Student name:\_\_\_\_\_\_\_\_\_\_

**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.

**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) alarm reaction.  
 D) autoimmune response.

**3)** Which of the following lists the three phases of the general adaptation syndrome in the order of their 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

**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, adaptation energy is eventually exhausted.  
 D) The body shows the changes characteristic of the first exposure to a stressor.

**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, adaptation energy is eventually exhausted.  
 D) The signs of the alarm reaction reappear, but now they are irreversible.

**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, adaptation energy is eventually exhausted.  
 D) Resistance ensues if continued exposure to the stressor is compatible with adaptation.

**7)** Eustress is defined as:

A) the bad things to which we have to adapt and that can lead to a stress reaction.   
 B) a series of bodily changes that are the opposite of the stress reaction.  
 C) the good things to which we have to adapt and that can lead to a stress reaction.  
 D) the cumulative biological wear and tear that results from our response to stress.

**8)** Distress is defined as:

A) the bad things to which we have to adapt and that can lead to a stress reaction.   
 B) a series of bodily changes that are the opposite of the stress reaction.  
 C) the body's stress reaction that includes an increase in heart rate and respiration.  
 D) the cumulative biological wear and tear that results from our response to stress.

**9)** The series of bodily changes that are the opposite of the stress reaction is called the:

A) autoimmune response.   
 B) galvanic skin response.  
 C) fight-or-flight response.  
 D) relaxation response.

**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

**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) Autohypnotic relaxation  
 D) Transcendental meditation

**12)** The contraction of muscles for no obvious purpose is called:

A) bracing.   
 B) self-contracting.  
 C) meditation.  
 D) relaxation.

**13)** According to Johan Denollet's research, which of the following types of personalities is related to coronary heart disease?

A) Type A   
 B) Type C  
 C) Type D  
 D) Type B

**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

**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.

**16)** Toxins, heat, and cold are examples of \_\_\_\_\_ stressors.

A) environmental   
 B) psychological  
 C) sociological  
 D) philosophical

**17)** Use of time and purpose in life are examples of \_\_\_\_\_ stressors.

A) environmental   
 B) psychological  
 C) sociological  
 D) philosophical

**18)** Depression and threats to self-esteem are examples of \_\_\_\_\_ stressors.

A) environmental   
 B) psychological  
 C) sociological  
 D) philosophical

**19)** Unemployment and the death of a loved one are examples of \_\_\_\_\_ stressors.

A) environmental   
 B) psychological  
 C) sociological  
 D) philosophical

**20)** The fight-or-flight response is termed:

A) stress disorder.   
 B) stress reactivity.  
 C) autoimmune response.  
 D) self-preservation.

**21)** Which of the following is an example of a behavioral strain?

A) Tension headache   
 B) Alcohol abuse  
 C) Backache  
 D) Agoraphobia

**22)** The goal of stress management is to:

A) eliminate all forms of stress from life.   
 B) limit the harmful effects of stress while maintaining life's quality and vitality.  
 C) make life happy and easy by experiencing as little stress as possible.  
 D) All of the answers are correct.

**23)** The degree to which the seven dimensions of health are in balance is called:

A) eustress.   
 B) wellness.  
 C) spirituality.  
 D) coping.

**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

**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

**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

**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

**28)** Some researchers have found that the relationship between stress and illness can be plotted on a(n):

A) T-shaped curve.   
 B) S-shaped curve.  
 C) U-shaped curve.  
 D) L-shaped curve.

**29)** Progressive relaxation is sometimes termed neuromuscular relaxation.

⊚ true  
 ⊚ false

**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  
 ⊚ false

**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  
 ⊚ false

**32)** Shelly Taylor found that males are more likely to use social connections to cope with stressful events than are females.

⊚ true  
 ⊚ false

**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  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

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

⊚ true  
 ⊚ false

**38)** Stress can be useful, stimulating, and welcome.

⊚ true  
 ⊚ false

**39)** According to hardiness theory, if you perceive potentially stressful events as a challenge instead of as a threat, less stress will result.

⊚ true  
 ⊚ false

**40)** Tension headaches and backaches are psychological strains that stem from stress reactivity occurring when contemplating that experience.

⊚ true  
 ⊚ false

**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  
 ⊚ false

**Answer Key**Test name: chapter 1

1) C

2) A

3) B

4) D

5) A

6) C

7) C

8) A

9) D

10) A

11) B

12) A

13) C

14) A

15) D

16) A

17) D

18) B

19) C

20) B

21) B

22) B

23) B

24) C

25) A

26) D

27) C

28) C

29) TRUE

30) TRUE

31) TRUE

32) FALSE

33) TRUE

34) FALSE

35) FALSE

36) TRUE

37) FALSE

38) TRUE

39) TRUE

40) FALSE

41) TRUE