

Chapter 2 – Mental Health and Stress

Multiple-Choice Questions

1. The approach to psychological research that, instead of studying mental illness, studies such things as happiness, character strengths, and healthy emotions is called
- A. positive thinking.
 - B. positivism.
 - C. positive health modeling.
 - D. positive psychology.

Answer: D

Page(s): 25

Bloom's: Understand

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

2. Research on positive psychology has led scientists to identify six virtues that “enable human thriving.” One of these is
- A. temperance.
 - B. competitiveness.
 - C. individualism.
 - D. zeal.

Answer: A

Page(s): 25-26

Bloom's: Remember

Topic: What Is Mental Health?

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3. The highest level of Maslow's needs hierarchy is characterized by
- A. constant self-absorption.
 - B. a profound sense of unworthiness.
 - C. a continuing drive to achieve more.
 - D. a state of transcendence and well-being.

Answer: D

Page(s): 27

Bloom's: Understand

Topic: What Is Mental Health?

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4. The basic premise of Maslow's hierarchy of needs theory is that people will pursue their highest potential when
- A. circumstances force them to do it.
 - B. they model the behavior of other successful people.
 - C. they can acknowledge all their psychological faults.
 - D. their basic needs are met.

Answer: D

Page(s): 27

Bloom's: Understand

Topic: What Is Mental Health?

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5. In the hierarchy of needs pyramid, the order of human needs progresses as follows:
- A. safety and security; physiological needs; self-esteem; love and belongingness; self-actualization.
 - B. physiological needs; safety and security; love and belongingness; self-esteem; self-actualization.
 - C. physiological needs; safety and security; self-actualization; self-esteem; love and belongingness.
 - D. safety and security; love and belongingness; physiological needs; self-esteem; self-actualization.

Answer: B

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

6. Which of the following is most strongly associated with better mental health?
- A. isolation
 - B. optimism
 - C. intelligence
 - D. self-employment

Answer: B

Page(s): 27

Bloom's: Understand

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

7. Which type of intelligence involves self-awareness and sensitivity to others?
- A. spatial
 - B. general
 - C. emotional
 - D. interpersonal

Answer: C

Page(s): 29

Bloom's: Understand

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

8. Mentally healthy people tend to have
- A. high-paying jobs.
 - B. high self-esteem.
 - C. a high percentage of risk factors.
 - D. a minimal support system.

Answer: B

Page(s): 25

Bloom's: Understand

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

9. Which of the following is a key to reducing stress and leading a mentally healthy life?
- A. going to a top-10 college
 - B. getting married
 - C. social support
 - D. having children

Answer: C

Page(s): 50

Bloom's: Understand

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

10. You are demonstrating a sense of self-efficacy when you believe you are
- A. always right.
 - B. a good person.
 - C. more gifted than others.
 - D. in control of your circumstances.

Answer: D

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

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11. The ability to bounce back from an adverse event is known as
- A. realism.
 - B. retribution.
 - C. resilience.
 - D. recognition.

Answer: C

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

12. Your brain is not fully developed until you reach your
- A. early twenties.
 - B. teens.
 - C. fifth birthday.
 - D. fortieth birthday.

Answer: A

Page(s): 32

Bloom's: Remember

Topic: The Brain's Role in Mental Health and Illness

Learning Objective: Discuss the brain's role in mental health and illness.

13. A person suffering from depression commonly experiences
- A. a lack of guilt.
 - B. improved concentration.
 - C. an unusual passion for hobbies.
 - D. fatigue.

Answer: D

Page(s): 35

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

14. Jorge has always been a top student, but for the past couple of months he no longer enjoys school and can't concentrate, so his grades are far lower than they could be. With which of the following conditions is Jorge most likely to be diagnosed?
- A. bipolar disorder
 - B. hypersomnia
 - C. major depressive disorder
 - D. panic disorder

Answer: C

Page(s): 35

Bloom's: Apply

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15. Jenna sometimes "shops till she drops," meaning she shops on an exhilarating high until she crashes into a major depressive episode. Jenna's behavior is most common to which disorder?
- A. obsessive-compulsive
 - B. major depressive
 - C. bipolar
 - D. generalized anxiety

Answer: C

Page(s): 35

Bloom's: Apply

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

16. Geoff showers four or five times during the course of a day and washes his hands almost every time he touches something. Geoff's behavior most closely resembles symptoms of
- A. agoraphobia.
 - B. obsessive-compulsive disorder.
 - C. a major depressive disorder.
 - D. a psychosis.

Answer: B

Page(s): 36

Bloom's: Apply

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

17. Which of the following statements about schizophrenia is true?
- A. Brain scanning technologies reveal abnormalities in the brains of people with schizophrenia.
 - B. There is no hereditary risk in the occurrence of schizophrenia.
 - C. Behavioral therapies are the only available treatments.
 - D. People who are schizophrenic always hear voices.

Answer: A

Page(s): 37

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

18. Scott, age 24, has withdrawn from most social contact and stopped dressing appropriately. When you speak with him, his conversation tends to make no sense. Of the following options, Scott is most likely to be diagnosed with
- A. a generalized anxiety disorder.
 - B. a specific phobia.
 - C. an addiction.
 - D. schizophrenia.

Answer: D

Page(s): 37

Bloom's: Apply

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

19. According to the spring 2014 National College Health Assessment, approximately _____ percent of college students seriously considered suicide in the past year.
- A. 1
 - B. 8
 - C. 16
 - D. 26

Answer: B

Page(s): 37

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

20. Which of the following is a warning sign or event that often precedes a suicide attempt?
- A. acting normally
 - B. social isolation
 - C. decrease in risk-taking behaviors
 - D. a constant desire for companionship

Answer: B

Page(s): 38

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

21. When a person with a physiological dependence on a substance needs higher and higher doses to achieve a high, that person is experiencing the characteristic signs of
- A. a compulsion.
 - B. loss of interest.
 - C. tolerance.
 - D. withdrawal.

Answer: C

Page(s): 36

Bloom's: Understand

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Learning Objective: Describe the various mental disorders and appropriate treatments for each.

22. Which part of the brain activates the stress response?
- A. corticoid
 - B. cerebral cortex
 - C. parasympathetic nervous system
 - D. hypothalamus

Answer: B

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

23. The stress response is a series of _____ that occur in the face of a threat.
- A. physiological changes
 - B. trained behaviors
 - C. threatening images
 - D. irrational thoughts

Answer: A

Page(s): 42

Bloom's: Understand

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

24. Which system controls our involuntary, unconscious actions?
- A. autonomic nervous system
 - B. sympathetic system
 - C. limbic system
 - D. autoimmune system

Answer: A

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

25. Of the following bodily changes, which is associated with the stress response?
- A. decreased blood pressure
 - B. muscle relaxation
 - C. slowed heart rate
 - D. increased metabolism

Answer: D

Page(s): 42

Bloom's: Understand

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

26. Selye proposed the General Adaptation Syndrome (GAS) model to explain
- A. how organisms respond physiologically to stressors.
 - B. how different people respond differently to stress.
 - C. the difference between good and bad stress.
 - D. the effects of stress on our health.

Answer: A

Page(s): 43

Bloom's: Understand

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

27. The _____ stage of the General Adaptation Syndrome is characterized by a reduction in immune system functioning that will be temporary if the stress is over quickly.
- A. exhaustion
 - B. alarm
 - C. fight-or-flight
 - D. resistance

Answer: B

Page(s): 43

Bloom's: Remember

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

28. The body can no longer keep up with the demands of the stressor in the _____ stage of the General Adaptation Syndrome.
- A. alarm
 - B. exhaustion
 - C. fight-or-flight
 - D. resistance

Answer: B

Page(s): 43

Bloom's: Remember

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Learning Objective: Explore stress and how it affects human health.

29. Long-term exposure to stress can damage the cardiovascular system by causing
- A. sudden, dangerous increases in the heart rate.
 - B. excessive electrical activity in heart muscle.
 - C. chronic high blood pressure.
 - D. heart valve malfunction.

Answer: C

Page(s): 44

Bloom's: Understand

Topic: Stress and Your Health

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30. Iraq war veteran Mallory was diagnosed with post-traumatic stress disorder based on the fact that her symptoms were
- A. acute and disabling.
 - B. irregular and nonspecific.
 - C. hampering her readjustment to civilian life.
 - D. not apparent until a year after she returned home.

Answer: D

Page(s): 44

Bloom's: Apply

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

31. In which of the following would a response to a stressor continue for a longer period than would normally be expected?
- A. acute stress disorder
 - B. adjustment disorder
 - C. bipolar disorder
 - D. post-traumatic stress disorder

Answer: B

Page(s): 44

Bloom's: Understand

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

32. An achievement orientation is associated with which personality type?
- A. Type A
 - B. Type B
 - C. Type C
 - D. Type D

Answer: A

Page(s): 45

Bloom's: Understand

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

33. Which of the following personality types describes people who are impulsive, need to get things done quickly, and live their lives on a time schedule?
- A. Type A
 - B. Type B
 - C. Type C
 - D. Type X

Answer: A

Page(s): 45

Bloom's: Remember

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

34. Among Type A individuals, the trait that appears to be most harmful to health is
- A. hostility.
 - B. infidelity.
 - C. self-esteem.
 - D. competitiveness.

Answer: A

Page(s): 45

Bloom's: Remember

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

35. Kristi's friends all describe her as cool and not easily frustrated. Kristi most likely has which type of personality type?
- A. Type A
 - B. Type B
 - C. Type C
 - D. Type D

Answer: B

Page(s): 45

Bloom's: Apply

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

36. Which of the following statements displays "hardiness"?
- A. "I don't know what to do—all of my professors are so difficult!"
 - B. "My new professor has it in for me. It will be easier just to drop the class."
 - C. "This class is hard, so I'll just do the bare minimum to pass."
 - D. "My new professor is difficult, but I know that if I work hard enough I'll learn a lot from her."

Answer: D

Page(s): 45

Bloom's: Apply

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

37. _____ is a style of coping with stress that features a positive outlook, a sense of commitment, and a sense of control.
- A. Distorted thinking
 - B. Visualization
 - C. Hardiness
 - D. Realism

Answer: C

Page(s): 45

Bloom's: Remember

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

38. Holmes and Rahe created the Social Readjustment Scale to measure a person's
- A. ability to cope with stressors.
 - B. recovery from an acute stress disorder.
 - C. risk of developing stress-related illnesses.
 - D. risk of encountering environmental stressors.

Answer: C

Page(s): 46

Bloom's: Understand

Topic: Sources of Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

39. Daily hassles, such as arguments and car problems, can cause health problems when
- A. they coincide with a major stressful life event.
 - B. you don't have a period of recovery.
 - C. you forget to take an anti-anxiety medication.
 - D. they occur infrequently.

Answer: B

Page(s): 46

Bloom's: Understand

Topic: Sources of Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

40. Groups of conditions that often start before a child enters grade school and include limitations on learning and difficulty with behavior control and social skills are known as
- A. mood disorders.
 - B. psychotic disorders.
 - C. neurodevelopmental disorders.
 - D. depressive disorders.

Answer: C

Page(s): 34

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

41. James is an impulsive 7-year-old who is constantly in motion and has an extreme inability to focus. After evaluation, he is diagnosed with a neurodevelopmental disorder. Of the following, which is the most likely diagnosis?
- A. autism spectrum disorder (ASD)
 - B. bipolar disorder
 - C. obsessive-compulsive disorder
 - D. attention-deficit/hyperactivity disorder (ADHD)

Answer: D

Page(s): 34

Bloom's: Apply

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Learning Objective: Describe the various mental disorders and appropriate treatments for each.

42. The concept central to _____ is to calm the mind, cleanse the body, and raise awareness through activities involving posture, breathing, and body and mind awareness.
- A. yoga
 - B. t'ai chi
 - C. biofeedback
 - D. affirmations

Answer: A

Page(s): 52

Bloom's: Remember

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

43. _____ are positive thoughts that one can write down or say to oneself to balance negative thoughts.
- A. Affirmations
 - B. Distortions
 - C. Biofeedbacks
 - D. Achievements

Answer: A

Page(s): 52

Bloom's: Remember

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

44. Gathering information about your heart rate, breathing, and skin temperature in order to recognize stress response symptoms is a technique referred to as
- A. affirmation.
 - B. regulation.
 - C. biofeedback.
 - D. yoga.

Answer: C

Page(s): 52

Bloom's: Remember

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

45. The concept central to _____ is to promote the flow of life energy throughout the body.
- A. affirmations
 - B. biofeedback
 - C. yoga
 - D. t'ai chi

Answer: D

Page(s): 52

Bloom's: Remember

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

46. According to Kübler-Ross, when a person believes he or she is in the process of dying, he/she passes through five stages. Which of the following is the linear order originally presented by Kübler-Ross?
- A. anger; denial and isolation; bargaining; depression; acceptance
 - B. denial and isolation; bargaining; depression; anger; acceptance
 - C. denial and isolation; anger; bargaining; depression; acceptance
 - D. depression; bargaining; anger; denial and isolation; acceptance

Answer: C

Page(s): 31

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

47. Which of the following is NOT a symptom of grief?
- A. lethargy
 - B. eustress
 - C. headaches
 - D. sleep disturbances

Answer: B

Page(s): 30

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

48. Kathleen's brother passed away six months ago. Recently, Kathleen has been imagining herself having conversations with her brother as if he were still alive. What phase of bereavement is she most likely experiencing?
- A. separation
 - B. numbness and shock
 - C. disorganization
 - D. reorganization

Answer: A

Page(s): 30

Bloom's: Apply

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

49. It's been two years since Frank's mother passed away but he still finds that he has trouble concentrating on anything for too long and often feels tired. What phase of bereavement is Frank most likely experiencing?
- A. numbness and shock
 - B. separation
 - C. disorganization
 - D. reorganization

Answer: C

Page(s): 31

Bloom's: Apply

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

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

Answer: C

Page(s): 31

Bloom's: Apply

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

51. Bereavement typically involves four phases. Which of the following is NOT one of the four phases?
- A. numbness and shock
 - B. depression
 - C. separation
 - D. reorganization

Answer: B

Page(s): 30-31

Bloom's: Remember

Topic: The Grieving Process: Part of Life

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True/False Questions

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

Answer: False

Page(s): 29-30

Bloom's: Understand

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

53. Mentally healthy individuals try to control irrational thoughts and levels of stress.

Answer: True

Page(s): 25, 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

54. Social support can help protect you against illness.

Answer: True

Page(s): 50

Bloom's: Remember

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

55. Pessimists view failure as temporary and limited.

Answer: False

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

56. Taking reasonable risks is part of being mentally healthy.
- Answer: True
Page(s): 25, 27
Bloom's: Understand
Topic: What Is Mental Health?
Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.
57. "Executive functions" of the brain, including planning and organizing, are not fully developed until the early- to mid-20s.
- Answer: True
Page(s): 32
Bloom's: Remember
Topic: The Brain's Role in Mental Health and Illness
Learning Objective: Discuss the brain's role in mental health and illness.
58. The brain is fully developed by the time a child reaches puberty.
- Answer: False
Page(s): 32
Bloom's: Remember
Topic: The Brain's Role in Mental Health and Illness
Learning Objective: Discuss the brain's role in mental health and illness.
59. In the United States today, it is unusual for people to live with undiagnosed mental disorders.
- Answer: False
Page(s): 35
Bloom's: Understand
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
60. Approximately half of depressed individuals seek help.
- Answer: False
Page(s): 35
Bloom's: Remember
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.

61. Generalized anxiety disorder is characterized by behaviors such as repetitive hand-washing.
- Answer: False
Page(s): 36
Bloom's: Understand
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
62. The symptoms of schizophrenia most commonly manifest themselves in childhood.
- Answer: False
Page(s): 37
Bloom's: Remember
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
63. Women usually develop schizophrenic symptoms earlier than men do.
- Answer: False
Page(s): 37
Bloom's: Remember
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
64. People addicted to sex, Internet use, or shopping can experience euphoria similar to that experienced with drug use.
- Answer: True
Page(s): 36-37
Bloom's: Understand
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: False

Page(s): 49

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

66. Research has established that drugs cause addiction by operating on the “pleasure pathway” in the brain.

Answer: True

Page(s): 36

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

67. In the United States, firearms are used in 55–60 percent of all suicides.

Answer: True

Page(s): 37

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: False

Page(s): 37

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

69. As many as 90 percent of those who commit suicide have a mental disorder.
- Answer: True
Page(s): 37
Bloom's: Remember
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
70. Drugs to treat mood disorders are among the most frequently prescribed medications in the United States.
- Answer: True
Page(s): 39
Bloom's: Remember
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
71. Individuals who self-mutilate rarely have a history of physical abuse or substance use, thus making it difficult for scientists to identify the cause of self-inflicted harm.
- Answer: False
Page(s): 38
Bloom's: Understand
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.
72. Studies indicate that antidepressants can increase the risk of suicidal thoughts in young adults.
- Answer: True
Page(s): 39
Bloom's: Remember
Topic: Mental Disorders and Treatment
Learning Objective: Describe the various mental disorders and appropriate treatments for each.

73. Humans are unique in that they are the only members of the animal kingdom that need sudden bursts of energy to fight or flee from situations perceived as dangerous.
- Answer: False
Page(s): 42
Bloom's: Remember
Topic: What Is Stress?
Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.
74. Immunity breaks down in the resistance stage of the General Adaptation Syndrome.
- Answer: False
Page(s): 43
Bloom's: Remember
Topic: Stress and Your Health
Learning Objective: Explore stress and how it affects human health.
75. It is not the stressor itself that creates health problems, but the body's natural responses to the stressor.
- Answer: True
Page(s): 43
Bloom's: Understand
Topic: Stress and Your Health
Learning Objective: Explore stress and how it affects human health.
76. One way to fight illness is to induce the relaxation response during moments of stress.
- Answer: True
Page(s): 51
Bloom's: Understand
Topic: Managing Stress
Learning Objective: Describe key stressors and various strategies to manage stress and relax.
77. Symptoms of post-traumatic stress disorder usually appear immediately after the traumatic event.
- Answer: False
Page(s): 44
Bloom's: Remember
Topic: Stress and Your Health
Learning Objective: Explore stress and how it affects human health.

78. Ulcers are more of a psychological problem than a biological problem.

Answer: False

Page(s): 44

Bloom's: Remember

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

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

Answer: True

Page(s): 45

Bloom's: Remember

Topic: Stress and Your Health

Learning Objective: Explore stress and how it affects human health.

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

Answer: False

Page(s): 46

Bloom's: Understand

Topic: Sources of Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

81. Job pressure is a leading stressor for American adults.

Answer: True

Page(s): 46-47

Bloom's: Remember

Topic: Sources of Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

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

Answer: True

Page(s): 48

Bloom's: Remember

Topic: Sources of Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

83. At some major universities, 40 percent of all undergraduates visit the counseling center.

Answer: True

Page(s): 49

Bloom's: Remember

Topic: Sources of Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

84. In 1969, Elisabeth Kübler-Ross proposed a set of stages that people go through when they believe that they are in the process of dying. Studies have shown that these stages are experienced in a distinctly linear fashion; once a stage is completed, it is never revisited.

Answer: False

Page(s): 31

Bloom's: Understand

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

85. The separation stage of bereavement is characterized by the pain of loss and an intense yearning to be reunited with the person who passed away.

Answer: True

Page(s): 30

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

86. Studies suggest that people involved in religion at the end of life tend to be less anxious about death than those who are less religiously involved.

Answer: True

Page(s): 31

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

87. Grief can have a negative impact on immune system functioning.

Answer: True

Page(s): 30

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

88. Studies have shown that surviving spouses may have increased odds for heart disease, cancer, depression, alcoholism, and suicide.

Answer: True

Page(s): 30

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

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

Answer: False

Page(s): 31

Bloom's: Understand

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

Short-Answer Questions

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

Answer: mental

Page(s): 25, 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

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

Answer: emotional

Page(s): 29

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

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

Answer: resilience

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

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

Answer: optimistic

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

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

Answer: efficacy

Page(s): 27

Bloom's: Remember

Topic: What Is Mental Health?

Learning Objective: Define mental health and discuss the characteristics of mentally healthy and self-actualized people.

95. Depressive and bipolar disorders are classified as _____ disorders.

Answer: mood

Page(s): 35

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: weeks

Page(s): 35

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: bipolar

Page(s): 35

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: panic attack

Page(s): 35

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

99. _____ is the dependence on a substance or behavior.

Answer: Addiction

Page(s): 36

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: phobia

Page(s): 36

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

101. The most significant features of _____ disorder are intrusive, persistent thoughts, impulses, or images that cause intense anxiety or distress.

Answer: obsessive-compulsive

Page(s): 36

Bloom's: Understand

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

102. The severe mental disorder characterized by disorganized and disordered thinking and perceptions, bizarre ideas, hallucinations, and impaired functioning is called _____.

Answer: schizophrenia

Page(s): 37

Bloom's: Remember

Topic: Mental Disorders and Treatment

Learning Objective: Describe the various mental disorders and appropriate treatments for each.

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

Answer: stressor

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

104. Positive stress is also called _____.

Answer: eustress

Page(s): 43

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

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

Answer: fight-or-flight

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

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

Answer: homeostasis

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

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

Answer: sympathetic

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

108. The _____ glands release the hormones cortisol, epinephrine, and norepinephrine into the bloodstream.

Answer: adrenal

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

109. Another name for adrenaline is _____.

Answer: epinephrine

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

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

Answer: relaxation

Page(s): 42

Bloom's: Remember

Topic: What Is Stress?

Learning Objective: Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.

111. The stress response itself can become damaging when people live in a state of _____ stress, in which the stressful conditions are ongoing and the stress response continues without resolution.
Answer: chronic
Page(s): 42
Bloom's: Understand
Topic: What Is Stress?
Learning Objective: Explore stress and how it affects human health.
112. Selye's model for the physiological changes associated with the stress response is called the _____ (GAS).
Answer: General Adaptation Syndrome
Page(s): 43
Bloom's: Remember
Topic: Stress and Your Health
Learning Objective: Explore stress and how it affects human health.
113. People who tend to be impulsive, who need to get things done quickly, and who are sometimes considered hostile, competitive, or impatient, are Type _____ individuals.
Answer: A
Page(s): 45
Bloom's: Remember
Topic: Stress and Your Health
Learning Objective: Explore stress and how it affects human health.
114. Some people display a great deal of _____, which is defined as an ongoing accumulation of anger and irritation.
Answer: hostility
Page(s): 45
Bloom's: Remember
Topic: Stress and Your Health
Learning Objective: Explore stress and how it affects human health.
115. The visualization technique for stress reduction that uses relaxing images to bring about a relaxation response is called _____, or visualization.
Answer: guided imagery
Page(s): 51
Bloom's: Remember
Topic: Managing Stress
Learning Objective: Describe key stressors and various strategies to manage stress and relax.

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

Answer: yoga

Page(s): 52

Bloom's: Remember

Topic: Managing Stress

Learning Objective: Describe key stressors and various strategies to manage stress and relax.

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

Answer: anger

Page(s): 31

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

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

Answer: acceptance

Page(s): 31

Bloom's: Remember

Topic: The Grieving Process: Part of Life

Learning Objective: Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one's own mortality.

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

Answer: separation

Page(s): 30

Bloom's: Remember

Topic: The Grieving Process: Part of Life

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