

Package Title: Testbank

Course Title: Nevid, Adjustment Psychology 13e

Chapter Number: Chapter 03

Question Type: Multiple Choice

1. "Stress" is a concept psychologists have borrowed from _____.

- a) biology
- b) chemistry
- c) paleontology
- d) physics

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

2. In physics, _____ is defined as pressure or force exerted on a body.

- a) stress
- b) momentum
- c) compression
- d) acceleration

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

3. In psychology, the demand made on an organism to adjustt is called _____.

- a) pressure
- b) stress
- c) anxiety
- d) coercion

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

4. Each of the following is true EXCEPT _____.

- a) some stress is healthful and necessary to keep us alert and occupied
- b) intense and prolonged stress can make us more vulnerable to disorders
- c) even occasional stress is dangerously harmful
- d) over time, stress can impair our ability to experience pleasure

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Understanding

5. About _____ of adult Americans are concerned with the amount of stress in their lives.

- a) one-quarter
- b) one-half
- c) two-thirds
- d) three-quarters

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

6. The number one reason that college students seek help at college counseling centers is _____.

- a) stress
- b) depression
- c) academic problems
- d) loneliness

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

7. About _____ of Americans say that their stress level has increased.

- a) one-quarter
- b) one-half
- c) two-thirds
- d) three-quarters

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

8. About _____ Americans say they face extreme levels of stress in their lives.

- a) one in eight
- b) one in four
- c) one in three
- d) one out of every two

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

9. Younger adults tend to report _____ older adults.

- a) significantly lower levels of stress than
- b) slightly lower levels of stress than
- c) levels of stress identical to those reported by
- d) higher levels of stress than

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

10. Nearly _____ of Americans in a recent APA poll reported negative psychological and physical health problems resulting from stress.

- a) one-quarter

- b) one-half
- c) two-thirds
- d) three-quarters

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

11. In a recent APA poll, the most commonly reported psychological symptom of stress was _____.

- a) feeling nervous or sad
- b) lack of interest, motivation, or energy
- c) feeling as though you could cry
- d) feeling irritable and angry

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

12. Routine sources of annoyance or aggravation which have a negative impact on health are called _____.

- a) daily hassles
- b) life changes
- c) uplifts
- d) pressures

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

13. Regularly occurring conditions and experiences which can threaten or harm our well-being are _____.

- a) life-changes
- b) daily hassles

- c) acculturative stressors
- d) pressures

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

14. Sarah is feeling very stressed because she is lonely and having constant problems with her co-workers. The source of her stress would be best classified as _____.

- a) daily hassles
- b) life changes
- c) uplifts
- d) pressures

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

15. Byron is feeling very stressed about repeated problems with his college roommates about keeping their apartment clean as well as fears about all of the crime in his neighborhood. The sources of his stress would be best classified as _____.

- a) daily hassles
- b) life changes
- c) uplifts
- d) defense mechanisms

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

16. "Uplifts" refer to _____.

- a) little padded devices short people put in their shoes to look taller
- b) positive life changes
- c) daily hassles and their opposites

d) religious conversion experiences

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

17. The opposite of uplifts are _____.

a) life changes

b) daily hassles

c) conflicts

d) downturns

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

18. The opposite of daily hassles are _____.

a) life changes

b) stressors

c) uplifts

d) distractors

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

19. Which of the following is NOT one of the types of hassles described in your text?

a) household hassles

b) inner-concern hassles

c) environmental hassles

d) life-change hassles

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

20. Irregularly occurring major changes in life circumstances, such as losing a job or a loved one, are called _____

- a) life-changes
- b) daily hassles
- c) acculturative stressors
- d) pressures

Answers: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

21. Which of the following is true of daily hassles and life changes?

- a) Both daily hassles and life changes may involve positive and negative experiences.
- b) Both daily hassles and life changes involve only negative experiences.
- c) Hassles involve both positive and negative experiences, whereas life changes involve only negative experiences.
- d) Hassles involve only negative experiences, whereas life changes involve both positive and negative experiences.

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

Section Reference:

22. Which of the following is NOT true of stress?

- a) Some stress is necessary to keep us alert and occupied.
- b) Of all life changes, only negative life changes are stressful.
- c) Some stress can actually improve our performance in many tasks.
- d) Stress is your body's reaction to any demand to adapt or cope.

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

23. Both daily hassles and life changes have been found to be predictors of _____, according to your text.

- a) health problems
- b) psychotic behavior
- c) stunted growth
- d) loneliness

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

24. The feelings of tension and anxiety which accompany efforts to adapt to the orientation and values of the dominant culture are termed _____ stress.

- a) adaptive
- b) integrative
- c) social isolation
- d) acculturative

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

25. Developing a strong sense of ethnic identity and taking pride in one's culture can boost everything EXCEPT _____.

- a) ability to cope with racism and prejudice
- b) role confusion
- c) self-esteem
- d) physical health

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

26. Research has shown that racism and discrimination are connected with each of the following EXCEPT _____.

- a) diminished self-esteem
- b) physical health problems
- c) schizophrenia
- d) role confusion

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

27. Racism's victims are more likely to experience each of the following EXCEPT _____.

- a) feelings of being marginal and alienated
- b) role confusion
- c) strong identification with the dominant culture
- d) a poor self-concept

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

28. Each of the following is true EXCEPT _____.

- a) African Americans encounter racism in their interactions with European Americans and others, even in "progressive" mostly white colleges and universities
- b) because of ongoing racism, most African Americans now attend black colleges
- c) even open-minded European American college students often assume that African American college students were admitted on the basis of affirmative action rather than on the basis of their own individual merit
- d) some European Americans consider African Americans to be a criminal class

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

29. More than _____ million Americans suffer from chronic pain.

- a) 40
- b) 100
- c) 120
- d) 160

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

30. Pain is usually the sharpest where nerve endings are _____.

- a) exposed
- b) longest
- c) shortest
- d) densely packed

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

31. Each of the following is true EXCEPT _____.

- a) pain messages usually originate deep within the brain itself
- b) pain can be felt deep within the body
- c) there are no nerve endings for pain in the brain
- d) pain is adaptive

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy
Bloom's level: Comprehension

32. Pain usually originates _____.

- a) at the point of contact
- b) in the brain itself
- c) in the spinal cord
- d) in the endocrine system

Answer: a

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

33. Substances derived from fatty acids which are involved in body responses such as inflammation and menstrual cramping are called _____.

- a) endorphins
- b) prostaglandins
- c) analgesics
- d) corticosteroids

Answer: b

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

34. Substances which facilitate the transmission of pain messages to the brain and heighten circulation to injured areas of the body are called _____.

- a) endorphins
- b) prostaglandins
- c) analgesics
- d) corticosteroids

Answer: b

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

35. _____ serves the biological function of attracting infection-fighting blood cells to the affected area to protect it against invading germs.

- a) Swelling
- b) Coagulation
- c) Hemorrhage
- d) Inflammation

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

36. Drugs such as aspirin or ibuprofen which decrease fever, pain, and inflammation are called _____.

- a) endorphins
- b) prostaglandins
- c) analgesics
- d) corticosteroids

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

37. Analgesic drugs act by _____.

- a) inhibiting the production of prostaglandins
- b) increasing the transmission of pain messages to the brain
- c) locking into receptor sites for chemicals that transmit pain messages to the brain
- d) inhibiting the neurons that would normally transmit pain messages to the brain

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

38. Analgesic drugs work by inhibiting the production of _____.

- a) endorphins
- b) prostaglandins
- c) antibodies
- d) dopamine

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

39. Endorphins are _____ which are comprised of chains of amino acids.

- a) analgesics
- b) prostaglandins
- c) antibodies
- d) neurotransmitters

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

40. The degree to which we experience pain is affected by _____.

- a) neither our emotional response nor our physical response to stress
- b) our emotional response, but not our physical response to stress
- c) our physical response to stress but not our emotional response
- d) both our emotional response and our physical response to stress

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

41. We are likely to experience the least pain when the pain is _____.

- a) derived from an object we do not fear, we perceive we can change the situation, we have self-confidence, and a history of successful response to stress
- b) derived from an object we fear, we perceive that we cannot change the situation, we have little self-confidence, but a history of successful response to stress
- c) derived from an object we do not fear, we perceive we cannot change the situation, we have self-confidence, and a history of successful response to stress

d) derived from an object we fear, we perceive we cannot change the situation, we have little self-confidence, and we have a history of unsuccessful responses to stress

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Hard

Bloom's level: Evaluation

42. Naturally occurring neurotransmitters which are functionally similar to morphine and act to relieve pain are called _____.

- a) endorphins
- b) prostaglandins
- c) analgesics
- d) corticosteroids

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

43. Endorphins are similar to _____ in their functions.

- a) Prozac
- b) antibiotics
- c) morphine
- d) prostaglandins

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

44. Endorphins act by _____.

- a) inhibiting the production of prostaglandins
- b) increasing the transmission of pain messages to the brain
- c) locking into receptor sites for chemicals which transmit pain messages to the brain
- d) inhibiting the neurons which would normally transmit pain messages to the brain

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

45. Coping with pain has traditionally been a _____ issue.

- a) legal
- b) medical
- c) psychological
- d) social/political

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

46. Which of the following is NOT one of the methods described in your text as an effective psychological method for managing pain?

- a) accurate information
- b) distraction and fantasy
- c) hypnosis
- d) flooding

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

47. Researchers have found that _____.

- a) the amount of information patients have is not related to their ability to manage pain
- b) physicians often give people far too much information to help patients effectively deal with their pain
- c) the less information patients have the better they are able to manage pain
- d) obtaining accurate and thorough information often helps patients manage pain

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

48. Experimental studies show that people report lower levels of pain if they _____.

- a) are not warned ahead of time that a medical procedure will be painful
- b) focus their attention away from their pain
- c) let the sensations of pain “flow” through their conscious awareness
- d) focus their attention squarely on the source of their pain

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom’s level: Knowledge

49. A trance state in which the person becomes highly suggestible is _____.

- a) a flow state
- b) hypnosis
- c) REM sleep
- d) a sympathetic dominant state

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom’s level: Knowledge

50. According to your text, hypnosis _____.

- a) has not been experimentally studied enough to know if it is a valid method for coping with pain
- b) should never be used as a treatment for pain
- c) should be used only as an adjunct treatment for pain, not as a substitute for conventional treatments
- d) can be used as an adjunct treatment, as well as a substitute for conventional treatments for pain

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom’s level: Knowledge

51. Which of the following is NOT one of the methods described in your text as an effective psychological method for coping with pain?

- a) taking control of your thoughts

- b) catastrophizing
- c) biofeedback training
- d) relaxation training

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

52. A treatment method that is often used to help people relax targeted muscle groups which are often tensed during periods of pain is known as _____.

- a) biofeedback training
- b) acupuncture
- c) gate control
- d) placebo control

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

53. A means of training people to gain some degree of control over internal bodily responses through the use of physiological monitoring that provides information about changes in these responses is _____.

- a) gate control
- b) acupuncture
- c) biofeedback
- d) placebo control

Answer: c

Section Reference: 3.1.4 Pain and Discomfort: Your Body's Warning Signal

Difficulty: Easy

Bloom's level: Knowledge

54. Which of the following people is likely to experience the least amount of pain?

- a) Someone who is pessimistic and takes an active role in pain management
- b) Someone who is pessimistic and takes a passive role in pain management
- c) Someone who is optimistic and takes a passive role in pain management
- d) Someone who is optimistic and takes an active role in pain management

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

55. Which of the following people is likely to experience the most amount of pain?

- a) Someone who is pessimistic and takes an active role in pain management
- b) Someone who is pessimistic and takes a passive role in pain management
- c) Someone who is optimistic and takes a passive role in pain management
- d) Someone who is optimistic and takes an active role in pain management

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

56. Melzack is most closely associated with _____.

- a) the gate theory of pain
- b) the general adaptation syndrome
- c) the study of daily hassles
- d) deep muscle relaxation techniques

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

57. According to the _____ theory of pain, the nervous system can only process a limited amount of information at a time.

- a) volley
- b) broken record
- c) response
- d) gate

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

58. According to the gate theory of pain, if you feel a pain in your toe, you should _____.

- a) squeeze all your toes
- b) take an analgesic
- c) use fantasy to distract yourself
- d) mentally relax yourself

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

59. The process of inserting thin needles into particular points in the body and rotating them in order to relieve pain is _____.

- a) neuromatrix manipulation
- b) acupuncture
- c) paradoxical relief
- d) biofeedback training

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

60. Research by Western scientists into the effectiveness of acupuncture has _____.

- a) found no evidence for its effectiveness in treating any types of pain
- b) produced mixed results
- c) found strong evidence for its usefulness in treating almost all types of pain
- d) not yet been conducted on a large enough scale to draw any conclusions

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

61. Herbert wants to drive his father's car. When he asks, he is told that he is too young (13 years old). The stress he feels as a result of having his request refused is called _____.

- a) anxiety
- b) depression
- c) frustration

d) inadequacy

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

62. According to your text, if we try to earn other people's approval at all costs, we are likely to experience _____.

- a) isolation
- b) rejection
- c) frustration
- d) self-actualization

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

63. For most people, the stresses of commuting are _____.

- a) mild and sporadic
- b) mild but persistent
- c) severe but sporadic
- d) severe and persistent

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

64. Anxiety and fear serve as _____ which prevent us from acting effectively to meet our goals.

- a) catalysts
- b) physical limitations
- c) emotional barriers
- d) response characteristics

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level:

65. According to your text, the ability to delay gratification or to maintain self-control when a goal is thwarted is called _____.

- a) frustration
- b) response delay
- c) tolerance for frustration
- d) self-actualization

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

66. People who have encountered frustration, but learned that it is possible to surmount barriers or find substitute goals, are _____ tolerant of frustration than those who have never experienced it.

- a) less
- b) just as
- c) not at all
- d) more

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

67. The thwarting of a motive to attain a goal, or something that prevents us from doing or getting what we desire produces _____.

- a) anxiety
- b) depression
- c) frustration
- d) inadequacy

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

68. Which of the following is not true?

- a) Tolerance for frustration may fluctuate.
- b) Tolerance is the ability to delay gratification and maintain self-control when a goal is thwarted.
- c) Stress heaped upon stress can increase our tolerance for frustration.
- d) People who have learned to surmount frustration or find substitute goals for it are more tolerant of frustration.

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

69. According to your text, the process of being torn in two or more directions at the same time by opposing motives is called _____.

- a) frustration
- b) conflict
- c) state anxiety
- d) trait anxiety

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

70. Feeling "darned if you do and darned if you don't" is an example of _____.

- a) frustration
- b) conflict
- c) state anxiety
- d) trait anxiety

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

71. Conflict is _____.

- a) neither frustrating nor stressful
- b) frustrating but not stressful
- c) stressful but not frustrating
- d) stressful and frustrating

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

72. The LEAST stressful form of conflict is _____ conflict.

- a) approach–approach
- b) approach–avoidance conflict
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

73. A conflict that involves two positive but mutually exclusive goals, each of which is within reach, is called _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy
Bloom's level: Knowledge

74. Janice cannot decide whether to take her lottery winnings in a lump sum or in partial payments for the next 20 years. The type of conflict she is experiencing is called) _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: a

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Medium
Bloom's level: Application

75. A conflict that involves two goals, each of which is negative and you would prefer to ignore is called _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: d

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

76. Greg is fearful of visiting the dentist, but he is also fearful of having his teeth decay if he does not visit the dentist. He is experiencing _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: d

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Medium

Bloom's level: Application

77. A goal or desire that produces mixed feelings in you because it has both positive and negative qualities and you're not sure which qualities to focus on, produces _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

78. Tom is on a strict diet when he sees the most delicious-looking double chocolate cheesecake he has ever seen. Part of him really wants to devour the whole cake, but another part of him can't stop thinking about all the calories in the cake. The type of conflict Tom is experiencing is called _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

79. A conflict in which each of two or more goals has both positive and negative qualities, making it difficult to decide which goal is better or worse for you, is called _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy
Bloom's level: Knowledge

80. Gary is faced with a difficult decision. On the one hand, he has a major exam tomorrow and really needs to stay home and study. On the other hand, his friends asked him to go out with them and see a new hit movie that he really wants to see. He may not get another chance to see the movie and the thought of studying all night is not very attractive. However, the thought of failing the exam is not very attractive either. Gary is experiencing _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: c

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Medium
Bloom's level: Application

81. The MOST complex form of conflict is _____ conflict.

- a) approach–approach
- b) approach–avoidance
- c) multiple approach–avoidance
- d) avoidance–avoidance

Answer: c

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

82. _____ forms of conflict entail motives which aim in opposite directions.

- a) No
- b) A few
- c) Most
- d) All

Answer: d

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy

Bloom's level: Comprehension

83. The psychologist known for his theories about the impact of irrational beliefs and catastrophizing on people's physical and mental health is _____.

- a) Jacobson
- b) Lazarus
- c) Kobasa
- d) Ellis

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

84. Albert Ellis is most closely associated with _____.

- a) the black box theory
- b) the A-B-C approach
- c) the general adaptation syndrome
- d) biofeedback training

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

85. Albert Ellis is most closely associated with the concept of _____.

- a) irrational beliefs
- b) the gate control theory of pain
- c) relaxation training
- d) biofeedback training

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

86. Regina feels that she cannot survive without the approval of others. This is what Ellis would call _____.

- a) relativistic thinking
- b) an irrational belief
- c) an attributional set
- d) the fundamental attribution error

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

87. Researchers have found _____ between irrational beliefs and feelings of anxiety, and _____ between irrational beliefs and feelings of depression.

- a) no connection, no connection
- b) no connection, connections
- c) connections, no connection
- d) connections, connections

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

88. Perfectionists _____ commit suicide when they are depressed.

- a) almost never
- b) are less likely than other people to
- c) are just as likely as other people to
- d) are more likely than other people to

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

89. Interpreting a minor problem as an emotionally overwhelming disaster when clearly it is not is what Ellis called _____.

- a) reframing
- b) cognitive restructuring
- c) catastrophizing
- d) vicarious learning

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

90. According to Ellis, the way to cope with catastrophizing thoughts is to _____.

- a) change them
- b) engage in behaviors that are incompatible with your thoughts
- c) use negative reinforcement
- d) hypnosis

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

91. According to cognitive-behavioral psychologists, the proper sequence of procedures for controlling catastrophizing thoughts is as follows:

- a) develop awareness of the irrational thoughts, prepare incompatible thoughts, evaluate the accuracy of the thoughts, reward yourself
- b) evaluate the accuracy of your thoughts, develop awareness of irrational thoughts, prepare incompatible thoughts, reward yourself
- c) develop awareness of the irrational thoughts, evaluate the accuracy of the thoughts, prepare incompatible thoughts, reward yourself
- d) evaluate the accuracy of your thoughts, prepare incompatible thoughts, develop an awareness of your new rational thoughts, reward yourself

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

92. People who are highly driven, aggressive, rushed, perfectionistic, and impatient are _____ personalities.

- a) androgynous
- b) Type A
- c) Type B
- d) heterogynous

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

93. Betty is constantly trying to be the best. For her, winning is *everything*. She feels constant time pressure and always keeps one eye glued on the clock. She has little patience with others and expects them to be as ambitious as she is. Her behavior is typical of a(n) _____ personality.

- a) Type A
- b) Type B
- c) internal
- d) external

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: MediumBloom's level: Application

94. Each of the following is true of people with a Type A behavior pattern EXCEPT _____.

- a) they demand continual self-improvement
- b) they believe they must be perfectly competent and achieving in everything they undertake
- c) they attempt to dominate group discussions
- d) they are more likely than Type Bs to delegate authority when in management positions

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

95. Each of the following is true of people with a Type A behavior pattern EXCEPT _____.

- a) they are often reluctant to delegate power
- b) they do not hold any irrational beliefs
- c) they become restless when others work slowly
- d) they eat, walk, and talk rapidly

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

96. Someone with a Type A personality is most likely to live a lifestyle dictated by the irrational belief _____.

- a) "my past determines my feelings and behaviors today"
- b) "it's easier to evade life's difficulties than to face them head on"
- c) "my emotional misery stems from pressures I have no ability to control"
- d) "I must be perfectly competent and achieving in everything I do"

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

97. Benny is one of the most laid-back people around. His attitude is to take everything in stride "one day at a time." He would rather go fishing and enjoy the scenery than work overtime at the office. Benny's approach to life is best described as typical of a(n) _____ personality.

- a) Type A
- b) Type B
- c) internal
- d) external

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

98. Compared to people who are Type B, people who are Type A are _____.

- a) less impatient
- b) less ambitious
- c) less tolerant of others failings and less likely to delegate authority
- d) more likely to pace themselves

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

99. Blizzards, hurricanes, tornadoes, etc., are all examples of _____.

- a) ecological imbalances
- b) technological disasters
- c) natural disasters
- d) human neglect of nature

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

100. The suicide rate _____ after natural disasters.

- a) declines
- b) remains stable
- c) fluctuates randomly
- d) increases

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: EasyBloom's level: Knowledge

101. The Centers for Disease Control and Prevention speculate that disaster loans might _____ the suicide rate after natural disasters.

- a.) dramatically decrease
- b) slightly decrease
- c) have no effect on

d) increase

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

102. We owe our dominance over the environment to _____.

- a) environmental abuses
- b) technological advances
- c) the earth's benign climate
- d) naturalistic living

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

103. Survivors of natural and technological disasters suffer _____ effects of stress for years afterwards.

- a) neither physical nor psychological
- b) physical but not psychological
- c) psychological but not physical
- d) both physical and psychological

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

104. Most people find especially loud noises _____.

- a) aversive
- b) enjoyable
- c) stimulating
- d) depressing

Answer: a

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

105. A unit that expresses the loudness of noises is called a(n) _____.

- a) hertz
- b) amplitude
- c) decibel
- d) frequency

Answer: c

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

106. The term *decibel* expresses the _____ of noise.

- a) pitch
- b) timbre
- c) purity
- d) loudness

Answer: d

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

107. The reference level for the hearing threshold is defined at _____ dB.

- a) 0
- b) 10
- c) 50
- d) 100

Answer: a

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy

Bloom's level: Knowledge

108. The hushed tones of your school library probably register at about _____ dB.

- a) 0–10
- b) 10–20
- c) 20–30
- d) 30–40

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: MediumBloom's level: Application

109. Noise on a freeway is about _____ dB.

- a) 30
- b) 50
- c) 70
- d) 90

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

110. High noise levels _____ stressful _____ lead to health problems.

- a) are not; and cannot
- b) are not; but can
- c) are; but cannot
- d) are; and can

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

111. You can suffer permanent damage to your hearing before pain sets in from prolonged exposure to sounds at _____.

- a) 25 dB
- b) 45 dB
- c) 65 dB
- d) 85 dB

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

112. A sound of 125 dB _____.

- a) is barely audible
- b) is typical of comfortable "background" music
- c) is painfully loud
- d) can risk hearing impairment

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

113. Noise can rupture your eardrum beginning at levels of _____ dB.

- a) 100
- b) 125
- c) 150
- d) 175

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

114. Your hearing can be permanently impaired from prolonged exposure to noise levels from _____ dB.

- a) 40–50
- b) 60–70

- c) 80–90
- d) 110–120

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

115. Permanent damage to your hearing can occur from streaming music through headphones beginning at about _____ dB.

- a) 40
- b) 80
- c) 120
- d) 160

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: East

Bloom's level: Knowledge

116. Which of the following is true of high levels of noise?

- a) It is related to a higher risk of developing lymphomas.
- b) It can lead to such illnesses as hypertension.
- c) It can impair all aspects of daily functioning.
- d) It can decrease feelings of attraction and reduce helping behavior.

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

117. Which of the following is NOT true of high levels of noise?

- a) It can raise blood pressure and hypertension.
- b) High levels of noise can lead to an assortment of stress-related disorders.
- c) Attraction increases between partners in dating couples when exposed to high levels of unpleasant noise.
- d) It can lead to disturbed sleep and impaired performance

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

118. A recent study in Minneapolis found that _____.

- a) crime rates are unaffected by seasonal weather changes
- b) crime rates go up in warmer weather
- c) crime rates go up in colder weather
- d) crime rates go up in extremely warm and extremely cold weather

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

119. Aggressive behavior is likely to be incited at _____ temperatures.

- a) moderately cool temperatures such as the 40s and 50s
- b) mild temperatures such as the 60s and 70s
- c) hot temperatures such as the 80s and 90s
- d) very hot temperatures above 100 degrees

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

120. Auto emissions, cigarette smoke, and industrial smog are examples of _____.

- a) technological disasters
- b) air pollutants
- c) emissions that may help reduce the "greenhouse effect"
- d) relatively harmless byproducts of technological development whose dangers have been overblown by environmentalists

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

121. Which element in auto fumes may be chiefly responsible for the impairment of children's intellectual functioning?

- a) nitric acid
- b) carbon dioxide
- c) lead
- d) sulfur dioxide

Answer: c

Section Reference: 3.1.8 Environmental Stressors: It Can Be Dangerous Out There

Difficulty: Easy

Bloom's level: Comprehension

122. Malodorous air pollutants have been shown to _____.

- a) increase feelings of attraction between people
- b) have little or no effect on people's behavior
- c) lower the likelihood of aggression
- d) decrease feelings of attraction between people

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

123. Unpleasant-smelling pollutants _____ feelings of attraction and _____ aggression.

- a) decrease, lower
- b) decrease, heighten
- c) increase, lower
- d) increase, heighten

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

124. Of the following, which are most likely to experience stimulus overload and fear of crime?

- a) Big-city dwellers
- b) Suburbanites
- c) Rural folks
- d) Big-city dwellers, suburbanites, and rural folks are all equally likely to experience stimulus overload and fear of crime

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

125. In the United States, _____ find high-density living conditions to be aversive.

- a) only European Americans
- b) only African Americans
- c) only Asian Americans
- d) all major population groups

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

126. Which of the following cities is likely to function at the fastest pace?

- a) Paris
- b) Nairobi
- c) Panama City
- d) Honolulu

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

127. Which of the following cities is likely to function at the fastest pace?

- a) Tokyo
- b) Nairobi
- c) Panama City
- d) Honolulu

Answer: a

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

128. People who live in fast-paced cities are _____ likely to smoke and _____ likely to die from coronary heart disease.

- a) less, less
- b) less, more
- c) more, less
- d) more, more

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

129. The invisible boundary, sort of like a bubble, that surrounds you is known as _____.

- a) territory
- b) psychological property
- c) personal space
- d) the exclusivity zone

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

130. Personal space appears to serve _____ functions.

- a) neither protective nor communicative

- b) protective but not communicative
- c) communicative but not protective
- d) both communicative and protective

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

131. Which of the following people are most likely to maintain the greatest distance between themselves and others?

- a) Asians
- b) southern Europeans
- c) northern Europeans
- d) Middle Easterners

Answer: c

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

132. Which of the following people are most likely to maintain the greatest distance between themselves and others?

- a) southern Europeans
- b) Asians
- c) Middle Easterners
- d) North Americans

Answer: d

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

133. Which of the following people are most likely to tolerate crowding and lack of personal space?

- a) North Americans
- b) Asians

- c) northern Europeans
- d) southern Europeans

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

134. According to your text, Westerners are prone to _____ their environment and Asians are prone to _____ their environment.

- a) adapting to, adapting to
- b) changing, adapting to
- c) adapting to, changing
- d) changing, changing

Answer: b

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Analysis

135. _____ factors help determine our vulnerability and responses to stress.

- a) Neither psychological nor biological
- b) Biological not psychological
- c) Psychological not biological
- d) Both biological and psychological

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

136. Our perceptions of our ability to bring about change in our environment and withstand stress are our _____.

- a) self-image
- b) ideal self
- c) self-efficacy expectations
- d) external belief system

Answer: c

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

137. Which of the following is NOT true of people with high self-efficacy expectations?

- a) They are less likely to adhere to a regimen of physical activity.
- b) They are less likely to be disturbed by adverse events.
- c) They are more likely to lose weight and quit smoking.
- d) They are less likely to relapse after losing weight or quitting smoking.

Answer: a

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

138. In the face of traumatic events, people with higher levels of self-efficacy show _____.

- a) better rates of recovery because they resign themselves to fate
- b) better rates of recovery because they take a more direct role in mending their lives
- c) worse rates of recovery because they resign themselves to fate
- d) worse rates of recovery because they lack confidence in their abilities to change anything

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

139. The researcher noted for studying psychological hardiness is _____.

- a) Selye
- b) Bandura
- c) Kobasa
- d) Blaney

Answer: c

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Easy
Bloom's level: Knowledge

140. A cluster of traits which help people resist stress and are characterized by commitment, challenge, and control are called _____.

- a) self-efficacy expectations
- b) locus of control
- c) response characteristics
- d) psychological hardiness

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Easy
Bloom's level: Comprehension

141. Each of the following has been linked to high levels of psychological hardiness EXCEPT _____.

- a) commitment
- b) novelty
- c) challenge
- d) control

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Easy
Bloom's level: Comprehension

142. Which of the following is NOT a way in which psychologically hardy individuals differ from non-hardy individuals?

- a) Hardy individuals are higher in commitment.
- b) Hardy individuals have more of an external locus of control in their lives.
- c) Hardy individuals are high in challenge.
- d) Hardy individuals are perceived to have more control of their lives.

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress
Difficulty: Medium
Bloom's level: Analysis

143. Which of the following is MOST likely to help you effectively resist stress?

- a) psychological hardiness
- b) an external locus of control
- c) a Type A personality
- d) low self-efficacy expectations

Answer: a

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Easy
Bloom's level: Comprehension

144. Psychologically hardy people tend to have an _____ locus of control.

- a) external
- b) inconsistent
- c) overactive
- d) internal

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Easy
Bloom's level: Comprehension

145. Samantha believes that she can exert significant control over her own life and sees her fate as being in her own hands. According to your text, she has _____.

- a) low self-efficacy expectations
- b) an internal locus of control
- c) a dependent locus of control
- d) an external locus of control

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Medium
Bloom's level: Application

146. Justin believes he has little influence over his own life and sees his fate as being in the hands of others who control him. According to your text, he has _____.

- a) high-self-efficacy expectations
- b) an internal locus of control
- c) a dependent locus of control
- d) an external locus of control

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Medium

Bloom's level: Application

147. Research on humor and stress indicates that _____.

- a) attempts at humor, when people are already under stress, seem to increase the stress
- b) humor has little or no effect on people's stress levels
- c) people who are under stress are less able to effectively generate or appreciate humor
- d) humor serves to get our minds off the burdens and sources of stress, at least for a time

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

148. If you are feeling stressed out, scientific findings suggest that it might help to watch a _____.

- a) news report
- b) comedy
- c) horror movie
- d) documentary on wildlife

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

149. The ability to predict a stressor apparently _____ its impact.

- a) eliminates
- b) moderates
- c) does not affect
- d) amplifies

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

150. Which of the following is not a benefit of feeling in control?

- a) The illusion of being in control allows us to feel that we are not at the mercy of others and the fates.
- b) A sense of control is one of the keys to psychological hardiness.
- c) We can avoid medical procedures because being in control brings a sense of invincibility that heals most illnesses.
- d) Predictability allows us to brace ourselves for the inevitable and plan ways of coping with it.

Answer: c

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Medium

Bloom's level: Application

151. Researchers have _____.

- a) not yet conducted enough studies on the effects of optimism on stress to draw any reliable conclusions
- b) found that optimistic people show decreased resilience to the effects of stress
- c) found that optimism has little or no relationship to resilience to stress
- d) found that optimistic people show increased resilience to the effects of stress

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

152. Optimism is linked to _____ levels of emotional distress and _____ levels of pain among cancer patients.

- a) lower, lower
- b) lower, higher
- c) higher, lower
- d) higher, higher

Answer: a

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Medium

Bloom's level: Analysis

153. Optimistic people tend to live _____ and to have _____ satisfying romantic relationships.

- a) shorter lives, less
- b) shorter lives, more
- c) longer lives, less
- d) longer lives, more

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Analysis

Bloom's level: Analysis

154. Pessimistic people tend to report _____ emotional distress and _____ social anxieties.

- a) less; fewer
- b) more; fewer
- c) less; more
- d) more; more

Answer: d

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Medium

Bloom's level: Analysis

155. The links between optimism and resilience to stress are _____.

- a) nonexistent
- b) anecdotal
- c) correlational
- d) experimental

Answer: c

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

156. Each of the following is a source of social support EXCEPT _____.

- a) appraisal feedback
- b) introversion
- c) information
- d) instrumental aid

Answer: b

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

157. Which of the following is NOT one of the types of social support discussed in your text?

- a) propinquity
- b) emotional concern
- c) instrumental aid
- d) appraisal feedback

Answer: a

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Knowledge

158. Which of the following groups of people is least likely to develop infectious diseases, such as colds, when under stress?

- a) extraverts
- b) introverts
- c) people who lack social skills

d) people who live by themselves

Answer: a

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

159. Each of the following is true EXCEPT _____.

- a) at least some stress is needed to help us remain active, alert, and motivated
- b) defensive coping methods are the most effective means of coping with stress
- c) stress management does not seek to eliminate stress from your life
- d) too much stress results in distress

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

160. Which of the following is an active, or direct, coping technique?

- a) aggression
- b) meditation
- c) withdrawal
- d) substance abuse

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

161. Which of the following is NOT a type of defensive method for coping with stress?

- a) denial
- b) meditation
- c) alcohol and drugs
- d) aggression

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

162. Which of the following is NOT true of defensive methods of coping with stress?

- a) They reduce the immediate impact of the stressor.
- b) They "buy time" for people to marshal their resources.
- c) They deal with the sources of stress.
- d) They do not improve the effectiveness of our response to stress.

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

163. Which of the following responses may be the most appropriate when you are faced with a situation in which there is no successful way to cope with stress?

- a) alcoholism
- b) aggression
- c) fantasy
- d) withdrawal

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

164. An unconscious function of the ego that protects it from anxiety-evoking material by preventing accurate recognition of the material is _____.

- a) a defense mechanism
- b) an abreaction
- c) compensation
- d) the libido

Answer: a

Section Reference: Module 3.3 My Life, My Psych

Difficulty: Easy

Bloom's level: Comprehension

165. Defense mechanisms are _____.

- a) only used by mentally distressed or mentally ill people
- b) only used by people with no stress
- c) used by everyone
- d) problematic whenever they are used

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

166. Ivan refuses to admit that he is an alcoholic. When confronted with evidence of his problem, he dismisses it as completely untrue, and claims everyone else is just overreacting to his desire to "have a little fun once in a while." Ivan's behavior is most typical of someone using the defense mechanism of _____.

- a) projection
- b) identification
- c) a reaction formation
- d) denial

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Medium

Bloom's level: Application

167. Drug use _____.

- a) provides energy to help people better cope with stress
- b) provides long-term relief from the depression that often results from stress
- c) blunts awareness of sources of stress and fails to resolve the underlying problem
- d) helps to lower the aggressive responses which sometimes accompany stress

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

168. Which of the following is NOT an active method for coping with stress?

- a) using defense mechanisms
- b) manipulating the environment to change or eliminate sources of stress
- c) keeping stress at manageable levels
- d) becoming more aware of your body's response to stress

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

169. _____ coping mechanisms recognize stressors for what they are and aim to manipulate the environment (in socially acceptable ways) to remove the stressors or to change our responses to cushion their impact.

- a) referent
- b) passive
- c) indirect
- d) active

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

170. Each of the following is true of the use of aggression to cope with stress EXCEPT _____.

- a) it can become a source of stress all by itself
- b) it can lower stress by establishing a sense of control over a situation
- c) it can damage relationships
- d) it can heighten interpersonal conflict by creating motives for retaliation

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

171. Each of the following is discussed in your text as a way to turn down the level of stress in your life EXCEPT _____.

- a) not biting off more than you can chew
- b) reducing daily hassles
- c) reducing self-efficacy expectations
- d) developing time management skills

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

172. Each of the following is recommended by your text as a means of better managing your time EXCEPT _____.

- a) spending more time with your friends
- b) using a monthly calendar
- c) prioritizing tasks
- d) lessening the duration of stressors

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

173. _____ been shown to buffer the impact of stress.

- a) Neither giving nor receiving emotional support has
- b) Giving, but not receiving, emotional support has
- c) Receiving, but not giving, emotional support has
- d) Both giving and receiving emotional support have

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

174. Which of the following is true of stress and exercise?

- a) Regular exercise has not been shown to relieve stress.
- b) Even mild levels of exercise can relieve stress.
- c) Moderate levels of exercise are required to relieve stress
- d) High levels of strenuous exercise are necessary to relieve stress.

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

175. Which of the following has NOT been shown to significantly reduce the impact of a stressor, even when effective action is not possible?

- a) relaxation
- b) denial
- c) changing stressful thoughts
- d) exercise

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

176. One of the BEST ways to deal with stressful thoughts is to _____.

- a) go with the feeling generated by those thoughts
- b) construct rational alternative thoughts
- c) carry those thoughts to their logical extremes
- d) repress your thoughts and feelings

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

177. Expressing your feelings in writing _____.

- a) has not been shown to buffer the impact of stress from positive or negative experiences
- b) seems to buffer the impact of stress from negative, but not positive, experiences
- c) seems to buffer the impact of stress from positive, but not negative, experiences

d) seems to buffer the impact of stress from both positive and negative experiences

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

178. Meditation and progressive relaxation are both _____.

- a) methods for developing an external locus of control
- b) methods to develop lower perceived self-efficacy
- c) defensive coping methods
- d) methods for lowering levels of bodily arousal

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

179. Alan is trying to lower his bodily arousal by focusing on relaxing, repetitive stimuli, and thereby narrowing his consciousness so that the outside world seems to "fade away." This technique is called _____.

- a) meditation
- b) withdrawal
- c) biofeedback
- d) progressive relaxation

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Medium

Bloom's level: Application

180. Sitting quietly and thinking only of the word *relax* is a form of _____.

- a) meditation
- b) biofeedback
- c) progressive relaxation
- d) situational reconstruction

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

181. In many people, transcendental meditation produces _____.

- a) hypermetabolism
- b) increased anxiety
- c) a relaxation response
- d) sleep disorders

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

182. A form of meditation long practiced by Buddhist monks is _____ meditation.

- a) transcendental
- b) mindfulness
- c) tao
- d) reincarnate

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

183. The biological response produced by meditation is typified by a _____ heart rate and _____ blood pressure.

- a) lower; lower
- b) higher; lower
- c) lower; higher
- d) higher; higher

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

184. Meditators show more frequent and intense _____ in their brain-wave patterns.

- a) beta waves
- b) theta waves
- c) delta waves
- d) alpha waves

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

185. Brain waves associated with feelings of relaxation are _____ waves.

- a) alpha
- b) beta
- c) theta
- d) delta

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

186. Which of the following is NOT a way to enhance the effectiveness of your meditation efforts?

- a) adopt an attitude of active control
- b) if disruptive thoughts enter your mind, allow them to "pass through"
- c) create a quiet, nondisruptive environment
- d) avoid caffeine for at least two hours beforehand

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

187. Jacobson found that when people are under stress they _____.

- a) resort to fantasy to escape it
- b) tense their muscles
- c) become less aware of their environment
- d) develop increased needs for sleep

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

188. People learn to lower their muscle tension, one muscle group at a time, through the process of _____.

- a) biofeedback
- b) systematic desensitization
- c) progressive muscle relaxation
- d) diaphragmatic breathing

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

189. Jacob is trying to lower his stress by sitting quietly, breathing deeply, and tensing different groups of muscles for a few seconds then relaxing them completely. The method he is using is _____.

- a) hypnosis
- b) meditation
- c) progressive muscle relaxation
- d) biofeedback

Answer: c

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Medium

Bloom's level: Application

190. According to your text, you should seek professional mental health assistance if you experience symptoms of trauma-related psychological distress for more than _____.

- a) a week
- b) a month
- c) 6 months
- d) a year

Answer: b

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

191. Each of the following is a warning sign of a traumatic stress reaction EXCEPT _____.

- a. focusing inordinate amounts of time on work
- b. feeling depressed, sad, and having low energy
- c. feeling "scattered" and unable to focus on work or daily activities
- d. feeling irritable, easily agitated, or angry and resentful

Answer: a

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

192. Each of the following is a warning sign of a traumatic stress reaction EXCEPT _____.

- a. having difficulty making decisions
- b. spontaneously crying
- c. feeling extremely protective of, or fearful for, the safety of loved ones
- d. increased napping and sleeping longer at night

Answer: d

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

Question Type: True/False

193. In psychology, stress is a physical or psychological pressure or force exerted on a body.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

194. Some stress is necessary to keep us alert and occupied.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

195. Stress is the most common reason that college students seek help from college counseling centers.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

196. According to a recent national survey by the American Psychological Association, more than one in three Americans report having headaches as a result of stress and more than one in four say stress causes indigestion.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

197. Uplifts are the opposite of life changes.

Answer: False

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

198. Making African American children aware of the value of their own culture helps buffer the effects of acculturative stress.

Answer: True

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

199. There are no nerve endings for pain in the brain.

Answer: True

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

200. For many people in the United States, pain is a major adjustment problem.

Answer: True

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

201. Men are more likely than women to experience pain.

Answer: False

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

202. Analgesics are similar to the narcotic morphine.

Answer: False

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

203. Our own bodies produce chemicals that are similar in function to the narcotic morphine.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

204. Prostaglandins help to reduce pain by locking into the receptor sites in the nervous system which normally receive pain messages.

Answer: False

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

205. Ignoring pain and diverting one's attention enhances a person's ability to cope with pain.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

206. Acupuncture has been used to treat a wide range of disorders, in addition to pain, from asthma to drug addiction.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

207. In psychology, frustration is the feeling of being pulled in two or more directions at once.

Answer: False

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

208. All forms of conflict entail motives which aim in opposite directions.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

209. Type B personalities are highly driven, competitive, impatient, and aggressive.

Answer: False

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

210. Type B personalities are just as competitive and driven as Type A personalities.

Answer: False

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Comprehension

211. The suicide rate declines after natural disasters like hurricanes, floods, and earthquakes.

Answer: False

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

212. High noise levels can lead to health problems.

Answer: True

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

213. Hot temperatures make us hot under the collar—that is, they prompt aggression.

Answer: True

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

214. At very hot temperatures, aggressive behavior may begin to decline as people are motivated to escape the heat.

Answer: True

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Knowledge

215. Because of stress, people living in faster-paced cities accomplish less than people living in slower-paced cities.

Answer: False

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

216. People usually sit and stand closer to others who are similar to themselves in age.

Answer: True

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Easy

Bloom's level: Knowledge

217. People who believe they are powerless are more likely to abuse alcohol.

Answer: True

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Knowledge

218. People with low self-efficacy expectations recover more quickly from traumatic or calamitous events.

Answer: False

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

219. Psychologically hardy people are more resistant to stress because they learn how to avoid it.

Answer: False

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Comprehension

220. The ability to predict a stressor moderates its impact.

Answer: True

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Knowledge

221. Psychological hardiness is linked to an external locus of control.

Answer: False

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Knowledge

222. Extraverts are more prone than introverts to developing infectious diseases such as colds when under stress.

Answer: False

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress

Section Reference: Psychological Moderators of Stress

Difficulty: Easy

Bloom's level: Knowledge

223. Stress management seeks to eliminate stress from your life.

Answer: False

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

224. Defensive coping reduces the immediate impact of a stressor.

Answer: True

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Knowledge

225. Defensive methods for managing stress aim to manipulate the environment to remove stressors

Answer: False

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy
Bloom's level: Comprehension

226. Meditators produce more beta waves than others do.

Answer: False

Learning Objective:3.3: Describe ways of coping with stress
Section Reference: Managing Stress
Difficulty: Easy
Bloom's level: Knowledge

Question Type: Essay

227. Define stress and identify the various sources of stress discussed in the text.

Answer:

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Easy
Bloom's level: Comprehension

228. Compare and contrast daily hassles and life changes and explain how each of them affects us.

Answer:

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Medium
Bloom's level: Analysis

229. Explain what acculturative stress is and how one can cope with it.

Answer:

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Medium
Bloom's level: Application

230. Discuss what pain and discomfort are, how they are transmitted to the brain, and how they affect us.

Answer:

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

231. Identify and briefly discuss physiological and psychological methods of pain management.

Answer:

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

232. Compare and contrast frustration and conflict, identifying the four types of conflict discussed in the text.

Answer:

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

233. Explain Ellis's A-B-C model and discuss how irrational beliefs affect one's stress levels and one's ability to deal with stress.

Answer:

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress

Difficulty: Medium

Bloom's level: Application

234. Compare and contrast Type A and Type B behavior, and explain how Type A behavior affects those around us.

Answer:

Learning Objective:3.1: Describe stress and our response to it

Section Reference: Sources of Stress
Difficulty: Medium
Bloom's level: Analysis

235. Identify and briefly discuss the various environmental stressors and how they affect us.

Answer:

Learning Objective:3.1: Describe stress and our response to it
Section Reference: Sources of Stress
Difficulty: Medium
Bloom's level: Application

236. Discuss what self-efficacy expectations are and how they affect us.

Answer:

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Medium
Bloom's level: Application

237. Explain what psychological hardiness is and discuss ways in which it helps us cope with stress.

Answer:

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Medium
Bloom's level: Application

238. Explain how control, predictability, humor, and social support can help people cope with stress.

Answer:

Learning Objective:3.2: Identify psychological factors that help moderate the effects of stress
Section Reference: Psychological Moderators of Stress
Difficulty: Medium
Bloom's level: Application

239240. Compare defensive coping with active coping in terms of their types, uses, and advantages and disadvantages.

Answer:

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Medium

Bloom's level: Analysis

240. Explain what meditation is, how it works, and summarize research findings on its effectiveness.

Answer:

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension

241. Explain what progressive muscle relaxation is and how it works.

Answer:

Learning Objective:3.3: Describe ways of coping with stress

Section Reference: Managing Stress

Difficulty: Easy

Bloom's level: Comprehension