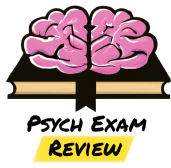




Stress & Health Review Questions

1. When John got a raise at work he felt a brief surge in well-being, but soon he felt about the same as before, supporting the concept of:
 - A. post-traumatic growth
 - B. downward comparison
 - C. the faith factor
 - D. the hedonic treadmill
 - E. social capital
2. This type of immune cell is able to engulf and then digest pathogens:
 - A. T-cell
 - B. macrophage
 - C. natural killer cell
 - D. Schwann cell
 - E. B-cell
3. The HPA axis refers to the:
 - A. hippocampus, pineal gland, amygdala
 - B. hippocampus, putamen, appendix
 - C. hardiness, persistence, appraisal
 - D. hypothalamus, pancreas, arteries
 - E. hypothalamus, pituitary, adrenal glands
4. The idea that the body must constantly anticipate and adapt energy use based on context is known as:
 - A. psychoneuroimmunology
 - B. homeostasis
 - C. allostasis
 - D. biofeedback
 - E. reappraisal
5. Meyer Friedman & Ray Rosenman suggested that this trait was associated with greater risk of heart disease:
 - A. Type A behavior pattern
 - B. Type B behavior pattern
 - C. commitment
 - D. resilience
 - E. hardiness
6. The pattern of adopting an external locus of control for our failures and an internal locus of control for our successes is known as:
 - A. John Henryism
 - B. self-serving bias
 - C. illusory superiority
 - D. Dunning-Kruger effect
 - E. self-efficacy
7. This researcher drank a petri dish of *Helicobacter Pylori* bacteria in order to show it was a cause of the gastritis that leads to peptic ulcers:
 - A. Susanne Kobasa
 - B. Martin Seligman
 - C. Barry Marshall
 - D. Hans Selye
 - E. Walter Cannon
8. Research has suggested a link between PTSD and:
 - A. smaller adrenal glands
 - B. larger hippocampal volume
 - C. smaller hippocampal volume
 - D. an enlarged thymus
 - E. enlarged ventricles
9. Dogs given repeated unavoidable electric shocks later showed passivity in the face of shocks that they could escape, known as:
 - A. invisible support
 - B. learned helplessness
 - C. transference
 - D. relative deprivation
 - E. learned optimism
10. Learning to control one's breathing and relax in the face of a stressor would be a way of applying:
 - A. problem-focused coping
 - B. appraisal-focused coping
 - C. avoidance coping
 - D. emotion-focused coping
 - E. copium



Stress & Health Review Questions

1. D - hedonic treadmill

The *hedonic treadmill* or *adaptation-level phenomenon* refers to our continual adjustment to new positive experiences. New possessions or increases in income can boost happiness, but generally this increase is short-lived.

2. B - macrophage

Macrophages (Gr. "big eater") are *lymphocytes* which can surround and digest cells recognized as pathogens, a process known as *phagocytosis*

3. E - hypothalamus, pituitary, adrenal glands

The *HPA-axis* is activated in a stress response and refers to the **hypothalamus** releasing *corticotropin-releasing hormone*, which causes the **pituitary** to release *adrenocorticotrophic hormone*, which signals the **adrenal glands** to release catecholamines & glucocorticoids.

4. C - allostasis

Allostasis (Gr."variable state") is the idea that the optimal state of functioning is constantly shifting depending on the situation and the body must constantly adjust across a broad range in order to maintain constant functioning.

5. A - Type A behavior pattern

Friedman & Rosenman found that a pattern of ambition, competitiveness, time urgency, & hostility (which they labeled *Type A*) was associated with an increased incidence of heart disease compared to a laid-back *Type B pattern*.

6. B - self-serving bias

Self-serving bias refers to a tendency to blame external forces for failures and take personal credit for successes and may help us to feel good about ourselves and maintain motivation.

7. C - Barry Marshall

Robin Warren & Barry Marshall were awarded the Nobel Prize in Medicine in 2005 for their 1982 research identifying a bacterial cause for *gastritis*, though stress still plays a role in the severity of symptoms and progression of peptic ulcers.

8. A - smaller hippocampal volume

Research by *Mark Gilbertson et al (2002)* and *Douglas Bremner et al (1995)* suggests that smaller hippocampal volume may be a risk factor as well as a consequence of PTSD.

9. B - learned helplessness

Martin Seligman & Steven Maier found that dogs given unavoidable shocks learned to be helpless and they later passively endured shocks that could be escaped, a pattern that has been replicated in other animals & humans and has implications for the role of perceived control in disorders like depression.

10. D - emotion-focused coping

Emotion-focused coping refers to managing stress by focusing on emotional responses, rather than the stressor itself. One way this can be done is by learning to calm physiological reactions to stress.