

## CHAPTER 2

### Stress and Coping

#### Multiple Choice Questions

1. One problem with any discussion of stress and coping is
  - a. the subjectivity of the experience
  - b. the definition of the terms
  - c. the stress literacy effect
  - d. distinguishing the effects of the two
  - e. the psychological, emotional and physical components

Answer: b      Difficulty: moderate      Page: 26-27      Skill: recall

2. Hans Selye
  - a. originated the biological concept of stress
  - b. coined the term euphoria to describe positive stress
  - c. wrote a book called the JOY OF STRESS
  - d. thought all stress was harmful
  - e. coined the term distress

Answer: a      Difficulty: moderate      Page: 29      Skill: recall

3. According to Lazarus and Folkman, the level of stress that a person experiences will depend on
  - a. the effort used to cope with the stress
  - b. the level of physiological arousal
  - c. the level of psychological arousal
  - d. the individual's cognitive appraisal
  - e. the culture in which the person is raised

Answer: d      Difficulty: moderate      Page: 28      Skill: recall

4. Which of the following illustrates the correct order for the general adaptation syndrome?
  - a. stress, strain, recovery
  - b. resistance, submission, exhaustion
  - c. alarm, resistance, exhaustion
  - d. stress, alarm, resistance
  - e. stress, eustress, homeostasis

Answer: c      Difficulty: easy      Page: 32-33      Skill: recall

5. Selye's general adaptation syndrome refers to
- a consistent pattern of responses to noxious stimuli
  - a psychological response to stress observed in rats
  - a psychological response to stress observed in human behaviour
  - a stereotypic response to psychologically stressful events
  - a stereotypic flight or fight response

Answer: a      Difficulty: moderate      Page: 32-33      Skill: recall

6. In 1939, Canon expressed concern over the implications for physical illness through the continuous activation of the
- homeostatic response
  - fight or flight response
  - general adaptation response
  - central nervous system
  - stress response

Answer: b      Difficulty: easy      Page: 28      Skill: recall

7. The term "fight or flight" is not always appropriate in the contemporary world because
- contemporary responses to stress vary significantly from a thousand years ago
  - physiological responses to stress may be gender specific
  - behavioural responses to stress have evolved
  - the behavioural response no longer exists
  - men today are more secure and less threatened by other males

Answer: c      Difficulty: challenging      Page: 28      Skill: applied

8. According to Rice (1999) stress has three distinct meanings. Which of the following is not one of those three meanings?
- environmental demands placed upon us that cause us to feel stressed
  - subjective response to an environmental event
  - the body's physical response to events as described by Selye
  - a biobehavioural alternative to the flight or fight response
  - cognitive or interpretive response to events

Answer: d      Difficulty: moderate      Page: 30      Skill: recall

9. Taylor et al (2000) distinguishes between the behavioural component and the physiological component of the fight or flight response by proposing
- behaviourally, females are more likely to tend and befriend
  - behaviourally, males are more likely to be aggressive
  - physiologically, males sweat more frequently
  - physiologically, males heart rate accelerates more rapidly
  - physiologically, females response more slowly

Answer: a      Difficulty: easy      Page: 29-30      Skill: recall

10. There are two major components of the physical response to stress. They are
- the nervous system and the digestive system
  - the endocrine system and the digestive system
  - the nervous system and the endocrine system
  - the endocrine system and the musculoskeletal system
  - the nervous system and the musculoskeletal system

Answer: c      Difficulty: easy      Page: 30      Skill: recall

11. When a threat is perceived, either actual or imagined, the body is alerted to mobilize its coping resources. This response begins with the
- adrenal medulla
  - limbic system
  - reticular formation
  - hypothalamus
  - sympathetic nervous system

Answer: d      Difficulty: moderate      Page: 31      Skill: recall

12. The difference in the autonomic nervous system response to stress and the endocrine system response is
- the endocrine system is slower but the impact continues longer
  - the autonomic nervous system is slower but the impact continues longer
  - the autonomic nervous system is quicker but the effect lasts longer
  - the endocrine system is quicker but the effect lasts longer
  - there is no appreciable difference in the rate of responding

Answer: a      Difficulty: moderate      Page: 31-32      Skill: recall

13. The hormone cortisol
- increases blood sugar
  - decreases blood sugar by storing it
  - increases blood pressure and respiration rate
  - decreases blood pressure and respiration rate
  - converts stored protein and fats to glucose

Answer: e      Difficulty: easy      Page: 32      Skill: recall

14. One difference between the adrenal medulla and the adrenal cortex is
- the adrenal medulla secretes aldosterone
  - the adrenal cortex is activated by the pituitary gland
  - the adrenal medulla secretes cortisol
  - the adrenal cortex is activated by the hypothalamus
  - the adrenal medulla is located above the kidneys

Answer: b      Difficulty: moderate      Page: 31-321      Skill: applied

15. Selye's theory was criticized because
- he neglected genetic processes
  - he neglected cognitive processes
  - he exaggerated physiological responses to stress
  - he emphasized psychosocial factors over physiological factors
  - he proposed peptic ulcers as a disease of adaptation

Answer: b      Difficulty: moderate      Page: 33      Skill: recall

16. Selye called the problems of cardiovascular disease, hypertension, bronchial asthma and increased risk of infection
- diseases of exhaustion
  - diseases of survival
  - diseases of adaptation
  - diseases of resistance
  - diseases of the mind

Answer: c      Difficulty: easy      Page: 33      Skill: recall

17. Laurie got off the bus in a city 1000 miles from her home. She saw a lady coming towards her with outstretched arms. She immediately realized that it was her beloved aunt who she hadn't seen for 5 years. According to Lazarus and Folkman's Cognitive Transactional Model her primary appraisal would be called
- a. challenge
  - b. threat
  - c. irrelevant
  - d. benign-positive
  - e. stressful

Answer: d      Difficulty: easy      Page: 34      Skill: applied

18. Don and Tom work at different companies. On the same day that Don was told his services would no longer be needed, Tom was promoted. Tom was also told that the company was making many changes related to products. According to Lazarus and Folkman's Cognitive Transactional Model the primary appraisal for both men would be considered stressful. Don's type of stressful appraisal would be \_\_\_\_\_ and Tom's would be \_\_\_\_\_.

- a. harm/loss; threat
- b. harm/loss; challenge
- c. threat; challenge
- d. challenge; challenge
- e. threat; harm/loss

Answer: b      Difficulty: easy      Pages: 34      Skill: applied

19. According to the Cognitive Transactional Model proposed by Lazarus and Folkman, secondary appraisal is
- a. a continuous experience in which existing appraisals are changed or modified on the basis of new information
  - b. concerned with a person's evaluation of his or her ability to cope with a situation
  - c. concerned with the initial evaluation of a situation
  - d. only occurs after the primary appraisal is complete
  - e. the same as a defensive appraisal

Answer: b      Difficulty: easy      Page: 34      Skill: recall

20. A self-generated coping strategy in which an attempt is made to reinterpret past events more positively is called a
- reappraisal
  - primary reappraisal
  - defensive appraisal
  - challenge appraisal
  - comforting appraisal

Answer: c      Difficulty: easy

Page: 34-35

Skill: recall

21. Sureya is going to be playing the organ at church for the first time on Sunday morning. It is still one month away. Lazarus and Folkman would identify the property of the situation responsible for Jane's stress as
- event uncertainty
  - imminence
  - temporal uncertainty
  - duration
  - novelty

Answer: e      Difficulty: easy

Page: 36

Skill: applied

22. According to the Cognitive Transactional Model, normal life events may become sources of stress when the event
- occurs at the wrong time in the life cycle
  - lasts more than 60 days
  - is imminent
  - has an unusual outcome
  - was previously unimportant to the individual

Answer: a      Difficulty: moderate

Page: 36

Skill: recall

23. A person with a Type A Behaviour pattern was described by Friedman and Rosenman as
- appearing relaxed and calm
  - competitive and displaying a sense of time urgency
  - frequently seeking medical advice
  - socially dominant
  - slow to anger

Answer: b      Difficulty: easy

Page: 37

Skill: recall

24. The importance of identifying individuals exhibiting a Type A Behaviour pattern is that
- a. they frequently have few or no coping strategies
  - b. they tend to make inaccurate primary appraisals
  - c. they make their coworkers uncomfortable
  - d. make up a large proportion of the prison population
  - e. they are at risk for coronary heart disease

Answer: e      Difficulty: easy      Page: 38      Skill: recall

25. Elan rushes from one meeting to the next during the day, uses his car phone for business calls on the way home, when he isn't honking at the drivers of other cars who he thinks are going too slowly even though they are going the posted speed limit. Jack would appear to be displaying
- a. a lack of coping skills
  - b. a need to reappraise
  - c. Type A behaviour
  - d. Type B behaviour
  - e. Stress

Answer: c      Difficulty: easy      Page: 38      Skill: applied

26. The distinction between a coping response and a stress response depends on
- a. the type of coping strategy employed
  - b. the type of stress appraisal
  - c. the primary appraisal
  - d. whether an intentional act occurs in response to a stressor
  - e. whether an unintended emotion occurs in response to a stressor

Answer: d      Difficulty: moderate      Page: 39      Skill: recall

27. Any response that reflects a spontaneous emotional or behavioural reaction to stress is called a
- a. coping response
  - b. stress response
  - c. coping outcome
  - d. coping goal
  - e. emotion focused coping

Answer: b      Difficulty: easy      Page: 39      Skill: recall

28. Altering a situation by defining the problem, looking at alternative solutions, evaluating the implications of the alternatives and choosing the best one to act on is known as
- setting coping goals
  - coping outcomes
  - Type A behaviour
  - problem focused coping
  - emotion focused coping

Answer: d      Difficulty: easy      Page: 39      Skill: recall

29. When potential stressors are anticipated and acted on in advance to prevent or decrease their impact the type of coping is
- emotion focused
  - coping response
  - proactive
  - combative
  - stress management

Answer: c      Difficulty: moderate      Page: 39      Skill: recall

30. There is a tendency to use emotion-focused coping when
- the stressor is emotional
  - the individual believes nothing can be done
  - preparing for a stress response
  - the individual is without social support
  - the stress intensity is too large

Answer: b      Difficulty: easy      Page: 39      Skill: recall

31. In determining the importance of social support, it is clearly the \_\_\_\_\_ which is most important
- informational support
  - tangible support
  - emotional support
  - perception of social support
  - social situation

Answer: d      Difficulty: moderate      Page 40      Skill: applied



32. Using cognitive processes such as avoidance or minimization that are intended to decrease emotional distress is called
- problem focused coping
  - emotion focused coping
  - secondary appraisal
  - proactive coping
  - combative coping

Answer: b      Difficulty: easy      Page: 39      Skill: recall

33. The stress-buffering hypothesis suggests that
- problem focused coping is the best method of coping
  - emotion focused coping is the best method of coping
  - social support acts as a buffer to protect the individual from stress
  - personal control acts as a buffer to protect the individual from stress
  - positive psychology increases positive human functioning

Answer: c      Difficulty: easy      Page: 40      Skill: recall

34. Which of the following is not a form of social support?
- emotional
  - informational
  - tangible
  - direct aid or services
  - problem focused

Answer: e      Difficulty: easy      Page: 40      Skill: recall

35. Behavioural control over an event increases one's sense of \_\_\_\_\_
- imminence
  - duration
  - temporal uncertainty
  - emotional control
  - predictability

Answer: e      Difficulty: moderate      Page: 40      Skill: recall

36. The fight or flight response results in a \_\_\_\_\_ state while most relaxation techniques result in a \_\_\_\_\_ state.
- a. parasympathetic; sympathetic
  - b. hypermetabolic; hypometabolic
  - c. hypometabolic; hypermetabolic
  - d. hypometabolic; hypometabolic
  - e. hypermetabolic; hypermetabolic

Answer: b      Difficulty: easy      Page: 42      Skill: recall

37. All of the following are examples of relaxation techniques except
- a. progressive atrial fibrillation
  - b. progressive muscular relaxation
  - c. biofeedback
  - d. transcendental meditation
  - e. autogenic training

Answer: a      Difficulty: easy      Page: 45      Skill: recall

38. Relaxation techniques share all of the following features except
- a. eyes are closed
  - b. requires a quiet, undisturbed setting
  - c. muscles are completely relaxed
  - d. deep rhythmical breathing occurs
  - e. control over physiological processes

Answer: e      Difficulty: easy      Page: 45      Skill: recall

39. The principle underlying Wolpe's systematic desensitization is
- a. reciprocal inhibition
  - b. the relaxation response
  - c. biofeedback
  - d. cognitive exposure
  - e. repeated exposure

Answer: a      Difficulty: moderate      Page: 46      Skill: applied

40. Jason, a 4-year-old boy and his mother are taking a walk around their block. They meet their neighbour who is walking her dog. Jason is fearful of dogs. His mother pats the dog and then has Jason do the same. This would most accurately be called
- cognitive restructuring
  - systematic desensitization
  - biofeedback
  - participant modeling
  - inoculation training

Answer: d      Difficulty: moderate      Page: 46      Skill: applied

41. Which of the following Psychologists and their associated cognitive therapy are inaccurate
- Beck and cognitive therapy
  - Ellis and Rational emotive behaviour therapy
  - Meichenbaum and stress inoculation training
  - Wolpe and systematic desensitization
  - Bandura and biofeedback

Answer: e      Difficulty: easy      Page: 46-47      Skill: recall

42. Self-help manuals that provide do-it-yourself instruction in coping with stress
- Only work for those who are stress literate
  - Provide evidence about the pervasiveness of stress
  - Are not useful and could be dangerous
  - Are regulated by the Canadian Psychology Association
  - Grew out of the positive psychology approach

Answer: b      Difficulty: moderate      Page: 48      Skill: recall

43. All of the following are components of stress inoculation training **except**:
- psychoeducation
  - behavioural analysis of individual patterns of stress-related behaviours
  - time management
  - cognitive restructuring
  - systematic desensitization

Answer: c      Difficulty: easy      Page: 47      Skill: recall

44. According to the diathesis-stress model, disease outcomes result from
- the nature of the stressor a person experiences
  - one's physiological vulnerabilities
  - changes in health behaviour
  - the interaction between psychological and physiological predispositions and stress
  - a genetic predisposition

Answer: d      Difficulty: easy      Page: 33      Skill: recall

45. The degree to which an individual is knowledgeable about the effects of stress is described as
- coping
  - homeostasis
  - stress literacy
  - general adaptation
  - stress-diathesis model

Answer: c      Difficulty: easy      Page 27      Skill: recall

46. Smith and Ruiz identified a risk factor for coronary disease which they identified as
- hostility
  - social dominance
  - Type A behaviour
  - Type B behaviour
  - time urgency

Answer: b      Difficulty: moderate      Page 37      Skill: recall

47. An emerging field that encourages psychologists to use fewer negative frameworks and focus more on effective human functioning is
- personal control psychology
  - cognitive psychology
  - positive psychology
  - psychosomatic medicine
  - stress inoculation training

Answer: c      Difficulty: easy      Page 41      Skill: recall

48. A type of appraisal in which, though an event is perceived to be stressful, the focus is one of positive excitement and the potential for growth is called
- secondary appraisal
  - reappraisal
  - irrelevant appraisal
  - benign-positive appraisal
  - challenge appraisal

Answer: e    Difficulty: easy    Page 34    Skill: recall

49. In SAM, the hypothalamus causes the adrenal medulla to secrete which of the following hormones
- glucocorticoids
  - mineralocorticoids
  - ACTH
  - catecholamines
  - cortisol

Answer: d    Difficulty: challenging    Page 31    Skill: recall

50. The HPA system causes the adrenal cortex to secrete all but one of the following hormones
- glucocorticoids
  - mineralocorticoids
  - catecholamines
  - cortisol
  - aldosterone

Answer: c    Difficulty: challenging    Page 32    Skill: recall

51. Programs designed to change maladaptive behaviours are not usually described in terms of coping but are more likely to be described as
- diathesis –stress model
  - stress management
  - resistance
  - resilience
  - informational support

Answer: b    Difficulty: moderate    Page 38    Skill: recall

52. Brittney has had a difficult childhood moving from foster family to foster family and eventually ending up in a group home. Still she is determined to get the best education she can. She has just been accepted into graduate studies in clinical psychology and hopes to apply her professional skills to other children with similar troubled childhoods. Brittney clearly represents
- the stress-diathesis model

- b. stress management techniques
- c. resilience
- d. emotion focussed coping
- e. social dominance

Answer: c      Difficulty: moderate      Page 37      Skill: applied

53. Personal control, a factor that influences a person's ability to cope with stress, may be achieved
- a. emotionally or behaviourally
  - b. cognitively or behaviourally
  - c. emotionally or cognitively
  - d. socially or psychologically
  - e. socially or emotionally

Answer: b      Difficulty: moderate      Page 41      Skill: recall

### **Short Answer/ Essay Questions**

1. Describe the physiological changes that take place when the flight or fight response occurs with activation of the sympathetic adrenomedullary system.

Difficulty: easy      Page: 30-31      Skill: recall

2. Outline the physiological stress response of the HPA axis beginning with the hypothalamus and ending with the release of cortisol.

Difficulty: moderate      Page: 32      Skill: recall

3. Describe each stage of Selye's General Adaptation Syndrome and include the criticisms of the theory that have emerged.

Difficulty: easy      Page: 32-33      Skill: recall

4. Compare Selye's General Adaptation Syndrome to the Cognitive Transactional model of stress. Be sure to include the major components of each theory.

Difficulty: moderate      Page: 34-36      Skill: applied

5. Describe the three types of appraisal proposed by the Cognitive Transactional Model of stress. Include examples of person and situation variables that influence appraisal.

Difficulty: moderate

Page: 36

Skill: applied

6. Describe Wright's multi-causal pathway that outlines factors in the Type A behaviour pattern which have been linked to coronary heart disease.

Difficulty: easy

Page: 37

Skill: recall

7. Distinguish between problem-focused coping and emotion focused coping giving examples of each.

Difficulty: moderate

Page: 39

Skill: applied

8. Describe the different types of social support and give specific examples of each type.

Difficulty: easy

Page: 39

Skill: applied

9. It is clear that lack of social support is a risk factor for disease. What evidence exists to support this statement? Describe a possible mechanism for the effect of social support on the coping response.

Difficulty: challenging

Page: 40

Skill: applied

10. Describe in detail one method of inducing relaxation.

Difficulty: moderate

Page: 45 and 48-49

Skill: recall

11. Describe three forms of cognitive therapy frequently used in stress management.

Difficulty: easy

Page: 46

Skill: recall

12. Choose one behaviour therapy/cognitive therapy technique and one relaxation technique of stress management and describe how these two methods might be helpful for someone currently experiencing the demands of student life.

Difficulty: moderate

Page: 46

Skill: applied

13. In Lazarus and Folkman's Cognitive Transactional Model, person and situation variables have been identified that influence the reappraisal process. Name and describe one person variable and three situation variables that have been identified. Explain how each variable influences appraisal.

Difficulty: moderate

Page: 34

Skill: applied

14. What has been learned from the study of eastern meditative disciplines and how can that information be applied to western practices of stress management.

Difficulty: Challenging

Page: 43-44

Skill: applied

15. What role do the limbic system and the reticular formation play in the stress response?

Difficulty: moderate

Page 31

Skill: recall

16. Explain the stress-diathesis model and how it can be applied to cardiovascular disease?

Difficulty: moderate

Page 33

Skill: applied