

Lesson Quiz 15-1



Stress and Health

DIRECTIONS: Completion Enter the appropriate word(s) to complete the statement.

1. Positive stress, or _____, results from motivating strivings and challenges.
2. Trying to decide between going to a baseball game with your friends or helping your mother paint the kitchen is an example of a(n) _____ situation.
3. You see a snake and you immediately decide this is a bad situation; this is an example of a(n) _____ appraisal of a situation.
4. _____ stressors can include noise, odors, and temperature.
5. A small, positive event such as setting a new high score on your favorite video game is an example of a(n) _____.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. You develop a rash the night before you must perform a solo that you don't feel prepared for. This is an example of a(n)

A. conflict situation.	C. stress reaction.
B. hassle.	D. eustress result.
- _____ 7. Deciding between the lesser of two evils describes which of the following conflict situations?

A. approach-approach	C. approach-avoidance
B. avoidance-avoidance	D. double approach-avoidance
- _____ 8. If, after experiencing a minor car accident, the other driver admits fault and you realize nobody is hurt, this would create a more positive

A. future expectancy.	B. primary appraisal.
C. conflict situation.	D. distress.
- _____ 9. Paving is being demolished next to your school, so every few minutes you are deafened by the sound of a jackhammer; this is an example of a(n)

A. secondary appraisal.	B. eustress.
C. life change.	D. environmental stressor.
- _____ 10. Which of the following ranked as the most stressful life event on the Social Readjustment Rating Scale?

A. death of spouse	C. fired at work
B. jail term	D. divorce

Lesson Quiz 15-2



Stress and Health

DIRECTIONS: Modified True/False In the blank, indicate whether the statement is true (T) or false (F). If false, edit the statement to make it a true statement.

- _____ 1. The stress from getting fired has caused Kate to develop a physical illness. This demonstrates the holistic nature of the human body.

- _____ 2. Post-traumatic stress disorder is a condition in which a person who has experienced a traumatic event feels short-term aftereffects.

- _____ 3. Long-term stress strengthens the body's immune defense system.

- _____ 4. If your friend is always irritated when waiting in a line, he is probably a Type A person.

- _____ 5. You will likely feel less stress about writing an essay if you know how your teacher grades writing assignments.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Which of the following is the correct order of the stages in the general adaptation syndrome?
 - A. resistance, alarm, exhaustion
 - B. alarm, resistance, exhaustion
 - C. exhaustion, alarm, resistance
 - D. alarm, exhaustion, resistance
- _____ 7. Which of the following is the best example of a cognitive reaction to stress?
 - A. getting lost while driving to the store
 - B. developing high blood pressure
 - C. yelling at your sister
 - D. catching a cold
- _____ 8. Which of the following describes a typical Type B person?
 - A. fast eater
 - B. often multitasking
 - C. generally patient
 - D. more susceptible to heart disease
- _____ 9. When you avoid being around a person who is annoying, you are practicing
 - A. spiritual control.
 - B. behavioral control.
 - C. cognitive control.
 - D. emotional control.
- _____ 10. Giving money to a friend who just lost his job is an example of which type of social support?
 - A. emotional
 - B. appraisal
 - C. informational
 - D. instrumental

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Lesson Quiz 15-3



Stress and Health

DIRECTIONS: Completion Enter the appropriate word(s) to complete the statement.

1. The interpretation of an event that helps determine its stress impact is called _____ appraisal.
2. Convincing yourself that you did not fail all your classes even after receiving F's on your report card is an example of a coping strategy called _____.
3. "_____ " refers to establishing and pursuing your goals.
4. "I'm skipping practice because I'm not going to make the team anyway," is a statement that a(n) _____ would make.
5. Attempting to bring your muscle tension under your conscious control is an example of _____.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Watching and analyzing a situation from an emotionally detached standpoint occurs with

A. intellectualization.	C. mental disengagement.
B. denial.	D. restraint coping.
- _____ 7. A person who gives up on trying to get into law school after receiving three rejection letters is displaying which coping strategy?

A. planning	C. behavioral disengagement
B. venting of emotions	D. mental disengagement
- _____ 8. Confronting a situation head-on could also be described as

A. problem solving.	C. biofeedback.
B. intellectualization.	D. progressive relaxation.
- _____ 9. Which of the following is the most constructive alternative to the irrational assumption that "Everyone must approve of what I do"?

A. Everyone who doesn't approve of what I do is wrong.
B. Other people should keep their opinions to themselves.
C. People should lower their expectations of me.
D. I should concentrate on my own self-respect.
- _____ 10. An effective strategy to reduce the stress you feel from dealing with coworkers would be to

A. try to get your coworkers fired.
B. improve your interpersonal skills.
C. ignore your coworkers completely.
D. yell more at work to vent your emotions.