CHAPTER 3

1. One accepted definition of stress is
   a. any potentially upsetting event that occurs in one’s environment.
   b. any circumstance that threatens well-being and taxes coping abilities.
   c. any negative change that occurs in the course of life.
   d. anything that causes chronic illness in organisms.

2. Lazarus's findings on hassles suggest that the effects of stress are
   a. cumulative.
   b. mutually exclusive.
   c. specific to different domains.
   d. inversely related to the number of demands.

3. Whether or not an event is stressful is most likely to depend on
   a. how much physiological arousal it causes.
   b. how much change there is.
   c. how one appraises and adapts to the event.
   d. whether one is prepared for the event.

4. The notion that "stress lies in the eye of the beholder" suggests that
   a. coping strategies tend to vary from individual to individual.
   b. people's appraisals of stressful events are highly subjective.
   c. there are certain events that just about everyone finds stressful.
   d. the appraisal of stress generally involves the use of visual imagery.

5. Urban poverty and violence have been identified as sources of ________ that have been found to be modestly correlated with depression and hostility.
   a. acute stress
   b. traumatic stress
   c. ambient stress
   d. rational stress

6. One challenge faced by members of ethnic minorities in dealing with everyday discrimination is that manifestations of such discrimination are often
   a. imaginary.
   b. ambiguous.
   c. minor.
   d. consistent.

7. Threatening events that have a relatively long duration and no apparent time limit are referred to as
   a. ambient stressors.
   b. cultural stressors.
   c. acute stressors.
   d. chronic stressors.
8. Dealing with a rude store clerk and waiting for the results of an examination are two examples of
   a. acute stressors.
   b. ambient stressors.
   c. environmental stressors.
   d. chronic stressors.

9. The four major types of stress described in your textbook are
   a. pressure, anxiety, environment, social demands.
   b. frustration, anger, pressure, and change.
   c. frustration, conflict, pressure, and change.
   d. conflict, pressure, anxiety, and social demands.

10. You want to ask someone for a date, but you're afraid of being rejected. Which of the following types of conflict applies to your situation?
    a. approach-approach
    b. avoidance-avoidance
    c. approach-avoidance
    d. frustration-aggression

11. Approach-avoidance conflicts often produce
    a. vacillation.
    b. frustration.
    c. aggression.
    d. self-directed anger.

12. An approach-avoidance conflict may best be resolved by __________ the avoidance motivation rather than __________ the approach motivation.
    a. decreasing; decreasing
    b. decreasing; increasing
    c. increasing; decreasing
    d. increasing; increasing

13. Holmes and Rahe concluded that change is stressful
    a. only when it is undesirable.
    b. only when it is overwhelming.
    c. whether it is undesirable or desirable.
    d. only when accompanied by pressure.

15. Psychologists study responses to stress at which of the following levels?
    a. behavioral
    b. emotional
    c. physiological
    d. all of these

16. __________ are largely uncontrollable and are accompanied by physiological changes.
    a. Conflicts
    b. Pressures
    c. Stressors
    d. Emotions
17. Research findings indicate that cognitive appraisals may influence a person’s __________ responses to stressors.
   a. emotional
   b. social
   c. controllable
   d. perceptual

18. Sapolsky's work with stress demonstrated
   a. primates are poor models to study stress because they naturally adapt to their environment
   b. positive behavioral adaptations can have significant impact on physical health and general wellness
   c. primates are not able to moderate the influence of stress because they have limited cognitive abilities
   d. stress has a limited effect which is specific to the individual

19. The parasympathetic division of the autonomic nervous system
   a. conserves bodily resources.
   b. stimulates the fight-or-flight response.
   c. arouses the endocrine system in times of stress.
   d. shuts down immediately following a stressful event.

20. The sympathetic division of the autonomic nervous system
   a. conserves bodily resources.
   b. arouses sympathy for those in stressful circumstances.
   c. mobilizes bodily resources for emergencies.
   d. calms the body after the fight-or-flight response.

21. Selye exposed lab animals to various stressors and found that
   a. each individual animal responded to stress differently.
   b. each type of stress caused a particular physiological response.
   c. patterns of physiological arousal were similar, regardless of the type of stress.
   d. patterns of physiological arousal seemed to depend on the intensity of the stress.

22. The general adaptation syndrome is a
   a. general coping strategy for dealing with stress.
   b. severe stress-related psychological disorder.
   c. set of nonspecific bodily responses to stress.
   d. physiological-based solution for stressful problems.

22. Mounting evidence from research indicates that stress may ______ the functioning of the immune system.
   a. stimulate
   b. destroy
   c. suppress
   d. enhance