

Connect Core Concepts in Health BRIEF, 16e (Insel)
Chapter 2 Stress: The Constant Challenge

- 1) The term *stressor* refers to
 - A) a response to normal activities of daily life.
 - B) a physical or psychological event.
 - C) a physical reaction to fright.
 - D) a return to homeostasis.

- 2) Which one is a stressor?
 - A) a final exam
 - B) sweaty palms
 - C) elevated heart rate
 - D) high fever

- 3) Which item best represents the term "stress"?
 - A) public speaking
 - B) a startle response
 - C) anxiety about a test
 - D) taking a test

- 4) Which of these is LEAST likely to be considered a stressor?
 - A) memories of the death of a loved one
 - B) sweaty palms
 - C) getting married
 - D) air pollution

- 5) Which physiological systems initiate the body's physical response to stressors?
 - A) cardiorespiratory
 - B) neuroendocrine
 - C) digestive and lymphatic
 - D) musculoskeletal

- 6) Which neurotransmitter is activated when you are faced with the threat of a physical attack?
 - A) acetylcholine
 - B) serotonin
 - C) parasympathetic
 - D) norepinephrine

- 7) The autonomic nervous system directly controls all the following EXCEPT
 - A) digestion.
 - B) heart rate.
 - C) voluntary muscle contraction.
 - D) blood pressure.

- 8) Which is correct regarding the parasympathetic branch of the autonomic nervous system?
- A) It is responsible for mobilizing energy sources for use in a crisis.
 - B) It activates the endocrine system.
 - C) It is activated when one is frightened or angry.
 - D) It aids in digestion and promoting growth.
- 9) Which branch of the autonomic nervous system is activated when a person is agitated by a stressor?
- A) central
 - B) somatic
 - C) parasympathetic
 - D) sympathetic
- 10) Which system helps control body functions by releasing hormones?
- A) central nervous system
 - B) endocrine system
 - C) endorphin system
 - D) integumentary system
- 11) Which change does NOT occur as a result of cortisol and epinephrine being released in response to stress?
- A) Hearing and vision become more acute.
 - B) The pancreas increases secretion of insulin.
 - C) The liver releases sugar into the blood.
 - D) Perspiration increases.
- 12) Which process is most likely to be controlled by the parasympathetic nervous system?
- A) lifting an apple to your mouth
 - B) release of digestive enzymes
 - C) increased rate of breathing as you trot across a street
 - D) release of endorphins
- 13) Which response would be expected from stimulation of the sympathetic nervous system?
- A) activation of the adrenal glands
 - B) increased storage of sugar in the liver
 - C) constriction of pores and reduced sweat rate
 - D) return of heart rate and respiration to resting levels
- 14) In which situation would you anticipate endorphins to be released?
- A) drifting off to sleep
 - B) eating a meal
 - C) waking up in the morning
 - D) vigorous exercise

- 15) Which body reaction is characteristic of the stress response?
- A) pupils constrict
 - B) respiratory mucous membranes shrink
 - C) body temperature drops
 - D) skin blood vessels dilate
- 16) Which is FALSE regarding the fight-or-flight reaction?
- A) It is particularly useful in coping with modern life.
 - B) It enables us to quickly escape from possible injury.
 - C) It prepares our bodies for action by boosting energy.
 - D) It enables our bodies to perceive danger more quickly.
- 17) Which branch of the autonomic nervous system returns the body to homeostasis following exposure to a stressor?
- A) central
 - B) somatic
 - C) parasympathetic
 - D) sympathetic
- 18) What is homeostasis?
- A) It is the response of the body to unmanaged stress.
 - B) It is the body's condition during the fight-or-flight reaction.
 - C) It is the body's process of maintaining a stable internal environment.
 - D) It is the response of the body to prolonged exposure to stressors.
- 19) The sum of one's cognitive, behavioral, and emotional tendencies defines
- A) personality.
 - B) temperament.
 - C) happiness.
 - D) intelligence.
- 20) Which statement about people with hardy personalities is FALSE?
- A) They view stressors as growth opportunities.
 - B) They tend to perceive fewer situations as stressful.
 - C) They tend to have an external locus of control.
 - D) They have a commitment to their activities.
- 21) Which is a good example of a resilient personality?
- A) a single mother of two who works a part-time job and is completing coursework for a college degree
 - B) an athlete who is focused on training for an upcoming event
 - C) an intelligent person failing an exam
 - D) a person with an undiagnosed disability

22) Based on the statistics published by the American Psychological Association Stress in America survey, which is correct regarding reports of "tremendous stress" among college students?

- A) Males are more likely than females to report tremendous stress.
- B) Females are more likely than males to report tremendous stress.
- C) There is no difference between male and female college students.
- D) Over 85% of all college students report tremendous stress.

23) What is a significant difference between eustress and distress?

- A) Eustress is only triggered by something pleasant but challenging.
- B) Eustress is only triggered by something considered to be a hindrance.
- C) Eustress does not trigger the stress response.
- D) Eustress is triggered only when there is an absence of stimulation.

24) Sam is very anxious about the organic chemistry class he's signed up for. He dreads taking tests. Which of these things is likely to improve his cognitive response to this situation?

- A) knowing in advance when the tests are scheduled
- B) acknowledging that he has no control
- C) reminding himself that if it gets too hard he can always walk out
- D) seeking to follow a stressed power motivation coping format

25) Which individual would be most likely to demonstrate the psychological characteristic of affiliation motivation?

- A) Mohammed, who is a member of several fraternities and always takes charge at the weekly meetings
- B) Shania, who always joins you at lunch and often reaches out to meet new friends on campus
- C) Cindy, who is President of the debate club, and was previously President of the Student Union
- D) Saul, a freshman who rarely speaks in class and does not belong to any campus clubs

26) George just received an F on his term paper. Which type of stress is he likely to experience?

- A) eustress
- B) allostatic stress
- C) distress
- D) chronic stress

27) According to the general adaptation syndrome model, during which phase would the fight-or-flight reaction occur?

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

28) According to the general adaptation syndrome theory of stress, at which point would you be expected to have the greatest resistance to injury?

- A) during your first week at a new school
- B) after being at your new school for a few weeks
- C) during final exam week at school
- D) during periods when you have several stressors simultaneously

29) Tom is very anxious about an upcoming exam. He has no appetite, is easily distracted, and has had difficulty sleeping. According to the general adaptation syndrome theory, which stage of stress response is Tom most likely experiencing?

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

30) According to the general adaptation syndrome theory, what is the body's typical response during the resistance stage?

- A) It is in a relaxed state.
- B) There is heightened activation of the sympathetic nervous system.
- C) A new level of homeostasis is established.
- D) It can no longer react effectively to normal life situations.

31) According to the general adaptation syndrome theory, the exhaustion phase may occur when

- A) the fight-or-flight reaction is resolved.
- B) stress-related hormones are secreted.
- C) allostatic load is alleviated.
- D) multiple stressors occur in succession.

32) Which is NOT typical of the exhaustion stage of the general adaptation syndrome?

- A) a new level of homeostasis
- B) chronic illness
- C) physiological depletion
- D) depression

33) The physiological consequence of exposure to repeated or chronic stress is referred to as

- A) eustress.
- B) distress.
- C) homeostasis.
- D) allostatic load.

34) Psychoneuroimmunology (PNI) is the study of the interaction among all the following systems EXCEPT the _____ system.

- A) nervous
- B) endocrine
- C) immune
- D) integumentary

- 35) Which is the correct interpretation of psychoneuroimmunology?
- A) It is the study of how hormone-like substances translate stressful emotions into biochemical events which affect the immune system.
 - B) It is the study of how immune system components like lymphocytes can affect personality traits.
 - C) It is the study of how personality traits can affect the nervous system.
 - D) It implies that interactions between the immune system and the nervous system can lead to personality traits like hardiness.
- 36) Which relationship has been shown through the study of psychoneuroimmunology?
- A) Increased levels of cortisol are linked to a decreased number of lymphocytes.
 - B) Increased levels of cortisol are linked to an increased number of lymphocytes.
 - C) Decreased levels of cortisol are linked to a decreased number of lymphocytes.
 - D) There appears to be no relationship between cortisol and lymphocytes.
- 37) What is the role of chronic stress in diseases such as heart disease and type 2 diabetes?
- A) acceleration of inflammation
 - B) reduction in blood pressure
 - C) reduced heart rate
 - D) increased blood flow
- 38) Which character trait is most closely associated with elevated risk of cardiovascular disease?
- A) hostility
 - B) excitability
 - C) lack of purpose
 - D) resilience
- 39) Stress has been found to contribute to which of the following conditions?
- A) depression
 - B) schizophrenia
 - C) autism
 - D) osteoporosis
- 40) Which condition has been linked to unmanaged stress?
- A) constipation
 - B) myopia
 - C) impacted teeth
 - D) glaucoma
- 41) Which statement is FALSE regarding stress?
- A) The sequence of physiological responses to eustress and distress are different.
 - B) The college years are often very stressful.
 - C) Positive changes in one's life can be significant stressors.
 - D) Stress responses can vary depending genetic factors.

- 42) Which is the most common form of headache?
- A) tension headaches
 - B) migraines
 - C) cluster headaches
 - D) sinus headaches
- 43) Which group is disproportionately affected by cluster headaches?
- A) men
 - B) women
 - C) teenagers
 - D) elderly
- 44) According to the Stress in America Survey, which statement is consistent with the top stressor reported for Americans in 2017?
- A) I am worried about the future of the nation.
 - B) I am fearful that I will not be able to pay for the minimal needs of my family.
 - C) I am very concerned about job stability in my profession.
 - D) I am lonely or in a relationship that is unsafe.
- 45) Chandra survived a school shooting last year, but she frequently has flashbacks of the event. She's anxious about being in crowded public spaces, and she hasn't slept soundly in months. Which statement is correct?
- A) Her symptoms are consistent with PTSD.
 - B) She should honor her fears and avoid social contacts.
 - C) This is likely a temporary challenge that she can overcome with positive thinking.
 - D) She should review the media coverage of the event.
- 46) Which circumstances are most likely to reduce job stresses?
- A) employee participation in committees that determine job responsibilities
 - B) having a desk job
 - C) having a job that requires physical activity
 - D) a high level of motivation combined with a very tight schedule
- 47) Despair and hostility are a type of _____ stressor.
- A) interpersonal
 - B) internal
 - C) environmental
 - D) social
- 48) Which of the following would be the LEAST effective strategy for coping with stress?
- A) ignoring it
 - B) exercising regularly
 - C) improving time-management skills
 - D) maintaining a social support system

49) If you are still emotionally distressed weeks after a tragic event, the most helpful strategy would be to

- A) review the archived media coverage of the event.
- B) avoid sharing your feelings with others.
- C) seek professional help.
- D) take a long walk to reduce your anxiety.

50) Which statement regarding exercise and stress is FALSE?

- A) Exercise stimulates birth of new brain cells.
- B) Fewer than 20% of Americans take part in exercise to cope with stress.
- C) Exercise results in reduced stress responses.
- D) Exercise expends built-up nervous energy.

51) Which statement regarding exercise and stress is TRUE?

- A) Taking a long walk can help increase blood pressure.
- B) In order to be beneficial for stress management, the exercise must occur within 15 minutes of the stressor.
- C) Three 45-minute walks per week can increase your sense of wellness.
- D) People who exercise regularly have stronger physical responses to stress.

52) Which is the most effective way to overcome procrastination?

- A) Avoid thinking about tasks that have been put off.
- B) Do favorite tasks first to build up momentum.
- C) Consolidate short-term goals into long-term goals.
- D) Consolidate tasks when possible.

53) Which statement is the most helpful recommendation regarding the prioritization of tasks?

- A) Prioritize according to how long a task has gone unfinished.
- B) Divide tasks into three groups and ignore the least important group.
- C) Do the simple tasks first because they only take a few minutes.
- D) Prioritize based on how enjoyable the task is.

54) Which technique is NOT considered helpful for improving efficiency at completing tasks?

- A) Use the "SMART" goal setting technique.
- B) Write down the goals.
- C) Only start a goal when you have enough time to complete it.
- D) Allow extra time to achieve goals.

55) Which is NOT a recommended time-management strategy?

- A) prioritize tasks
- B) consolidate tasks
- C) avoid unstructured time
- D) keep track of tasks you put off

56) Which is NOT helpful for improving time management?

- A) Emphasize only long-term goals.
- B) Visualize achievement of your goals.
- C) Delegate responsibility.
- D) Say "no" when necessary.

57) Julio likes to watch television to relax, but he often spends more time doing so than he intends. Now he has a big paper to write that is due tomorrow. Which would be the most productive when he feels he needs a break?

- A) Limit his television break to 5-10 minutes.
- B) Take a 5-minute walk.
- C) Watch just a few shows when he needs a break.
- D) Surf online for a few minutes.

58) Which is a cognitive technique for stress management?

- A) progressive relaxation
- B) deep breathing
- C) cultivating higher expectations
- D) positive self-talk

59) Which is NOT a cognitive technique for stress management?

- A) solving problems
- B) modifying expectations
- C) maintaining positivity
- D) delegation

60) What is the physiological response several minutes after a good laugh?

- A) Heart rate is increased.
- B) Muscles are relaxed.
- C) Blood pressure is increased.
- D) Brain suppresses endorphins.

61) Simon goes to a comedy club once a week. What are the physiological effects of his laughter?

- A) increased release of cortisol
- B) reduced endorphin concentration
- C) reduced antibody concentration
- D) increased blood flow

62) Philip is attempting to use mindfulness-based stress reduction to help him deal with his stress. Which of the following would NOT be helpful?

- A) Quietly focus on breathing for 5-15 minutes.
- B) Focus on sensory input.
- C) Organize and prioritize goals.
- D) Be present in each moment, even if it is uncomfortable.

- 63) A person who regularly practices mindfulness meditation could anticipate which physiological effects in the brain?
- A) improved connections between the amygdala and pre-frontal cortex
 - B) improved endorphin re-uptake
 - C) heightened activity within the cerebellum
 - D) No effects have been documented to date.
- 64) Which stress management technique emphasizes the use of breath, control, and balance?
- A) meditation
 - B) hatha yoga
 - C) qigong
 - D) tai chi
- 65) What is the primary benefit of tai chi?
- A) It teaches students to remain calm and centered.
 - B) It is an excellent cardiovascular workout.
 - C) It helps the student become aware of stress through awareness of heart rate, skin temperature or sweating.
 - D) It is easily self-taught.
- 66) How does biofeedback help people reduce stress?
- A) The electrical stimulation can help remove the internal stressors in their lives.
 - B) It cleanses the body of toxins.
 - C) Electrical stimulation increases muscle strength and flexibility.
 - D) It heightens awareness of physiological functions.
- 67) Which strategy is NOT considered counterproductive in managing stress?
- A) tobacco use
 - B) avoidance of all challenging situations
 - C) increasing intake of fruits and vegetables
 - D) alcohol
- 68) Which is the first step in creating a personal plan for managing stress?
- A) Design your plan.
 - B) Learn to listen to your body.
 - C) Seek professional help.
 - D) Investigate support groups.
- 69) What is the primary value of a support group?
- A) shared experiences
 - B) inexpensive psychotherapy sessions
 - C) relaxation techniques
 - D) pastoral counseling

70) Which is correct regarding the role of caffeine in stress management?

- A) Even a single cup of coffee daily is problematic.
- B) Caffeine can reduce irritability.
- C) High doses of caffeine can enhance feelings of self-control.
- D) Caffeine can increase levels of cortisol.

Sue has been attending college for about a month. During the past week, when she had two exams coming up, she has had trouble sleeping, experienced headaches, and had difficulty concentrating.

71) Sue most likely is experiencing

- A) worry about her post-college career.
- B) academic stress.
- C) interpersonal stress.
- D) financial concerns.

72) Which strategy would be LEAST helpful in alleviating Sue's symptoms?

- A) concentrating on obstacles
- B) practicing affirmation
- C) joining a social group
- D) adopting a Yoga practice

73) A physical or psychological event called a stressor triggers the stress response.

74) Emotional reactions are the sole form of stress response.

75) Endorphins are brain secretions that inhibit pain.

76) The physical responses to a given stressor are always consistent from person to person.

77) Individual perceptions affect stress response.

78) Beth has enrolled in the most difficult course of her college career and views it as an opportunity for growth. Beth has the psychological characteristic of power motivation.

79) There is NO gender difference in the experience of stress.

80) The intensity of an emotional response to a stressor has NO impact on the intensity of the physical response.

81) Being promoted to a longed-for but challenging job is more likely to be associated with distress than eustress.

82) When you are in the resistance stage of the general adaptation syndrome you are likely to have distorted perceptions and disorganized thinking.

- 83) The general adaptation syndrome is a theory that describes a universal and predictable response pattern to all stressors.
- 84) Allostatic load depends solely on the amount of exposure to stress.
- 85) During periods of stress, the cardiovascular system becomes more resistant to inflammation and heart attacks.
- 86) Increased levels of cortisol are associated with an increased function of the immune system.
- 87) Stress affects cardiovascular disease.
- 88) Those with high stress levels are more resistant to asthma and allergy attacks.
- 89) Daily hassles such as misplacing your car keys can be a greater source of stress than major life changes such as moving.
- 90) Marriage is associated with an increase in life expectancy, but the benefit appears to be greater in women than in men.
- 91) Regular physical activity impedes the ability to return to homeostasis after a stressful situation.
- 92) Social isolation can produce changes in the autonomic nervous system.
- 93) A key element of mindfulness-based stress reduction is to focus thoughts to more conceptual and discursive activities.
- 94) Describe five physical reactions to the release of cortisol and epinephrine in response to a stressor, and specify why that reaction would be beneficial in the case of an acute danger.
- 95) Describe and compare the characteristics of stressed power motivation and unstressed affiliation motivation.
- 96) Describe the exhaustion stage of the general adaptation syndrome, and discuss the long-term consequences of an extended period in this stage.
- 97) Describe how diversity plays into the issue of stress and stress responses among a group of college students who recently emigrated from the Middle East. Describe potential unique stressors that may be distinct from the experience of those students who were born in the United States.
- 98) Explain how over commitment and procrastination interact and negatively impact time management. Identify and explain four strategies for improving time management.

99) Describe the pathway that connects chronic stress to the immune system, and give three examples of stress-related health problems that could result from changes in immune system functioning.

100) Shemar constantly worries about events that have not happened yet. He has trouble sleeping and experiences frequent headaches. Describe two mindfulness or body awareness techniques that he could use to help him cope with the stressors. Discuss the benefits of each technique, and explain why you have chosen each one.