

BE SURE THAT ALL MULTIPLE CHOICE QUESTIONS ARE ANSWERED ON YOUR SCANTRON FORM!!

Part I. Multiple Choice: Indicate on the Scantron form the single best choice for the answer (1 point ea.).

1. Which of the following is NOT a component of stress?
 - a. external pressure (this exam!)
 - b. tension (anxiety, struggle)
 - c. coping mechanisms (relaxation techniques)
 - d. body arousal (physiological responses)

2. The following statements represent which order of Lazarus' appraisal process? "What is the meaning of this event?" "How am I doing?" "What can I do about this event?"
 - a. primary appraisal, secondary appraisal, reappraisal
 - b. secondary appraisal, reappraisal, primary appraisal
 - c. reappraisal, primary appraisal, secondary appraisal
 - d. primary appraisal, reappraisal, secondary appraisal

3. In what way is the idea of 'appraisal' a problem for the Holmes and Rahe 'Social Readjustment Rating Scale'?
 - a. The idea of appraisal is actually not a problem for the SRRS.
 - b. The scale does not take individual differences in appraisal into account.
 - c. The scale places too much emphasis on primary appraisal and too little emphasis on reappraisal.
 - d. The scale places too much emphasis on appraisal of positive items, and not enough emphasis on appraisal of negative items.

4. Trina lives under conditions of chronic stress: poverty, hunger, illness, and Phil does not. Trina and Phil are brought into the laboratory and exposed to an acute stressor: putting their hand in a bucket of ice water and keeping it there for as long as they could. Heart rate is measured. What is the likely outcome of this experiment?
 - a. Trina would probably have a higher heart rate.
 - b. Phil would probably have a higher heart rate.
 - c. Trina and Phil would have similar heart rates.
 - d. Either a) or c).

5. Which of the following was *not* a result from Andrew Baum's research comparing residents living near Three Mile Island nuclear reactor and other individuals living elsewhere?
 - a. TMI residents had higher blood pressure.
 - b. TMI residents had higher levels of stress hormones.
 - c. TMI residents had higher numbers of NK cells.
 - d. TMI residents that had *low* levels of social support had higher levels of norepinephrine than did TMI residents who had *high* levels of social support.

6. Symptoms and signs of Post Traumatic Stress Disorder (PTSD) include all of the following EXCEPT:
 - a. heightened memory and concentration.
 - b. sleeplessness.
 - c. numbing of responsiveness.
 - d. flashbacks.

7. Which of the following is true of tropic hormones?
- They stimulate release of hormones by the pituitary.
 - They are secreted by the pituitary.
 - Cortisol is one of them.
 - They are secreted by the amygdala.
8. 'NEUROendocrine' refers to:
- hormones secreted by neurons.
 - hormones that affect the functioning of neurons.
 - neurons that stimulate endocrine glands.
 - neurons that secrete the same substance as an endocrine gland
9. Cortisol is
- a steroid that affects gene transcription.
 - an activator protein.
 - a repressor protein.
 - all of the above.
10. In the study of early life stress (ELS) and depression in women, Heim found that when ELS women with depression were compared with ELS women without depression
- the ELS women with depression had lower cortisol concentrations.
 - the ELS women without depression had lower cortisol concentrations.
 - the ELS women with depression had higher ACTH concentrations.
 - the ELS women without depression had higher ACTH concentrations.
11. Cells of the immune system have
- surface receptors for epinephrine.
 - surface receptors for norepinephrine.
 - intracellular glucocorticoid receptors.
 - all of the above.
12. In the Laudenslager study of rats who received footshock, animals in the group that had control over the shock had a better immune response than did animals that had no control over the shock. What kind of immune measure did he use?
- an enumerative measure
 - a disease measure
 - an in vitro measure
 - a retrospective measure
13. If you are a rhesus monkey that is challenged by a human staring into your face, responding to this challenge with _____ is associated with a better immune response.
- affiliative gestures
 - threatening gestures
 - withdrawal
 - either a) or b)
14. The Glasers' research on antibody to Epstein-Barr virus (EBV) showed that:
- the amount of antibody increased when monkeys were challenged by staring at them.
 - students who were low in loneliness had lower antibody responses at high-stress times.
 - a better antibody response to EBV resulted in eliminating the infection.
 - antibody to EBV decreased during high stress conditions.

15. Which of the following is true of problem-focused coping?
- It is more likely to be seen when people feel they have little control over the situation.
 - Self-control is an example of such a strategy.
 - It is helpful for regulating one's emotional responses to a stressor.
 - None of the above is true.
16. You have completed all of your undergraduate coursework and are applying to graduate school. The registrar's office, however, has no record of your passing Psychology 126, and so won't let you graduate. You talk to your friends about what to do, and as a result, you talk to your instructor who shows you that, being the extremely competent person that he is, he did in fact submit your 'A' grade to the registrar. He gives you a letter indicating that your grade was an 'A', and you then present all of this information to the registrar, who remains unmoved. You then blow your stack, which prompts the registrar to agree to look into the situation. He discovers the error, you get into graduate school, and you go on to become a cabinet-member for health in the new Arnold Schwarzenegger administration! Your coping includes elements of all of the following except which one?
- planful problem-solving
 - confrontative coping
 - distancing
 - seeking social support
17. Pessimistic explanatory style has been associated with earlier mortality. Which of the following is true about the study discussed in class?
- People who 'catastrophized' were at greatest risk.
 - The 'globality' attribution appeared to be most toxic component.
 - This result was particularly true for men.
 - All of the above were true.
18. Which would be considered a functional measure of social support?
- whether you are married.
 - a social integration index.
 - perceived social support.
 - the number of different kinds of social ties one has.
19. Which statement is false regarding Sheldon Cohen's study described in class?
- lower social integration led to higher likelihood of catching a cold.
 - high levels of epinephrine and norepinephrine led to higher likelihood of catching a cold.
 - bad health habits led to higher likelihood of catching a cold.
 - lower social integration led to higher high levels of epinephrine and norepinephrine.
20. 'Social support is always good for one's health'. This statement characterizes the _____ model of social support.
- stress-buffering
 - main effects
 - the social reintegration
 - the perceived availability
21. Which of the following is true about the increased mortality rates in Eastern Europe, following the fall of communism?
- Diet was thought to be responsible for the increased mortality rates.
 - Mortality was greatest for young women.
 - Coronary heart disease was the major cause of death.
 - All of the above are true.

22. Which of the following is true about the study described in class regarding the ‘menopausal syndrome’?
- White women tended to report more psychosomatic symptoms than did women of other ethnic groups.
 - Asian women were most likely to get social support from a small group of family members.
 - Vasomotor symptoms include hot flashes, tension, and irritability.
 - All of the above were true.
23. According to your text, most current definitions of stress focus on:
- stressful events.
 - physiological changes.
 - emotional changes.
 - the person-environment fit.
24. According to Lazarus’s model of stress, the subjective experience of stress is a result of
- the general adaptation syndrome.
 - primary appraisal.
 - secondary appraisal.
 - the balance between primary and secondary appraisal.
25. The term ‘reactivity’ refers to individual differences in
- physiological responses to stressors.
 - psychological responses to stressors.
 - illness susceptibility.
 - all of the above.
26. The cumulative impact of daily hassles may be particularly pronounced for individuals who are prone to react to stress with:
- optimism.
 - Type A behavior.
 - anxiety.
 - depression.
27. Workers who suffer from work overload _____ compared with workers who do not experience overload.
- fell more stressed
 - practice poorer health habits
 - sustain more health risks
 - all of the above
28. The _____ nervous system mobilizes the body in response to stress; the _____ nervous system controls the activities of the visceral organs under normal circumstances.
- parasympathetic; sympathetic
 - sympathetic; parasympathetic
 - somatic; autonomic
 - autonomic; somatic
29. Type I diabetes
- typically occurs after age 40.
 - is a condition that occurs when the body fails to produce enough insulin.
 - is a condition that occurs when the body is not sufficiently responsive to insulin.
 - is primarily managed through dietary and exercise regimens.
30. According to the book, various indicators of immune functioning are:
- highly correlated with each other.
 - easily replicable in different labs.
 - unaffected by personal activities and events.
 - none of the above.

31. Long-term provision of care to friends or family-members with long-term illness has been linked to a range of health-related problems. This can be attributed to caregivers’:
- a. experience of long-term stress.
 - b. disrupted sleep patterns.
 - c. poor health habits.
 - d. being single.
32. Individuals who are high in negative affect
- a. are less likely to use health services.
 - b. are particularly likely to report physical symptoms like headaches and stomachaches.
 - c. suppress symptoms of psychological distress and physical illness.
 - d. are usually high in hardiness as well.
33. People who are higher in socioeconomic status (SES) show:
- a. lower morbidity for medical and psychiatric disorders.
 - b. lower mortality from all causes of death.
 - c. reduced neuroendocrine responses to stressors.
 - d. all of the above.
34. As described in your text, research evaluating the effectiveness of social support has shown that belonging to ‘dense’ social networks – having a large number of close friends and family members that are highly interactive –
- a. results in unusually positive effects on physical health.
 - b. may contribute to stress in some cases.
 - c. is superior to having one close friend, especially for men.
 - d. none of the above.
35. The ‘matching hypothesis’ states that
- a. the most effective social support depends on a match between one’s needs and the type of support one receives from one’s social network.
 - b. people with large numbers of family members in their social network also have large numbers of friends in their network.
 - c. the main (your book calls it the ‘direct’) effects model of social support is most beneficial during times of non-stress.
 - d. identical twins are likely to have nearly identical types of social networks.
36. Relaxation training is designed to
- a. provide cognitive insights into the nature and control of stress.
 - b. reduce the physiological arousal associated with stress.
 - c. help people confront the stress carriers in their lives.
 - d. help stressed people manage their time better.
37. Quality of life has *traditionally* been measured in terms of
- a. psychological and economic factors.
 - b. subjective criteria.
 - c. morbidity and mortality.
 - d. longevity.

38. Denial may serve a protective function
- a. before the patient seeks medical treatment.
 - b. in the acute phase of the illness.
 - c. when patients must play an active role in the treatment regimen.
 - d. during the rehabilitative phase of the illness.
39. In general, high levels of perceived control facilitate adjustment to illness *except* in cases where:
- a. patients are seriously debilitated, both physically and psychosocially.
 - b. patients must cope with long-term chronic illness.
 - c. patients must cope with acute disorders and treatment.
 - d. actual control is low.
40. Family support of the chronically ill patient is especially important because:
- a. it encourages the patient to be cheerful.
 - b. family are the only ones available when friends cannot be counted on.
 - c. it promotes adherence to treatment.
 - d. family is the one set of people in our network that do not make things worse for the patient.

Part II. Extra credit: Answer the following question correctly and get a free point! **ANSWER THIS QUESTION ON THE SCANTRON FORM!!**

41. Overall, evidence suggests that psychological interventions have _____ effects on the immune system.
- a. negative but limited
 - b. negative and large
 - c. positive but limited
 - d. positive and large

Part III. Fill-ins: In the space provided, write the word or phrase that best completes each sentence (2 points each).

42. According to Selye, the _____ phase of the general adaptation syndrome is responsible for the physiological damage that can lead to disease.
43. The _____ nervous system controls activity of smooth muscle and glands.
44. The region of the brain involved in the 'four F's' is the _____.
45. _____ is the component of hardiness that involves regarding life changes as the norm, and so not being threatened by them.
46. A _____ culture is one in which the orientation of people is 'sociocentric', or toward the group.

IMPORTANT NOTE: This exam will be handed back in class after it has been corrected, by having it available in alphabetical piles. Your score will appear on THIS page, and will not be visible to other students. If you would rather pick this exam up in person from the TA, please indicate this by putting a check mark on this line: _____