

- _____ 23. The body's defensive reaction to invasion by bacteria, viral agents, or other foreign substances.
- _____ 24. Various types of aid and succor provided by members of one's social network.
- _____ 25. A general tendency to expect good outcomes.
- _____ 26. An approach to therapy that focuses on altering clients' patterns of irrational thinking to reduce maladaptive emotions and behavior.
- _____ 27. The release of emotional tension.
- _____ 28. Unrealistic and pessimistic appraisal of stress that exaggerates the magnitude of a problem.
- _____ 29. Physical ailments caused, in part, by psychological factors, especially emotional distress.
- _____ 30. A disorder in which the immune system is gradually weakened and eventually disabled by the human immunodeficiency virus (HIV).

Review of Key People

Walter Cannon
 Robin DiMatteo
 Albert Ellis
 Meyer Friedman & Ray Rosenman

Thomas Holmes & Richard Rahe
 Janice Kiecolt-Glaser
 Richard Lazarus

Neal Miller
 Hans Selye
 Shelley Taylor

- _____ 1. Observed that minor hassles were more closely related to mental health than were major stressful events.
- _____ 2. Noted for his extensive investigations of the three types of conflict.
- _____ 3. These researchers developed the Social Readjustment Rating Scale.
- _____ 4. One of the first theorists to describe the "fight-or-flight" response.
- _____ 5. Coined the word "stress" and described the General Adaptation Syndrome.
- _____ 6. These researchers found a connection between coronary risk and what they called Type A behavior.
- _____ 7. Has conducted research on communication between health care providers and patients.
- _____ 8. The developer of Rational-Emotive Therapy.
- _____ 9. Showed that "positive illusions" may be adaptive for mental health and well-being.
- _____ 10. Has conducted research linking stress to temporary suppression of the immune system.

Self-Quiz

1. Which of the following statements regarding stress is incorrect?
 - a. Stress is a subjective experience.
 - b. The effects of stress are cumulative.
 - c. Minor hassles may prove more stressful than major ones.
 - d. One should seek to avoid all stress.
2. You've been invited to dinner at a nice restaurant on the final night of a TV mini series you've been watching, and thus find yourself confronted with
 - a. pressure
 - b. frustration
 - c. an approach-avoidance conflict
 - d. an approach-approach conflict
3. The week of final exams subjects most students to what kind of stress?
 - a. pressure
 - b. change
 - c. frustration
 - d. conflict
4. High scores on the Social Readjustment Rating Scale were found to be correlated with psychological disturbances and
 - a. type A behavior patterns
 - b. physical illness
 - c. pessimistic attitudes
 - d. all of the above
5. According to optimal-arousal theories, which of the following situations would be least affected by a high optimal-arousal level?
 - a. taking a psychology exam
 - b. typing a term paper
 - c. buttoning a shirt
 - d. learning to drive a car
6. The General Adaptation Syndrome shows that the body
 - a. gradually adapts to a particular stress
 - b. gradually adapts to all form of stress
 - c. may gradually weaken and die from continued stress
 - d. can react rapidly to all forms of stress
7. Which of the following organs is involved in both of the body's two major stress pathways?
 - a. the adrenal gland
 - b. the sympathetic nervous system
 - c. the pituitary gland
 - d. the pineal gland
8. Aggression is frequently triggered by
 - a. helplessness
 - b. frustration
 - c. loneliness
 - d. change

9. Which of the following behavioral responses to stress may result in internet addiction?
- defensive coping
 - self-indulgence
 - positive illusions
 - giving up
10. Which of the following situations is most likely to result in chronic stress?
- being diagnosed with AIDS
 - preparing for final exams
 - being late for an appointment and stuck in traffic
 - being told that you need root canal work
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11. Smoking is to lung cancer as Type A behavior is to
- coronary disease
 - AIDS
 - defensive coping
 - mental disorders
12. One of the key links between stress and physical illness may be that the body's response to stress
- increases the optimal-arousal level
 - suppresses the immune system
 - decreases the optimal-arousal level
 - suppresses the adrenal gland
13. Health-impairing life styles appear to develop
- rapidly
 - unconsciously
 - slowly
 - as a defense against stress
14. A major idea behind Rational-Emotive Therapy is that stress is caused by
- conflict
 - frustration
 - pressure
 - catastrophic thinking
15. Analyzing the possible gains and losses before undertaking a health-treatment program is an example of
- seeking information to reduce uncertainty
 - listing alternative courses of action
 - making a risk-benefit analysis
 - analyzing base rates