AP Psychology Ch. 14 Stress Study Guide

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| **1.** | The field of health psychology is concerned with: |
| **A)** | the prevention of illness. |
| **B)** | the promotion of health. |
| **C)** | the treatment of illness. |
| **D)** | all of the above. |

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| **2.** | Dr. Williams, who conducts smoking cessation clinics, explains to his clients that smoking is best understood as an interaction of psychological, biological, and social influences. Dr. Williams is working within the \_\_\_\_\_\_\_\_ perspective. |
| **A)** | behavioral medicine |
| **B)** | behavioral |
| **C)** | general adaptation syndrome |
| **D)** | psychophysiological |

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| **3.** | According to the text, one-half of all deaths from the 10 leading causes of death in the United States can be attributed to: |
| **A)** | stress. |
| **B)** | obesity. |
| **C)** | nutrition. |
| **D)** | behavior. |

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| **4.** | Behavioral and medical knowledge about factors influencing health form the basis of the field of: |
| **A)** | health psychology. |
| **B)** | holistic medicine. |
| **C)** | behavioral medicine. |
| **D)** | osteopathic medicine. |

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| **5.** | Stress is defined as: |
| **A)** | unpleasant or aversive events that cannot be controlled. |
| **B)** | situations that threaten health. |
| **C)** | the process by which we perceive and respond to challenging or threatening events. |
| **D)** | anything that decreases immune responses. |

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| **6.** | Connie complains to the campus psychologist that she has too much stress in her life. The psychologist tells her that the level of stress people experience depends primarily on: |
| **A)** | how many activities they are trying to do at the same time. |
| **B)** | how they appraise the events of life. |
| **C)** | their physical hardiness. |
| **D)** | how predictable stressful events are. |

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| **7.** | The stress hormones epinephrine and norepinephrine are released by the \_\_\_\_\_\_\_\_ gland in response to stimulation by the \_\_\_\_\_\_\_\_ branch of the nervous system. |
| **A)** | pituitary; sympathetic |
| **B)** | pituitary; parasympathetic |
| **C)** | adrenal; sympathetic |
| **D)** | adrenal; parasympathetic |

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| **8.** | In order, the sequence of stages in the general adaptation syndrome is: |
| **A)** | alarm reaction, stage of resistance, stage of exhaustion. |
| **B)** | stage of resistance, alarm reaction, stage of exhaustion. |
| **C)** | stage of exhaustion, stage of resistance, alarm reaction. |
| **D)** | alarm reaction, stage of exhaustion, stage of resistance. |

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| **9.** | During which stage of the general adaptation syndrome is a person especially vulnerable to disease? |
| **A)** | alarm reaction |
| **B)** | stage of resistance |
| **C)** | stage of exhaustion |
| **D)** | stage of adaptation |

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| **10.** | “Tend and befriend” refers to: |
| **A)** | the final stage of the general adaptation syndrome. |
| **B)** | the health-promoting impact of having a strong system of social support. |
| **C)** | an alternative to the “fight-or-flight” response that may be more common in women. |
| **D)** | the fact that spiritual people typically are not socially isolated. |

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| **11.** | Each semester, Bob does not start studying until just before midterms. Then he is forced to work around the clock until after final exams, which makes him sick, probably because he is in the \_\_\_\_\_\_\_\_ phase of the \_\_\_\_\_\_\_\_. |
| **A)** | alarm; post-traumatic stress syndrome |
| **B)** | resistance; general adaptation syndrome |
| **C)** | exhaustion; general adaptation syndrome |
| **D)** | depletion; post-traumatic stress syndrome |

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| **12.** | Research studies demonstrate that after a catastrophe, rates of \_\_\_\_\_\_\_\_ often increase. |
| **A)** | depression |
| **B)** | anxiety |
| **C)** | stress related illnesses |
| **D)** | all of the above |
| **E)** | none of the above |

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| **13.** | Karen and Kyumi are taking the same course with different instructors. Karen's instructor schedules quizzes every Friday, while Kyumi's instructor gives the same number of quizzes on an unpredictable schedule. Assuming that their instructors are equally difficult, which student is probably under more stress? |
| **A)** | Karen |
| **B)** | Kyumi |
| **C)** | There should be no difference in their levels of stress. |
| **D)** | It is impossible to predict stress levels in this situation. |

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| **14.** | You have just transferred to a new campus and find yourself in a potentially stressful environment. According to the text, which of the following would help you cope with the stress? |
| **A)** | believing that you have some control over your environment |
| **B)** | being able to predict when stressful events will occur |
| **C)** | feeling optimistic that you will eventually adjust to your new surroundings |
| **D)** | All of the above would help. |

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| **15.** | In one experiment, both “executive” rats and “subordinate” rats received identical electric shocks, the only difference being whether the shocks could be: |
| **A)** | predicted. |
| **B)** | weakened. |
| **C)** | shortened. |
| **D)** | controlled. |

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| **16.** | Which of the following would be the best piece of advice to offer a person who is trying to minimize the adverse effects of stress on his or her health? |
| **A)** | “Avoid challenging situations that may prove stressful.” |
| **B)** | “Learn to play as hard as you work.” |
| **C)** | “Maintain a sense of control and a positive approach to life.” |
| **D)** | “Keep your emotional responses in check by keeping your feelings to yourself.” |

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| **17.** | Jill is an easygoing, noncompetitive person who is happy in her job and enjoys her leisure time. She would probably be classified as: |
| **A)** | Type A. |
| **B)** | Type B. |
| **C)** | Type C. |
| **D)** | Type D. |

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| **18.** | In response to uncontrollable shock, levels of stress hormones \_\_\_\_\_\_\_\_ and immune responses are \_\_\_\_\_\_\_\_. |
| **A)** | decrease; suppressed |
| **B)** | increase; suppressed |
| **C)** | decrease; increased |
| **D)** | increase; increased |

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| **19.** | The leading cause of death in North America is: |
| **A)** | lung cancer. |
| **B)** | AIDS. |
| **C)** | coronary heart disease. |
| **D)** | alcohol-related accidents. |
| **E)** | accidents. |

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| **20.** | Researchers Friedman and Rosenman refer to individuals who are very time-conscious, supermotivated, verbally aggressive, and easily angered as: |
| **A)** | ulcer-prone personalities. |
| **B)** | cancer-prone personalities. |
| **C)** | Type A. |
| **D)** | Type B. |

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| **21.** | Which of the following statements concerning Type A and B persons is true? |
| **A)** | Even when relaxed, Type A persons have higher blood pressure than Type B persons. |
| **B)** | When stressed, Type A persons show greater output of stress hormones than Type B persons. |
| **C)** | Type B persons tend to suppress anger more than Type A persons. |
| **D)** | Type A persons tend to sleep more than Type B persons. |
| **E)** | Type A persons tend to drink fewer caffeinated drinks than Type B persons. |

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| **22.** | The component of Type A behavior that is the most predictive of coronary disease is: |
| **A)** | time urgency. |
| **B)** | competitiveness. |
| **C)** | high motivation. |
| **D)** | impatience. |
| **E)** | anger. |

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| **23.** | One effect of stress hormones is to: |
| **A)** | lower the level of cholesterol in the blood. |
| **B)** | promote the buildup of plaques on the artery walls. |
| **C)** | divert blood away from the muscles of the body. |
| **D)** | reduce stress. |
| **E)** | decrease the amount of fat stored in the body. |

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| **24.** | Genuine illnesses that are caused by stress are called \_\_\_\_\_\_\_\_ illnesses. |
| **A)** | psychophysiological |
| **B)** | hypochondriacal |
| **C)** | psychogenic |
| **D)** | psychotropic |

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| **25.** | Randy's score on a recent personality test marked him as “Type D.” This means that he is probably marked by: |
| **A)** | negative emotions. |
| **B)** | social inhibition. |
| **C)** | high risk of heart disease. |
| **D)** | all of the above. |
| **E)** | none of the above. |

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| **26.** | Philip's physician prescribes a stress management program to help Philip control his headaches. The physician has apparently diagnosed Philip's condition as a \_\_\_\_\_\_\_\_ illness, rather than a physical disorder. |
| **A)** | psychogenic |
| **B)** | hypochondriac |
| **C)** | psychophysiological |
| **D)** | biofeedback |

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| **27.** | Stress has been demonstrated to place a person at increased risk of: |
| **A)** | cancer. |
| **B)** | progressing from HIV infection to AIDS. |
| **C)** | bacterial infections. |
| **D)** | viral infections. |
| **E)** | all of the above. |

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| **28.** | Allergic reactions and arthritis are caused by: |
| **A)** | an overreactive immune system. |
| **B)** | an underreactive immune system. |
| **C)** | the presence of B lymphocytes. |
| **D)** | the presence of T lymphocytes. |

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| **29.** | The disease- and infection-fighting cells of the immune system are: |
| **A)** | B lymphocytes. |
| **B)** | T lymphocytes. |
| **C)** | both a. and b. |
| **D)** | antigens. |

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| **30.** | Compared to men, women: |
| **A)** | have stronger immune systems. |
| **B)** | are less susceptible to infections. |
| **C)** | are more susceptible to self-attacking diseases such as multiple sclerosis. |
| **D)** | have none of the above characteristics. |
| **E)** | have all of the characteristics described in a., b., and c. |

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| **31.** | A white blood cell that is formed in the thymus and that attacks cancer cells is: |
| **A)** | a macrophage. |
| **B)** | a B lymphocyte. |
| **C)** | a T lymphocyte. |
| **D)** | any of the above. |

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| **32.** | When would you expect that your immune responses would be weakest? |
| **A)** | during summer vacation |
| **B)** | during exam weeks |
| **C)** | just after receiving good news |
| **D)** | Immune activity would probably remain constant during these times. |

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| **33.** | One effect of stress on the body is to: |
| **A)** | suppress the immune system. |
| **B)** | facilitate the immune system response. |
| **C)** | increase disease resistance. |
| **D)** | increase the growth of B and T lymphocytes. |

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| **34.** | AIDS is a disorder that causes a breakdown in the body's: |
| **A)** | endocrine system. |
| **B)** | circulatory system. |
| **C)** | immune system. |
| **D)** | respiratory system. |

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| **35.** | The AIDS virus is transmitted primarily by: |
| **A)** | airborne transmission of HIV. |
| **B)** | physical touching. |
| **C)** | an exchange of blood or semen. |
| **D)** | insect bites. |

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| **36.** | Research on cancer patients reveals that: |
| **A)** | stress affects the growth of cancer cells by weakening the body's natural resources. |
| **B)** | patients' attitudes can influence their rate of recovery. |
| **C)** | cancer occurs slightly more often than usual among those widowed, divorced, or separated. |
| **D)** | all of the above are true. |

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| **37.** | In one study, laboratory rats drank sweetened water with a drug that causes immune suppression. After repeated pairings of the taste with the drug: |
| **A)** | the animals developed tolerance for the drug and immune responses returned to normal. |
| **B)** | sweet water alone triggered immune suppression. |
| **C)** | dependency on the drug developed and withdrawal symptoms appeared when the drug was withheld. |
| **D)** | many of the animals died. |

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| **38.** | Which of the following was not mentioned in the text as a potential health benefit of exercise? |
| **A)** | Exercise can increase ability to cope with stress. |
| **B)** | Exercise can lower blood pressure. |
| **C)** | Exercise can reduce stress, depression, and anxiety. |
| **D)** | Exercise improves functioning of the immune system. |

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| **39.** | During biofeedback training: |
| **A)** | a subject is given sensory feedback for a subtle body response. |
| **B)** | biological functions controlled by the autonomic nervous system may come under conscious control. |
| **C)** | the accompanying relaxation is much the same as that produced by other, simpler methods of relaxation. |
| **D)** | all of the above occur. |

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| **40.** | Social support \_\_\_\_\_\_\_\_ our ability to cope with stressful events. |
| **A)** | has no effect on |
| **B)** | usually increases |
| **C)** | usually decreases |
| **D)** | has an unpredictable effect on |

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| **41.** | A study in which people were asked to confide troubling feelings to an experimenter found that subjects typically: |
| **A)** | did not truthfully report feelings and events. |
| **B)** | experienced a sustained increase in blood pressure until the experiment was finished. |
| **C)** | became physiologically more relaxed after confiding their problem. |
| **D)** | denied having any problems. |

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| **42.** | Concluding her presentation on spirituality and health, Maja notes that: |
| **A)** | historically, religion and medicine joined hands in caring for the sick. |
| **B)** | most Americans believe that spirituality and religion are related to health. |
| **C)** | people who attend religious services weekly have healthier life-styles. |
| **D)** | all of the above are true. |

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| **43.** | Which of the following was not suggested as a possible explanation of the “faith factor” in health? |
| **A)** | Having a coherent worldview is a buffer against stress. |
| **B)** | Religious people tend to have healthier life-styles. |
| **C)** | Those who are religious have stronger networks of social support. |
| **D)** | Because they are more affluent, religiously active people receive better health care. |

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| **44.** | Research has demonstrated that as a predictor of health and longevity, religious involvement: |
| **A)** | has a small, insignificant effect. |
| **B)** | is more accurate for women than men. |
| **C)** | is more accurate for men than women. |
| **D)** | rivals nonsmoking and exercise. |

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| **45.** | Acupuncture, aromatherapy, and homeopathy are forms of: |
| **A)** | psychophysiological medicine. |
| **B)** | complementary and alternative medicine. |
| **C)** | Chi therapy. |
| **D)** | psychosomatic medicine. |

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| **46.** | Andrew, who is convinced that an expensive herbal remedy “cured” his arthritis, has decided to turn to homeopathy and herbal medicine for all of his health care. You caution him by pointing out that: |
| **A)** | arthritis is a cyclical disease that often improves on its own. |
| **B)** | botanical herbs have never been proven effective in controlled experiments. |
| **C)** | alternative medicine is a recent fad in this country that has few proponents in other parts of the world. |
| **D)** | All of the above are true. |

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| **47.** | Research suggests that \_\_\_\_\_\_\_\_ influences often lead a person to start smoking, whereas \_\_\_\_\_\_\_\_ influences become important in explaining why people continue to smoke. |
| **A)** | biological; social |
| **B)** | social; biological |
| **C)** | biological; cognitive |
| **D)** | cognitive; biological |

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| **48.** | Malcolm's report on the effects of nicotine mentions each of the following except: |
| **A)** | increased heart rate. |
| **B)** | appetite suppression. |
| **C)** | increased circulation to extremities. |
| **D)** | release of endorphins triggered by nicotine. |

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| **49.** | I am a widely abused drug that has a calming effect by stimulating the release of dopamine in the central nervous system. What am I? |
| **A)** | caffeine |
| **B)** | alcohol |
| **C)** | nicotine |
| **D)** | cocaine |

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| **50.** | Which of the following was offered in the text as a reason people continue to smoke? |
| **A)** | Social pressure from peers is strong. |
| **B)** | Cigarettes serve as powerful reinforcers. |
| **C)** | Regular use of nicotine impairs the brain's ability to produce neurotransmitters such as serotonin. |
| **D)** | Most adults who smoke don't really want to quit. |

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| **51.** | Which of the following is true concerning smoking treatment programs? |
| **A)** | Most are effective in the long run. |
| **B)** | Hypnosis is more effective than behavior modification. |
| **C)** | Treatment programs are more effective with women than with men. |
| **D)** | Most participants eventually resume smoking. |

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| **52.** | Camelia is worried that her 12-year-old son might begin smoking because many of his classmates do. According to the text, Camelia can most effectively help her son not begin smoking by: |
| **A)** | telling him about the dangers of smoking. |
| **B)** | telling him that if he begins smoking she will withhold his allowance. |
| **C)** | using role-playing to teach him refusal techniques to counteract peer pressure to smoke. |
| **D)** | insisting that he not associate with anyone who smokes. |

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| **53.** | Studies have demonstrated that meals that are high in \_\_\_\_\_\_\_\_ promote relaxation because they raise levels of \_\_\_\_\_\_\_\_. |
| **A)** | carbohydrates; serotonin |
| **B)** | carbohydrates; cortisol |
| **C)** | protein; serotonin |
| **D)** | protein; cortisol |

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| **54.** | Ricardo has an important psychology exam in the afternoon. In an effort to improve his concentration and alertness, he orders a lunch that is high in \_\_\_\_\_\_\_\_ and low in \_\_\_\_\_\_\_\_. |
| **A)** | carbohydrates; protein |
| **B)** | carbohydrates; fat |
| **C)** | protein; carbohydrates |
| **D)** | protein; fat |

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| **55.** | The tendency to overeat when food is plentiful: |
| **A)** | is a recent phenomenon that is associated with the luxury of having ample food. |
| **B)** | emerged in our prehistoric ancestors as an adaptive response to alternating periods of feast and famine. |
| **C)** | is greater in developed, than in developing, societies. |
| **D)** | is stronger in women than in men. |

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| **56.** | Research on obesity indicates that: |
| **A)** | pound for pound, fat tissue requires more calories to maintain than lean tissue. |
| **B)** | once fat cells are acquired they are never lost, no matter how rigorously one diets. |
| **C)** | one pound of weight is lost for every 3500-calorie reduction in diet. |
| **D)** | when weight drops below the set point, hunger and metabolism also decrease. |

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| **57.** | Which of the following is not necessarily a reason that obese people have trouble losing weight? |
| **A)** | Fat tissue has a lower metabolic rate than lean tissue. |
| **B)** | Once a person has lost weight, it takes fewer calories to maintain his or her current weight. |
| **C)** | The tendency toward obesity may be genetically based. |
| **D)** | Obese people tend to lack willpower. |

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| **58.** | After an initial rapid weight loss, a person on a diet loses weight much more slowly. This slowdown occurs because: |
| **A)** | most of the initial weight loss is simply water. |
| **B)** | when a person diets, metabolism decreases. |
| **C)** | people begin to “cheat” on their diets. |
| **D)** | insulin levels tend to increase with reduced food intake. |

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| **59.** | The number of fat cells a person has is influenced by: |
| **A)** | genetic predisposition. |
| **B)** | childhood eating patterns. |
| **C)** | adulthood eating patterns. |
| **D)** | all of the above. |

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| **60.** | Kenny and his brother have nearly identical eating and exercise habits, yet Kenny is obese and his brother is very thin. The most likely explanation for the difference in their body weights is that they differ in: |
| **A)** | their set points. |
| **B)** | their metabolic rates. |
| **C)** | both a. and b. |
| **D)** | none of the above. |

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| **61.** | Research on genetic influences on obesity reveals that: |
| **A)** | the body weight of adoptees correlates with that of their biological parents. |
| **B)** | the body weight of adoptees correlates with that of their adoptive parents. |
| **C)** | identical twins usually have very different body weights. |
| **D)** | the body weights of identical twin women are more similar than those of identical twin men. |
| **E)** | none of the above is true. |

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| **62.** | In studies of obese mice, researchers have found that some mice: |
| **A)** | had a defective gene for producing leptin, a fat-detecting hormone. |
| **B)** | had abnormally high levels of insulin, a hunger-triggering hormone. |
| **C)** | could be conditioned to avoid fatty foods. |
| **D)** | had fewer-than-normal receptor sites for a fat-detecting hormone. |
| **E)** | are immune to changes in hormone levels. |

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| **63.** | Which of the following would be the worst piece of advice to offer to someone trying to lose weight? |
| **A)** | “In order to treat yourself to one 'normal' meal each day, eat very little until the evening meal.” |
| **B)** | “Reduce your consumption of saturated fats.” |
| **C)** | “Boost your metabolism by exercising regularly.” |
| **D)** | “Without increasing total caloric intake, increase the relative proportion of carbohydrates in your diet.” |

**Answer Key**

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| **1.** | D |
| **2.** | A |
| **3.** | D |
| **4.** | C |
| **5.** | C |
| **6.** | B |
| **7.** | C |
| **8.** | A |
| **9.** | C |
| **10.** | C |
| **11.** | C |
| **12.** | D |
| **13.** | B |
| **14.** | D |
| **15.** | D |
| **16.** | C |
| **17.** | B |
| **18.** | B |
| **19.** | C |
| **20.** | C |
| **21.** | B |
| **22.** | E |
| **23.** | B |
| **24.** | A |
| **25.** | D |
| **26.** | C |
| **27.** | E |
| **28.** | A |
| **29.** | C |
| **30.** | E |
| **31.** | C |
| **32.** | B |
| **33.** | A |
| **34.** | C |
| **35.** | C |
| **36.** | D |
| **37.** | B |
| **38.** | D |
| **39.** | D |
| **40.** | B |
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| **44.** | D |
| **45.** | B |
| **46.** | A |
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| **49.** | C |
| **50.** | B |
| **51.** | D |
| **52.** | C |
| **53.** | A |
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| **56.** | B |
| **57.** | D |
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| **59.** | D |
| **60.** | C |
| **61.** | A |
| **62.** | A |
| **63.** | A |