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:

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| A.  | Lawrence LeShan. |

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| --- | --- |
| B.  | Carl Simonton. |

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| --- | --- |
| **C.**  | Walter Cannon. |

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| --- | --- |
| 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:

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| **A.**  | fight-or-flight response. |

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| B.  | relaxation response. |

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| C.  | substantial stress. |

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| 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?

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| A.  | Alarm reaction, stage of exhaustion, and stage of resistance |

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| **B.**  | Alarm reaction, stage of resistance, and stage of exhaustion |

|  |  |
| --- | --- |
| C.  | Stage of resistance, alarm reaction, and stage of exhaustion |

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| --- | --- |
| 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?

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| A.  | Resistance rises above normal. |

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| B.  | Resistance ensues if continued exposure to the stressor is compatible with adaptation. |

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| --- | --- |
| C.  | Following long-continued exposure to the same stressor, to which the body becomes adjusted, eventually adaptation energy is exhausted. |

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| **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.

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| **A.**  | The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal. |

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| --- | --- |
| 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. |

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| 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?

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| --- | --- |
| 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. |

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| --- | --- |
| D.  | Resistance ensues if continued exposure to the stressor is compatible with adaptation. |

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| 7. | Eustress is defined as:

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| --- | --- |
| A.  | the bad things to which we have to adapt and that can lead to a stress reaction. |

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| --- | --- |
| B.  | everything that happens around us. |

|  |  |
| --- | --- |
| **C.**  | the good things to which we have to adapt and that can lead to a stress reaction. |

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| D.  | having a positive outlook on life. |

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| 8. | Distress is defined as:

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| --- | --- |
| **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?

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| --- | --- |
| **A.**  | Autogenic training |

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| --- | --- |
| B.  | Progressive relaxation |

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| --- | --- |
| C.  | Bracing |

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| --- | --- |
| 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?

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| --- | --- |
| A.  | Autogenic training |

|  |  |
| --- | --- |
| **B.**  | Progressive relaxation |

|  |  |
| --- | --- |
| C.  | Bracing |

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| --- | --- |
| D.  | Neuromuscular relaxation |

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| 12. | The contraction of muscles for no obvious purpose is called:

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| --- | --- |
| **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?

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| A.  | Meyer Friedman and Ray Rosenman |

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| --- | --- |
| B.  | Stewart Wolf and Lawrence LeShan |

|  |  |
| --- | --- |
| **C.**  | Stewart Wolf, Thomas Budzynski, and Harold Wolff |

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| --- | --- |
| 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.

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| --- | --- |
| **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. |

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| --- | --- |
| **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. |

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| D.  | goal-setting theory. |

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| 17. | Toxins, heat, and cold are examples of \_\_\_\_\_ stressors.

|  |  |
| --- | --- |
| **A.**  | environmental |

|  |  |
| --- | --- |
| B.  | psychological |

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| --- | --- |
| C.  | sociological |

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| --- | --- |
| D.  | philosophical |

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| 18. | Use of time and purpose in life are examples of \_\_\_\_\_ stressors.

|  |  |
| --- | --- |
| A.  | environmental |

|  |  |
| --- | --- |
| B.  | psychological |

|  |  |
| --- | --- |
| C.  | sociological |

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| --- | --- |
| **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:

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| --- | --- |
| A.  | stress disorder. |

|  |  |
| --- | --- |
| **B.**  | stress reactivity. |

|  |  |
| --- | --- |
| C.  | autoimmune response. |

|  |  |
| --- | --- |
| D.  | self-preservation. |

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| 22. | The goal of stress management is to:

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| --- | --- |
| 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. |

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| 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 |

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| --- | --- |
| **C.**  | Herbert Benson |

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| --- | --- |
| 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 |

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| --- | --- |
| C.  | Spiritual health |

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| --- | --- |
| 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 |

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| --- | --- |
| **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 |

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| --- | --- |
| **C.**  | Environmental health |

|  |  |
| --- | --- |
| D.  | Mental health |

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| 28. | Which of the following is NOT an appropriate stress management goal?

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| --- | --- |
| A.  | To maintain life's quality and vitality |

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| --- | --- |
| B.  | To use stress to motivate peak performance |

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| --- | --- |
| **C.**  | To eliminate all stress |

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| 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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