, she suddenly realizes that this is the first major exam, and she is totally unprepared. She is most likely experiencing the \_\_\_\_\_\_\_\_\_\_ stage of the general adaptation syndrome.

a. resistance

b. alarm

c. exhaustion

d. denial

Answer: b

Page: 283–285

APA Goal: Goal 1: Knowledge Base of Psychology

34. Which stage of the General Adaptation model is CORRECTLY matched with an example?

a. alarm—drinking coffee and energy drinks to sit up late each night, writing that political science paper.

b. resistance—realizing that a major term paper is due in two weeks in your political science course

c. exhaustion—coming down with a bad cold the day after you hand in that political science paper

d. None of these is correctly matched.

Answer: c

Page: 283–285

APA Goal: Goal 4: Application of Psychology

35. Which stage of the General Adaptation model is CORRECTLY matched with a description?

a. alarm—perceiving a threat, or a stressor

b. resistance—attempting to cope with the stressor

c. exhaustion—experiencing the negative physical and psychological consequences of stress

d. All of these are correctly matched.

Answer: d

Page: 283–285

APA Goal: Goal 1: Knowledge Base of Psychology

36. Some health psychologists have criticized the General Adaptation Syndrome, because it

a. suggests that one’s physiological reaction to stress is always the same, which may not be true.

b. it does not take into account how an individual interprets or appraises a stressful event.

c. Both A and B

d. Neither A nor B

Answer: c

Page: 283–285

APA Goal: Goal 1: Knowledge Base of Psychology

37. A correlation coefficient between scores on a measure of stress and scores on a measure of well-being might reflect

a. the effect of stress on the immune system.

b. people’s tendency to engage in unhealthy behaviors when they are stressed.

c. people’s tendency to utilize health care resources less effectively when they are under stress.

d. Any of these

Answer: d

Page: 281–285

APA Goal: Goal 2: Research Methods in Psychology

38. How does stress affect the immune system?

a. It may decrease immune system response.

b. It may overstimulate the immune system.

c. Both A and B

d. Neither A nor B

Answer: c

Pages: 285

APA Goal: Goal 1: Knowledge Base of Psychology

39. Efforts to control, reduce, or learn to tolerate the threats that lead to stress are termed

a. *coping*.

b*. adaptation*.

c. *resistance*.

d. *reactance*.

Answer: a

Page: 285–286

APA Goal: Goal 1: Knowledge Base of Psychology

40. Positive ways of coping include

a. emotion-focused coping.

b. learned helplessness

c. avoidant coping.

d. Both A and B

Answer: a

Page: 286

APA Goal: Goal 1: Knowledge Base of Psychology

41. Following an ugly confrontation with a coworker, Simon seeks sympathy from his friends. Simon is practicing \_\_\_\_\_\_\_\_\_ coping.

a. problem-focused

b. emotion-focused

c. avoidant

d. proactive

Answer: b

Page: 286

APA Goal: Goal 4: Application of Psychology

42. Faced with overlapping, unrealistic deadlines at work, Ira recruits his friends to perform some of the routine clerical tasks associated with the projects. Ira is engaged in \_\_\_\_\_\_\_\_\_\_ coping.

a. problem-focused

b. emotion-focused

c. avoidant

d. proactive

Answer: a

Page: 286

APA Goal: Goal 4: Application of Psychology

43. Which of these statements is TRUE regarding emotion-focused coping?

a. Emotion-focused coping is less effective than problem-focused coping.

b. Emotion-focused coping is more effective than problem-focused coping.

c. Emotion-focused coping may be more effective than problem-focused coping when the situation is uncontrollable.

d. None of these is true.

Answer: c

Page: 286

APA Goal: Goal 1: Knowledge Base of Psychology

44. Wishful thinking and the use of drugs exemplify the use of \_\_\_\_\_\_\_\_\_ coping.

a. problem-focused

b. emotion-focused

c. avoidant

d. proactive

Answer: c

Page: 286

APA Goal: Goal 1: Knowledge Base of Psychology

45. Which of the following is found to be the least successful coping method for dealing with stress?

a. avoidant coping

b. proactive coping

c. emotion-focused coping

d. problem-focused coping

Answer: a

Page: 286

APA Goal: Goal 1: Knowledge Base of Psychology

46. A woman who is repeatedly abused by her husband may believe that she has no control in the situation and decide to give up and stop defending herself. This is an example of

a. avoidant coping.

b. emotion-focused coping.

c. learned helplessness.

d. the frustration-aggression hypothesis.

Answer: c

Pages: 286

APA Goal: Goal 1: Knowledge Base of Psychology

47. People sometimes stop even trying to cope with stress if they feel that they have no control over the bad things that happen to them. These people experience

a. emotional insulation.

b. learned helplessness.

c. avoidant reactance.

d. denial.

Answer: b

Page: 286

APA Goal: Goal 1: Knowledge Base of Psychology

48. Which of these statements does NOT describe an effective use of social support?

a. You learn coping strategies from others with similar problems.

b. Others can provide actual goods or services to help in stressful situations.

c. Social support demonstrates that you are an important member of a social network.

d. You have someone else to blame for your problems.

Answer: d

Page: 286–287

APA Goal: Goal 1: Knowledge Base of Psychology

49. The knowledge that we are part of a mutual network of caring interested others is called \_\_\_\_\_\_\_\_\_\_ support.

a. coping

b. social

c. network

d. socioemotional

Answer: b

Page: 286–287

APA Goal: Goal 1: Knowledge Base of Psychology

50. Which of these was NOT identified by your text as an effective coping strategy?

## a. Turn a threat into a challenge.

## b. Change your goals.

## c. Wait until stress happens to react.

d. Take physical action.

Answer: c

Page: 288

APA Goal: Goal 1: Knowledge Base of Psychology

51. A person can learn to control \_\_\_\_\_\_\_\_\_\_ processes through conscious thought in biofeedback.

a. coping

b. emotional

c. cognitive

d. physiological

Answer: d

Page: 288

APA Goal: Goal 2: Application of Psychology

52. The strategy of preparing for stress before it happens is termed \_\_\_\_\_\_\_\_\_\_ coping.

a. *anticipatory*

b. *proactive*

c. *preventive*

d. *reactive*

Answer: b

Page: 288

APA Goal: Goal 1: Knowledge Base of Psychology

53. Which behavior type is CORRECTLY matched with an adjective?

a. Type A: insecure

b. Type B: cooperative

c. Type D: hostile

d. All these are correct.

Answer: b

Page: 289–290

APA Goal: Goal 1: Knowledge Base of Psychology

54. Which of the following alternatives offers a plausible hypothesis concerning the relationship between a Big Five personality dimension and one of the behavior types described in your text’s discussion of stress and health?

a. The Type A pattern is negatively associated with agreeableness.

b. The Type B pattern is positively associated with agreeableness.

c. The Type D pattern is negatively associated with neuroticism.

d. Both A and B are reasonable predictions.

Answer: d

Page: 289–290

APA Goal: Goal 2: Research Methods in Psychology

55. Insecure, negative, and anxious personality traits are characteristic of which personality style?

a. Type A

b. Type B

c. Type D

d. None of these

Answer: c

Page: 289–290

APA Goal: Goal 1: Knowledge Base of Psychology

56. With respect to the relationship between the Type A behavior pattern and coronary heart disease, your text suggests that

a. the Type A pattern is as good a predictor as any other variable of who will develop heart disease.

b. the association between the Type A pattern and the development of heart disease cannot be explained away by pointing to another variable, such as smoking.

c. Both A and B

d. Neither A nor B

Answer: c

Page: 289–290

APA Goal: Goal 2: Research Methods in Psychology

57. Which of these is NOT a characteristic associated with Type A behavior?

a. hostility

b. competitiveness

c. time urgency

d. patience

Answer: d

Page: 289

APA Goal: Goal 1: Knowledge Base of Psychology

58. The component of the Type A pattern most strongly linked to coronary heart disease is that of

a. hostility.

b. competitiveness.

c. time urgency.

d. ambitiousness.

Answer: a

Page: 289

APA Goal: Goal 4: Application of Psychology

59. Research cited in your text suggests that, compared to more passive women, women who adopt a “fighting spirit” in response to breast cancer

a. may cope less effectively in the short term.

b. may live longer.

c. may not live as long as passive women.

d. may develop heart disease as well.

Answer: b

Pages: 290-291

APA Goal: Goal 4: Application of Psychology

60. Research cited in your text suggests that women with breast cancer who received psychotherapy \_\_\_\_\_\_\_\_\_\_\_ than did similar women who did not participate in therapy.

a. experienced more anxiety

b. lived longer

c. experienced more pain

d. did not live as long

Answer: b

Page: 290–291

APA Goal: Goal 4: Application of Psychology

61. Smoking is the number \_\_\_\_\_ preventable cause of death in the United States.

a. one

b. two

c. three

d. five

Answer: a

Page: 291–293

APA Goal: Goal 1: Knowledge Base of Psychology

62. One in \_\_\_\_\_\_ deaths in the United States are caused by smoking.

a. one

b. two

c. three

d. five

Answer: d

Page: 291–293

APA Goal: Goal 1: Knowledge Base of Psychology

## 63. Which of these is NOT one of the reasons that people smoke?

a. Smoking is sometimes seen as a “rite of passage” for adolescents.

b. Smoking may be seen as “cool” or sophisticated.

c. Smoking may be seen as a way to calm oneself in stressful situations.

d. Once they become dependent on nicotine, smoking is the only way to continue to get it.

Answer: d

Page: 291

APA Goal: Goal 1: Knowledge Base of Psychology

64. Approximately what percentage of current smokers report that they would like to quit?

a. 90%

b. 75%

c. 65%

d. 50%

Answer: b

Page: 291–293

APA Goal: Goal 1: Knowledge Base of Psychology

65. Which two factors make it difficult to stop smoking?

a. changes in acetylcholine and serotonin levels

b. psychological dependency and low self-esteem

c. social rewards and physical dependency on nicotine

d. physical withdrawal symptoms and learned helplessness

Answer: c

Page: 291–293

APA Goal: Goal 1: Knowledge Base of Psychology

66. Overall, about \_\_\_\_ of those who try to quit smoking succeed over the long term.

a. 25%

b. 15%

c. 5%

d. 1%

Answer: b

Page: 291-293

APA Goal: Goal 1: Knowledge Base of Psychology

67. According to your text, \_\_\_\_\_\_\_\_\_\_\_ is the MOST successful method of quitting smoking.

a. using the patch or nicotine replacement gum

b. going cold turkey

c. attending counseling, along with using nicotine replacement patches or gums

d. using Zyban or similar drugs

Answer: c

Page: 291–293

APA Goal: Goal 9: Personal Development

68. According to your text, the LEAST successful method of quitting smoking is

a. using the patch or nicotine replacement gum.

b. going cold turkey.

c. attending counseling.

d. using Zyban or similar drugs.

Answer: b

Page: 291–293

APA Goal: Goal 9: Personal Development

## 69. Of smokers who quit cold turkey, \_\_\_\_\_\_\_\_\_ are successful.

a. 25%

b. 15%

c. 5%

d. 1%

Answer: c

Page: 291–293

APA Goal: Goal 1: Knowledge Base of Psychology

70. If you were to graph the proportion of American high school seniors in 1980, 1985, 1990, 1995, 2000, and 2005 who smoked cigarettes, you would display the proportion of smokers on the \_\_\_-axis; the function would be a(n) \_\_\_\_\_\_\_\_\_negative one.

a. x; accelerating b. x; decelerating c. y; accelerating d. y; decelerating

Answer: d

Page: 291–293

APA Goal: Goal 7: Communication Skills

71. In many countries around the world, a \_\_\_\_\_\_\_\_\_\_ proportion of children and adolescents smoke cigarettes than is the case in North America.

a. much higher

b. slightly higher

c. lower

d. substantially lower

Answer: a

Page: 292–293

APA Goal: Goal 8: Sociocultural and International Awareness

72. According to the World Health Organization, about what percentage of the world’s population will die as a result of smoking?

a. 2%

b. 5%

c. 10%

d. 20%

Answer: c

Page: 292–293

APA Goal: Goal 8: Sociocultural and International Awareness

73. Blythe takes the medication prescribed by her doctor. However, she takes an increased dose and combines the drug with other medications based on her past experience. Blythe is practicing

a. reactance.b. creative nonadherence.c. modified compliance.

d. None of these

Answer: b

Page: 293

APA Goal: Goal 4: Application of Psychology

74**.** Regarding people’s compliance with medical advice, which of these statements is TRUE?

a. 14%–21% of patients never fill their drug prescriptions.

b. 30%–50% of patients ignore the instructions that accompany their medications.

c. 60% of all patients cannot identify their own medicines.

d. All these statements are true.

Answer: d

Page: 293

APA Goal: Goal 4: Application of Psychology

75. Which of these factors might contribute to communication failures between physicians and their patients?

a. Patients don’t respect the relatively high prestige of physicians.

b. Patients tend to view their physicians as all-knowing and thus fail to question them.

c. Many patients don’t care about their health and thus fail to pay attention to what the physician is saying.

d. Physicians don’t use enough technical language.

Answer: b

Page: 293–294

APA Goal: Goal 4: Application of Psychology

76. What proportion of patients are unable to report how long they are supposed to continue a course of prescribed medication?

a. 10%

b. 20%

c. 35%

d. 50%

Answer: d

Page: 294

APA Goal: Goal 4: Application of Psychology

77. What proportion of patients are unable to state the purpose of the medication prescribed for them?

a. 10%

b. 25%

c. 35%

d. 50%

Answer: b

Page: 294

APA Goal: Goal 4: Application of Psychology

78. Which statement regarding male and female physicians’ communication with their patients is TRUE?

a. Female physicians provide more patient-centered communication than do male physicians.b. Female physicians provide less patient-centered communication than do male physicians.c. Female and male physicians provide equivalent amounts of patient-centered communication.d. Male physicians provide more information regarding the diagnosis and the prescribed treatment than do their female counterparts.

Answer: a

Page: 294

APA Goal: Goal 8: Sociocultural and International Awareness

79. Which statement regarding patients’ preference for male or female physicians is TRUE?

a. Patients prefer female physicians.

b. Patients prefer male physicians.

c. Patients prefer same-sex physicians.

d. Patients prefer opposite-sex physicians.

Answer: c

Page: 294

APA Goal: Goal 8: Sociocultural and International Awareness

80. Which of these does your text offer as recommendations to improve your communications with your physician?

a. Come prepared with a list of the names and dosages of every drug you are currently taking.

b. Make a list of your health-related concerns before the visit.

c. Take notes during the visit.

d. All of these

Answer: d

Page: 294–295

APA Goal: Goal 9: Personal Development

81. “If you don’t drink at least one full glass of water each day, you’re going to get kidney stones,” advises your well-meaning friend. This is a \_\_\_\_\_\_\_\_ framed health message.

a. negatively

b. neutrally

c. positively

d. invasively

Answer: a

Page: 295

APA Goal: Goal 4: Application of Psychology

82. Preventive health behavior is best motivated by \_\_\_\_\_\_ framed messages.

a. positively framed messages

b. negatively framed messages

c. supportive framed messages

d. subjective framed messages

Answer: a

Page: 295

APA Goal: Goal 4: Application of Psychology

83. Behaviors leading to the detection of a disease are best motivated by \_\_\_\_\_\_\_.

a. positively framed messages

b. negatively framed messages

c. supportive framed messages

d. subjective framed messages

Answer: b

Page: 295

APA Goal: Goal 4: Application of Psychology

84. Which of the following messages is most likely to motivate the maintenance of an exercise program?

a. “If you exercise, you’ll feel more energetic and look more attractive.”

b. “If you don’t exercise, you’ll gain weight and feel sluggish.”

c. These messages would be equally motivating.

d. Neither of these messages would be motivating.

Answer: a

Page: 295

APA Goal: Goal 4: Application of Psychology

87. Which of the following terms is most nearly synonymous with the phrase “subjective well-being”?

a. pride

b. wealth

c. happiness

d. optimism

Answer: c

Page: 295

APA Goal: Goal 1: Knowledge Base of Psychology

88. Happy people

a. are realistic.

b. are modest.

c. hold moderately inflated views of themselves.

d. hold greatly inflated views of themselves.

Answer: c

Pages: 295–296

APA Goal: Goal 9: Personal Development

89. People who like to be around other people are

a. lucky.

b. insecure.

c. codependent.

d. happy.

Answer: d

Page: 296

APA Goal: Goal 9: Personal Development

90. Most individuals in the United States would rate themselves as

a. unhappy.b. happy.c. neither happy nor unhappy.d. either happy or unhappy, depending on the time of day.

Answer: b

Page: 296

APA Goal: Goal 9: Personal Development

91. Research shows that winning the lottery usually leads to

a. a long-term rise in happiness.b. an initial surge in happiness, followed by a slow return to previous levels.c. an initial surge in happiness, followed by a slide into deep depression.d. no change in happiness levels, even in the short term.

Answer: b

Page: 296

APA Goal: Goal 9: Personal Development

92. Happiness is \_\_\_\_\_\_ influenced by money and \_\_\_\_\_\_\_ influenced by major life events than we might think.

a. more; more

b. more; less

c. less; less

d. less; more

Answer: c

Page: 296

APA Goal: Goal 9: Personal Development

93. Dewey just won the lottery—big-time. One year from now, he will be

a. ecstatic.

b. broke.

c. depressed.

d. about as happy as he was just before he won.

Answer: d

Page: 296

APA Goal: Goal 9: Personal Development

94. Most people think that they are \_\_\_\_\_\_\_\_\_\_ famous people, such as Oprah Winfrey.

a. somewhat less happy than

b. just as happy as

c. happier than

d. much less happy than

Answer: c

Page: 296

APA Goal: Goal 9: Personal Development

95. Regarding happiness, which statement is TRUE?

a. Women are happier than men are.

b. Men are happier than women are.

c. People who live in rich countries are happier than people who live in poor ones.

d. Most people tend to be reasonably happy.

Answer: d

Page: 296

APA Goal: Goal 8: Sociocultural and International Awareness

96. Overall, the set point for happiness is \_\_\_\_\_\_\_\_\_\_\_\_, and it is determined

a. relatively high; at least partly by genetics.

b. rather low; at least partly by genetics.

c. relatively high; almost wholly by the environment.

d. rather low; almost wholly by the environment.

Answer: a

Page: 296

APA Goal: Goal 9: Personal Development

97. A person’s response to events that are threatening or challenging is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Answer: stress

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

98. Events representing a threat to our well-being—like the calculus midterm next week—are called \_\_\_\_\_\_\_\_\_.

Answer: stressors

Page: 280

APA Goal: Goal 1: Knowledge Base of Psychology

99. Using the categories of stressors provided in your text, one would consider Hurricane Katrina in 2005 a \_\_\_\_\_\_\_\_\_\_\_ for the residents of New Orleans.

Answer: cataclysmic event

Page: 281

APA Goal: Goal 4: Application of Psychology

100. Nell tries to be grateful for the small positive experiences of the day, no matter how mundane they may seem. Health psychologists call these gratifying day-to-day experiences \_\_\_\_\_\_\_\_\_\_\_.

Answer: uplifts

Page: 282

APA Goal: Goal 1: Knowledge Base of Psychology

101. The pioneering stress theorist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ proposed the general adaptation syndrome to describe the body’s response to stressors.

Answer: (Hans) Selye

Page: 283

APA Goal: Goal 1: Knowledge Base of Psychology

102. In the general adaptation syndrome, the resistance stage \_\_\_\_\_\_\_ the exhaustion stage.

Answer: precedes/comes before

Page: 283

APA Goal: Goal 1: Knowledge Base of Psychology

103. Illnesses once derided as “psychosomatic” are now more properly termed \_\_\_\_\_\_\_\_\_ disorders; they are real medical problems exacerbated by emotional and psychological difficulties.

Answer: psychophysiological

Page: 283

APA Goal: Goal 4: Application of Psychology

104. Bruce prays for the serenity to remain calm, even-tempered, and flexible no matter what stressors he may encounter. Bruce is engaged in \_\_\_\_\_\_\_\_\_ coping.

Answer: emotion-focused

Page: 286

APA Goal: Goal 9: Personal Development

105. Kay seems to have given up; she believes she has no control over what happens, so she doesn’t even try to deal with the drama. Kay seems listless and depressed, a victim of \_\_\_\_\_\_\_\_\_\_.

Answer: learned helplessness

Page: 286

APA Goal: Goal 4: Application of Psychology

106. Researchers have found that being part of a mutual network, called \_\_\_\_\_\_\_\_\_\_, enables us to experience lower levels of stress and be better able to cope with the stress that we do undergo.

Answer: social support

Page: 286–287

APA Goal: Goal 1: Knowledge Base of Psychology

107. Brandy is making sure she gets a full night’s sleep tonight, so she’ll be well rested in advance of her mother-in-law’s visit—a visit that will surely be trying. She is practicing \_\_\_\_\_\_\_\_\_\_ coping.

Answer: proactive

Page: 288

APA Goal: Goal 9: Personal Development

108. Joan is gentle, friendly, laid-back, and cooperative; she displays a \_\_\_\_\_\_\_\_\_ behavior pattern.

Answer: Type B

Page: 289

APA Goal: Goal 1: Knowledge Base of Psychology

109. The component of the Type A pattern linked to heart disease is \_\_\_\_\_\_\_\_\_\_.

Answer: hostility

Page: 289

APA Goal: Goal 4: Application of Psychology

110. Hostility may trigger the release of such hormones as \_\_\_\_\_\_\_\_, which may ultimately elevate the risk of heart disease.

Answer: epinephrine/norepinephrine

Page: 289

APA Goal: Goal 4: Application of Psychology

111. Recall the “Big Five” personality dimensions. Type D individuals are most likely high in \_\_\_\_\_\_\_\_\_\_.

Answer: neuroticism

Page: 290

APA Goal: Goal 1: Knowledge Base of Psychology

112. One in \_\_\_\_\_ U.S. deaths is attributable to smoking cigarettes.

Answer: five

Page: 291

APA Goal: Goal 1: Knowledge Base of Psychology

113. In the long term, the most effective means of reducing smoking may be changes in \_\_\_\_\_\_\_\_\_\_ and attitudes toward the habit.

Answer: societal norms

Pages: 292

APA Goal: Goal 1: Knowledge Base of Psychology

114. Rosalynne takes 45 mg of Adderall each day, rather than the 30 mg that is prescribed; she asserts that her ADHD is severe and that her semester is exceptionally demanding. Rosalynne is practicing \_\_\_\_\_\_\_\_\_\_.

Answer: creative nonadherence

Page: 293

APA Goal: Goal 4: Application of Psychology

115. Prevention is to \_\_\_\_\_\_\_\_\_ as positively framed health messages are to negatively framed health messages.

Answer: detection

Page: 295

APA Goal: Goal 4: Application of Psychology

116. Chantal believes she is better at her job than she really is. Chantal’s inflated view of her competence reflects what psychologists term a(n) \_\_\_\_\_\_\_\_\_.

Answer: positive illusion

Page: 295

APA Goal: Goal 1: Knowledge Base of Psychology

117. \_\_\_\_\_\_\_\_\_\_\_ refers to one’s overall evaluation of one’s life in terms of both personal thoughts and personal feelings.

Answer: Subjective well-being

Page: 295

APA Goal: Goal 9: Personal Development

118. Distinguish among cataclysmic events, personal stressors, and daily hassles. Discuss the various effects on stress and well-being associated with these different types of events. Illustrate your answer with references to specific events that you have experienced.

Answer: Include these points:

Cataclysmic events. These are strong stressors that occur suddenly and affect many people at once. Hurricane Katrina in Louisiana in 2005 was one example, as were the 9/11 terrorist attacks. The effects of a cataclysmic event on psychological health vary with the type of event—deliberate events that may recur, such as terrorist attacks, produce more stress than do natural disasters, which have a clear resolution.

Personal stressors. These are major life events, such as going off to college, losing a job, getting married, or experiencing the death of a family member. The stressors produce a major immediate reaction that soon tapers off.

Daily Hassles. These are the minor irritations of life that we all face all the time. Waiting in line at the supermarket is one example of a background stressor. These stressors do not usually require much in the way of coping, but the negative emotions associated with them tend to add up. The more hassles a person experiences, the more psychological and health problems they experience.

Pages: 281–282

APA Goal: Goal 4: Application of Psychology

119. Define and describe PTSD. What are its symptoms? Review the prevalence of PTSD among veterans of the Iraq wars and among New York City residents experiencing the 9/11 attacks.

*Answer*: Mention these points:

PTSD is posttraumatic stress disorder subsequent to the experience of a traumatic event. PTSD may include flashbacks in which the event is re-experienced. Emotional numbing, sleep difficulties, interpersonal problems, substance abuse, and even suicide are associated with PTSD. About 16% of soldiers returning from Iraq show symptoms of PTSD; 11% of New Yorkers had some form of PTSD in the months following the 9/11 attacks.

Pages: 281–282

APA Goal: Goal 4: Application of Psychology

120. *Final exams: a stressor*. Apply Selye’s general adaptation syndrome to your experience in coping with finals week or a similar set of exams. Be sure to name and describe all three stages of the syndrome.

*Answer*: Include these elements:

Alarm/mobilization stage. One becomes aware of the stressor. The final exam schedule is posted, or one becomes mindful that finals are fast approaching. The sympathetic nervous system becomes engaged to help one deal initially with the stressor.

Resistance stage. A variety of means are used to cope with the stressor. For example, one may study extra hours, an example of problem-focused coping. One may tell oneself that one can handle it, that it’s not that bad, that it’s actually an energizing challenge—these are examples of emotion-focused coping. Prolonged coping attempts usually incur a price in terms of psychological and/or physical well-being.

Exhaustion stage. The negative psychological or physical consequences of stress finally appear. Following finals week, one may come down with a severe cold, for example.

Pages: 283–285

APA Goal: Goal 4: Application of Psychology

121. Stress has many direct and indirect consequences, resulting in potential declines. Identify two such effects. Select one of these effects and describe in as much detail as you can how you would investigate it empirically using correlational or experimental research techniques.

*Answer*: The answer should identify two of these effects:

Direct physiological effects—increase in blood pressure, increase in hormonal activity

Direct behavioral effects—increased nicotine, drug, and alcohol use; poor eating habits, decreased sleep

Indirect effects—reduction in likelihood of seeking health care, decreased compliance with medical regimes

The description of an empirical investigation may vary substantially from student to student, but it should contain (a) an indication of the independent and dependent variables; (b) a hypothesis relating the variables; (c) operationalizations of the variables; a description of the participants and how they will be assigned to experimental and control groups if the experimental method is used.

Pages: 285

APA Goal: Goal 2: Research Methods of Psychology

122. Define emotion-focused, problem-focused, avoidant, and proactive coping. Briefly describe your responses to two stressors this past year; classify your responses as one of the coping types mentioned.

*Answer*: Include these ideas:

Emotion-focused coping—attempts to manage one’s emotions in the face of stress, such as trying to look at the bright side of a problem

Problem-focused coping—attempts to modify the stressor itself, such as seeking tutoring for a difficult required class

Avoidant coping—wishful thinking or escapist tactics such as substance use. Getting drunk after a bad fight with a friend is one example.

Proactive coping—preparing for stress before it happens

Following these definitions, students should correctly classify their responses to two different stressors. Following a low test grade, for example, one student might binge drink, an example of avoidant coping. Facing an anxiety-provoking oral presentation, a student might practice the speech again and again ahead of time to make the presentation easier, an example of proactive coping.

Pages: 286, 288

APA Goal: Goal 8: Sociocultural and International Awareness

123. In one or two sentences each, describe hypothetical individuals displaying Type A, Type B, and Type D behavior patterns. Discuss the association of Type A and Type D behavior patterns with negative health consequences.

*Answer*: The answer should be similar to this: :

Type A. Keira is always in a hurry. She is impatient, hates waiting on line, and is always trying desperately to multitask so that she can get more done. She tends to be somewhat hostile and she gets angry easily.

Type B. Tristan goes with the flow. He is more a team player than a lone shark. He is friendly, pleasant, and cooperative; he rarely gets stressed about anything.

Type D. Dominic tends to be pessimistic. He is always worried and tied up in knots about one thing or another. He is insecure and anxious.

Men with the Type A pattern are twice as likely as Type B men to develop coronary heart disease, and they suffer more fatal heart attacks than do Type B men. The hostility component of the Type A pattern is mainly responsible for the link with heart diseases. Hostility appears to produce excessive arousal in stressful situations, increasing production of epinephrine and norepinephrine, which increases heart rate and blood pressure.

The Type D pattern, characterized by neuroticism, appears linked to the risk for repeated heart attacks.

Pages: 289–290

APA Goal: Goal 4: Application of Psychology

124. Does a positive attitude help one cope with cancer? Review the empirical evidence.

*Answer*: The answer should be similar to this:

One study examined the survival rates of women who had undergone a mastectomy because of breast cancer. The psychological response of women three months after the surgery predicted their longer-term survival rate. Women who either felt helpless or accepted their fate and tried not to complain had the lowest survival rates. After 10 years, most of these women were dead. Women who had a “fighting spirit” and women who denied their cancer had a higher long-term survival rate.

Other research suggests that a positive attitude aids coping with the cancer in the short term but that it does little to boost long-term survival rates.

Research suggests that psychological therapy can extend the lives of cancer patients. In one study, women with breast cancer who received psychological therapy lived 18 months longer and experienced less pain and anxiety than did women who did not participate in therapy. Similar results have been found with other health problems, such as heart disease.

Pages: 290–291

APA Goal: Goal 4: Application of Psychology

125. Quitting smoking: Review some of the approaches described in your text to help smokers quit cigarettes. How successful are these methods overall? Which is the most successful? The least successful?

*Answer*: Mention these points:

Overall, only 15% of smokers who try to quit stop smoking over the long term.

Smoking cessation techniques include (a) nicotine replacement in the form of gum, patches, nasal sprays, or inhalers that provide a dose of nicotine without all the other unhealthy ingredients found in cigarettes; (b) drugs such as Zyban, which reduce the pleasure from smoking and inhibit withdrawal symptoms; (c) behavioral strategies; (d) counseling; and (e) quitting cold turkey.

According to the text, counseling in conjunction with nicotine therapy appears to be the most successful method of treating the individual smoker. Quitting cold turkey, by contrast, is successful in only 5% of the cases.

At the level of society, changing social norms regarding the habit are effective at reducing the prevalence of smoking. An example is banning smoking in all public buildings. Smoking has declined dramatically over the last two decades in society, especially among males.

Pages: 291–292

APA Goal: Goal 9: Personal Development

126. Distinguish between positively and negatively framed health messages. Illustrate with hypothetical health messages as examples. When is each type of message most appropriate?

*Answer*: Include these elements:

Positively framed health messages suggest that a change in behavior will lead to a gain; they emphasize the benefits of a health-related behavior. One example might be a cigarette package warning stating that “Quitting smoking now can extend your life expectancy.”

Negatively framed health messages indicate what you can lose by failing to perform a health related behavior. One example might be a cigarette package warning stating that “Continuing to smoke greatly increases the risk of emphysema.”

Positively framed messages are most appropriate for motivating preventive health behavior; negatively framed messages are most effective in producing behavior that will lead to the detection of a disease.

Page: 295

APA Goal: Goal 4: Application of Psychology

127. How happy are you? Evaluate your answer in light of the characteristics of happy people, the general level of happiness in the United States, and the influence of material prosperity on happiness.

*Answer*: The majority of students will likely answer that they are moderately happy, happy, or very happy. They should indicate that this is consistent with their high self-esteem and general sense of control over their lives. Students should respond that like other happy people, they feel optimistic and enjoy being around other people. They should mention that their level of happiness is typical of Americans generally, most of whom report being at least moderately happy. Finally, answers should indicate that material prosperity has little effect on happiness.

Pages: 295–296

APA Goal: Goal 9: Personal Development