Chapter 01 What is Stress? Answer Key

**Multiple Choice Questions**

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| 1. | The noted physiologist who was employed at Harvard Medical School and who first described the body's reaction to stress was:      |  |  | | --- | --- | | A. | Lawrence LeShan. |  |  |  | | --- | --- | | B. | Carl Simonton. |  |  |  | | --- | --- | | **C.** | Walter Cannon. |  |  |  | | --- | --- | | D. | George Engel. | |

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| 2. | The body's stress reaction that includes an increase in heart rate, respiration, blood pressure, and serum cholesterol is known as the:      |  |  | | --- | --- | | **A.** | fight-or-flight response. |  |  |  | | --- | --- | | B. | relaxation response. |  |  |  | | --- | --- | | C. | substantial stress. |  |  |  | | --- | --- | | D. | autoimmune response. | |

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| 3. | Which of the following names the three phases of the general adaptation syndrome in the order of occurrence?      |  |  | | --- | --- | | A. | Alarm reaction, stage of exhaustion, and stage of resistance |  |  |  | | --- | --- | | **B.** | Alarm reaction, stage of resistance, and stage of exhaustion |  |  |  | | --- | --- | | C. | Stage of resistance, alarm reaction, and stage of exhaustion |  |  |  | | --- | --- | | D. | Stage of resistance, stage of exhaustion, and alarm reaction | |

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| 4. | Which of the following occurs in the alarm reaction phase of the general adaptation syndrome?      |  |  | | --- | --- | | A. | Resistance rises above normal. |  |  |  | | --- | --- | | B. | Resistance ensues if continued exposure to the stressor is compatible with adaptation. |  |  |  | | --- | --- | | C. | Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted. |  |  |  | | --- | --- | | **D.** | The body shows the changes characteristic of the first exposure to a stressor. | |

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| 5. | Identify a feature of the second stage of the general adaptation syndrome.      |  |  | | --- | --- | | **A.** | The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal. |  |  |  | | --- | --- | | B. | The body shows the changes characteristic of the first exposure to a stressor. |  |  |  | | --- | --- | | C. | Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted. |  |  |  | | --- | --- | | D. | The signs of the alarm reaction reappear, but now they are irreversible. | |

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| 6. | Which of the following is characteristic of the third phase of the general adaptation syndrome?      |  |  | | --- | --- | | A. | The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal. |  |  |  | | --- | --- | | B. | The body shows the changes characteristic of the first exposure to a stressor. |  |  |  | | --- | --- | | **C.** | Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted. |  |  |  | | --- | --- | | D. | Resistance ensues if continued exposure to the stressor is compatible with adaptation. | |

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| 7. | Eustress is defined as:      |  |  | | --- | --- | | A. | the bad things to which we have to adapt and that can lead to a stress reaction. |  |  |  | | --- | --- | | B. | everything that happens around us. |  |  |  | | --- | --- | | **C.** | the good things to which we have to adapt and that can lead to a stress reaction. |  |  |  | | --- | --- | | D. | having a positive outlook on life. | |

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| 8. | Distress is defined as:      |  |  | | --- | --- | | **A.** | the bad things to which we have to adapt and that can lead to a stress reaction. |  |  |  | | --- | --- | | B. | everything that happens around us. |  |  |  | | --- | --- | | C. | the good things to which we have to adapt and that can lead to a stress reaction. |  |  |  | | --- | --- | | D. | having a negative outlook on life. | |

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| 9. | A series of bodily changes that are the opposite of the stress reaction is called:      |  |  | | --- | --- | | A. | autoimmune response. |  |  |  | | --- | --- | | B. | Galvanic Skin Response. |  |  |  | | --- | --- | | C. | fight-or-flight response. |  |  |  | | --- | --- | | **D.** | relaxation response. | |

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| 10. | Which of the following terms is defined as a relaxation technique that involves a sensation of heaviness, warmth, and tingling in the limbs?      |  |  | | --- | --- | | **A.** | Autogenic training |  |  |  | | --- | --- | | B. | Progressive relaxation |  |  |  | | --- | --- | | C. | Bracing |  |  |  | | --- | --- | | D. | Neuromuscular relaxation | |

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| 11. | Which of the following terms is defined as a relaxation technique that involves contracting and relaxing muscle groups throughout the body?      |  |  | | --- | --- | | A. | Autogenic training |  |  |  | | --- | --- | | **B.** | Progressive relaxation |  |  |  | | --- | --- | | C. | Bracing |  |  |  | | --- | --- | | D. | Neuromuscular relaxation | |

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| 12. | The contraction of muscles for no obvious purpose is called:      |  |  | | --- | --- | | **A.** | bracing. |  |  |  | | --- | --- | | B. | self-contracting. |  |  |  | | --- | --- | | C. | meditation. |  |  |  | | --- | --- | | D. | relaxation. | |

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| 13. | Which of the following researchers are known for studying stress and headaches?      |  |  | | --- | --- | | A. | Meyer Friedman and Ray Rosenman |  |  |  | | --- | --- | | B. | Stewart Wolf and Lawrence LeShan |  |  |  | | --- | --- | | **C.** | Stewart Wolf, Thomas Budzynski, and Harold Wolff |  |  |  | | --- | --- | | D. | Thomas Holmes and Richard Rahe | |

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| 14. | According to the \_\_\_\_\_ theory developed by Kobasa and her colleagues, less stress will result if you perceive potentially stressful events as a challenge instead of a threat.      |  |  | | --- | --- | | **A.** | hardiness |  |  |  | | --- | --- | | B. | social support |  |  |  | | --- | --- | | C. | life-events |  |  |  | | --- | --- | | D. | allostatic load | |

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| 15. | The cumulative biological wear and tear that results from responses to stress that seek to maintain body equilibrium is known as:      |  |  | | --- | --- | | A. | hardiness. |  |  |  | | --- | --- | | B. | hassle. |  |  |  | | --- | --- | | C. | biofeedback. |  |  |  | | --- | --- | | **D.** | allostatic load. | |

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| 16. | The theory pertaining to stress occurring when there is not enough social support available to respond to an event effectively is known as the:      |  |  | | --- | --- | | A. | hardiness theory. |  |  |  | | --- | --- | | **B.** | social support theory. |  |  |  | | --- | --- | | C. | life-events theory. |  |  |  | | --- | --- | | D. | goal-setting theory. | |

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| 17. | Toxins, heat, and cold are examples of \_\_\_\_\_ stressors.      |  |  | | --- | --- | | **A.** | environmental |  |  |  | | --- | --- | | B. | psychological |  |  |  | | --- | --- | | C. | sociological |  |  |  | | --- | --- | | D. | philosophical | |

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| 18. | Use of time and purpose in life are examples of \_\_\_\_\_ stressors.      |  |  | | --- | --- | | A. | environmental |  |  |  | | --- | --- | | B. | psychological |  |  |  | | --- | --- | | C. | sociological |  |  |  | | --- | --- | | **D.** | philosophical | |

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| 19. | Depression and threats to self-esteem are examples of \_\_\_\_\_ stressors.      |  |  | | --- | --- | | A. | environmental |  |  |  | | --- | --- | | **B.** | psychological |  |  |  | | --- | --- | | C. | sociological |  |  |  | | --- | --- | | D. | philosophical | |

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| 20. | Unemployment and death of a loved one are examples of \_\_\_\_\_ stressors.      |  |  | | --- | --- | | A. | environmental |  |  |  | | --- | --- | | B. | psychological |  |  |  | | --- | --- | | **C.** | sociological |  |  |  | | --- | --- | | D. | philosophical | |

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| 21. | The fight-or-flight response is termed:      |  |  | | --- | --- | | A. | stress disorder. |  |  |  | | --- | --- | | **B.** | stress reactivity. |  |  |  | | --- | --- | | C. | autoimmune response. |  |  |  | | --- | --- | | D. | self-preservation. | |

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| 22. | The goal of stress management is to:      |  |  | | --- | --- | | A. | eliminate all stress from life. |  |  |  | | --- | --- | | **B.** | limit the harmful effects of stress while maintaining life's quality and vitality. |  |  |  | | --- | --- | | C. | make life happy and easy by getting involved in as less of stress as possible. |  |  |  | | --- | --- | | D. | do all of these. | |

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| 23. | The degree to which the seven dimensions of health are in balance is called:      |  |  | | --- | --- | | A. | eustress. |  |  |  | | --- | --- | | **B.** | wellness. |  |  |  | | --- | --- | | C. | spirituality. |  |  |  | | --- | --- | | D. | coping. | |

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| 24. | Which of the following pioneers studied transcendental meditation and developed a similar meditative technique that was successfully employed to help reduce his patients' levels of high blood pressure?      |  |  | | --- | --- | | A. | Gary Schwartz |  |  |  | | --- | --- | | B. | Daniel Goleman |  |  |  | | --- | --- | | **C.** | Herbert Benson |  |  |  | | --- | --- | | D. | Thomas Budzynski | |

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| 25. | Which of the following dimensions of health can be defined as the ability of the body to function daily with energy remaining to respond to emergencies?      |  |  | | --- | --- | | **A.** | Physical health |  |  |  | | --- | --- | | B. | Occupational health |  |  |  | | --- | --- | | C. | Spiritual health |  |  |  | | --- | --- | | D. | Mental health | |

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| 26. | Which of the following dimensions of health is known as the ability to learn and grow intellectually?      |  |  | | --- | --- | | A. | Social health |  |  |  | | --- | --- | | B. | Occupational health |  |  |  | | --- | --- | | C. | Spiritual health |  |  |  | | --- | --- | | **D.** | Mental health | |

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| 27. | Which of the following dimensions of health is defined as a healthy, supportive setting in which to function?      |  |  | | --- | --- | | A. | Social health |  |  |  | | --- | --- | | B. | Occupational health |  |  |  | | --- | --- | | **C.** | Environmental health |  |  |  | | --- | --- | | D. | Mental health | |

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| 28. | Which of the following is NOT an appropriate stress management goal?      |  |  | | --- | --- | | A. | To maintain life's quality and vitality |  |  |  | | --- | --- | | B. | To use stress to motivate peak performance |  |  |  | | --- | --- | | **C.** | To eliminate all stress |  |  |  | | --- | --- | | D. | To limit the harmful effects of stress | |

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**True / False Questions**

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| 29. | Progressive relaxation is sometimes termed neuromuscular relaxation.    **TRUE** |

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| 30. | Thomas Holmes and Richard Rahe showed that the more significant the changes in someone's life, the greater the chance of the onset of illness.    **TRUE** |

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| 31. | Richard Lazarus, Anita DeLongis, and their colleagues have found that everyday hassles are even more detrimental to one's health than major life changes.    **TRUE** |

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| 32. | Although stress can be very bothersome, it is seldom dangerous to your health.    **FALSE** |

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| 33. | The longer our physiology varies from its baseline measures and the greater the variance from that baseline, the more likely we are to experience ill effects from this stress reactivity.    **TRUE** |

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| 34. | Men and women generally tend to respond to stress in very similar ways.    **FALSE** |

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| 35. | Hans Selye was unable to specify which changes in the body's physiology resulted from stress.    **FALSE** |

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| 36. | A stressor is something with the potential to cause a stress reaction.    **TRUE** |

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| 37. | A stressor will always elicit a stress reaction and strain.    **FALSE** |

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| 38. | Stress can be useful, stimulating, and welcome.    **TRUE** |

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| 39. | The way that one views a life experience can affect whether or not that experience is stressful.    **TRUE** |

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| 40. | The healthiest people have the lowest amounts of stress in their lives.    **FALSE** |

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| 41. | People who have learned stress management skills often respond to a greater degree to a stressor but return to their resting heart rate sooner than those not trained in stress management.    **TRUE** |

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