

Summary



HOW ARE PSYCHOLOGICAL STATES CONNECTED TO PHYSICAL REACTIONS? p.270

- The field of health psychology places emphasis on the idea that physical health and mental health are closely related.
- Stress significantly increases a person's risk factor for the four leading causes of illness and death: heart disease, cancer, stroke, and chronic lung disease.
- When the body is emotionally aroused, it produces a fight-or-flight response by releasing stress hormones from the adrenal glands.



HOW DOES STRESS AFFECT OUR IMMUNE SYSTEMS AND OUR OVERALL HEALTH? p.270

- Common stressors—events that we see as challenging or threatening—include catastrophes, significant life changes, and daily hassles.
- Stress is related to heart disease. Type A people are more likely than Type B people to suffer from heart attacks due to different physiological reactions to stress.
- Stress causes the brain to secrete stress hormones that suppress the immune system, making the body more vulnerable to illnesses, including the progression of cancer. Stress also correlates with the progression of HIV to AIDS.



WHAT ARE SOME OF THE DIFFERENT WAYS THAT PEOPLE COPE WITH STRESS? p.275

- Coping strategies, including rational coping, repressive coping, and reframing, help to minimize the effects of stressors.
- Foreseeing a source of stress and considering how to deal with it in advance is known as anticipatory coping.
- Attempts to alleviate stress may be problem-focused (dealing directly with the source of the stress) or emotion-focused (avoiding the stressor).



WHAT TECHNIQUES CAN WE USE TO ALLEVIATE OR MANAGE STRESS? p.279

- People who perceive that they have control over a stressor, who have a positive outlook, and who have social support are better able to deal with stress.
- Aerobic exercise, biofeedback, and relaxation and meditation techniques can help to relieve stress.

Test Your Understanding

- Jenny has been keeping on top of her studies throughout the semester, but during exam time, she suddenly finds herself feeling overwhelmed and stressed. Jenny is most likely suffering from:
 - eustress
 - post-traumatic stress
 - chronic stress
 - acute stress
- Which of the following statements about the effects of stress on health is true?
 - Adults who are competitive and impatient are more likely to suffer from heart attacks than are adults who are relaxed.
 - Stress causes the body to divert more energy toward the immune system, causing the immune system to overreact.
 - A person with high levels of stress is more likely to develop cancerous cells than is a person with low levels of stress.
 - When a person who is already immunosuppressed experiences stress, the effects of stress have no additional impact on the immune system.
- Jason has been put in charge of an important project at work that will require a lot of overtime. At first, Jason doesn't think he can handle the project. After a while, though, he begins to think about ways in which he can reduce his workload. Jason is:
 - making a cognitive appraisal
 - using repressive coping
 - using emotion-focused coping
 - undergoing stress inoculation
- Which of the following people would be most likely to suffer from burnout?
 - a part-time lawyer
 - a professional athlete
 - a special needs teacher
 - an elementary school student
- Which of the following situations does NOT exacerbate stress?
 - getting married
 - living in a high-crime neighborhood
 - sitting in daily traffic jams
 - receiving increased levels of personal autonomy at work
- Mercedes suffers from frequent severe joint pain. She visits her physician, who is unable to find anything physically wrong with her. Mercedes is most likely suffering from:
 - a conversion disorder
 - a somatization disorder
 - hypochondriasis
 - chronic stress
- According to Meichenbaum's stress inoculation strategy, the third stage in treating patients with stress is to:
 - identify the patients' stressors

- b. have patients apply stress-reduction techniques to real-life situations
 c. practice stress-reduction techniques with patients
 d. evaluate patients' responses to stress
8. Which of the following statements about the relationship between exercise and stress is NOT true?
 a. Exercise may improve our emotional state by releasing mood-enhancing hormones such as norepinephrine, serotonin, and endorphins.
 b. Researchers are unable to prove a causal relationship between exercise and stress because people with lower stress levels usually exercise more.
 c. Regular aerobic exercise increases heart and lung fitness and reduces levels of anxiety and depression.
 d. Moderate exercise on a regular basis can add up to two years to a person's life expectancy.
9. When Tariq's father dies, Tariq begins to separate himself from the rest of the family. He rarely answers his phone and starts using illegal drugs, including heroin and cocaine. Which stress response system is Tariq demonstrating?
 a. fight or flight
 b. tend and befriend
 c. withdrawal
 d. general adaptation syndrome
10. Gwen is undergoing a painful divorce. When people ask how she is doing, she smiles broadly and tells them she has never been better. Which coping mechanism is Gwen using?
 a. reframing
 b. repressive coping
 c. rational coping
 d. anticipatory coping
11. William falls down and breaks his leg, rendering him unable to work for several months. William reminds himself that the time off will enable him to spend more time with his friends and family. William:
 a. has a positive explanatory style
 b. is demonstrating the fight or flight response
 c. likely has a Type A personality
 d. is using the stress inoculation strategy
12. Which of the following statements is true about marriage and health?
 a. Being married is a positive predictor of good health even if the marriage is unstable.
 b. The emotional turmoil caused by relationships means that single people are generally healthier than married people.
 c. Married people tend to live longer than unmarried people, regardless of race, age, sex, and income.
 d. There seems to be no relationship between marital status and health.
13. Which of the following topics would an environmental psychologist be most likely to study?
 a. the relationship between excess noise levels and stress
 b. how the immune system responds to the flu virus while under stress
 c. the effects of post-traumatic stress on an Iraq War veteran
 d. the relationship between stress levels and life expectancy
14. Which of the following occurs during the alarm stage of Selye's General Adaptation Syndrome?
 a. Hormones are suddenly released.
 b. Persistent stress depletes the body of its reserves.
 c. Temperature, blood pressure, and respiration remain at high levels.
 d. Heart rate increases and blood is diverted to the skeletal muscles.
15. Which of the following statements about stressful life events is true?
 a. Daily hassles such as traffic jams are minor inconveniences that do not dramatically increase stress levels.
 b. Catastrophes such as hurricanes or war almost always have a greater impact on people's overall health than more common daily stressors do.
 c. Minor stressors can accumulate over time to create health problems that are just as damaging as those caused by major stressful events.
 d. Significant life changes in middle and late adulthood are the most common sources of stress for most individuals.
16. Annie and Lia are identical twins. Annie is currently experiencing several stressful life events, while Lia is relatively relaxed. All other things being equal, which of the following statements about Annie and Lia is true?
 a. Lia is more likely to develop multiple sclerosis than Annie is.
 b. Annie is more likely to have a Type A personality than Lia is.
 c. Lia has a more responsive immune system than Annie does.
 d. Annie is more likely to catch a cold than Lia is.
17. Monique is experiencing problems at work that are causing sleeplessness and irritability. Which of the following is LEAST likely to reduce Monique's stress levels?
 a. getting a pet
 b. drinking two glasses of wine every night
 c. confiding in a friend
 d. writing her feelings in a diary
18. Which of the following is a disadvantage of biofeedback?
 a. It is only effective for women.
 b. It requires the use of expensive equipment.
 c. It has dangerous side effects.
 d. Its effects are not immediately apparent.
19. A person who responds to stress by adhering to Taylor's "tend and befriend" model is most likely to:
 a. avoid communicating with his or her friends
 b. look to friends for comfort and compassion
 c. make new friends only during periods of stress
 d. depend on friends to make important decisions
20. Darnell is a successful businessman who thrives in a competitive environment. He becomes angry easily, and he frequently argues with his colleagues. Darnell is at a high risk of developing:
 a. Alzheimer's disease
 b. conversion disorder
 c. hyperchondriasis
 d. cardiovascular disease

Remember to check www.thethinkspot.com for additional information, downloadable flashcards, and other helpful resources.

Answers: 1) d; 2) a; 3) a; 4) c; 5) d; 6) b; 7) b; 8) b; 9) c; 10) b; 11) a; 12) c; 13) a; 14) d; 15) c; 16) d; 17) b; 18) b; 19) b; 20) d