

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. Internal tension is one of three major components of stress. The concept of internal tension most directly involves:
 - a. physiological arousal.
 - b. an unpredictable event.
 - c. perception of threat or harm.
 - d. hassles.

2. You are invited by a friend to go bungee-jumping, but you refuse the invitation because you have never done this before and are afraid that you might get killed if you clunk your head on the rocks below the bridge. Based upon the discussion in class, what type of appraisal have you probably made?
 - a. threat
 - b. harm
 - c. neutral
 - d. challenge

3. The process of secondary appraisal involves the evaluation of one's:
 - a. current emotional state
 - b. perception of the event
 - c. coping ability and resources
 - d. none of the above

4. The Social Readjustment Rating Scale uses Life Change Units to measure major life events that may cause stress an individual's life. Which of the following is true about this scale?
 - a. Many items are vague.
 - b. The scale accounts nicely for individual differences.
 - c. All items rated on the scale are negative.
 - d. Items are rated on a scale of 1 to 5 according to personal relevance.

5. 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 and Phil would have similar heart rates.
 - b. Phil would probably have a higher heart rate.
 - c. Trina would probably have a higher heart rate.
 - d. Either a) or c).

6. Andrew Baum showed that, compared to controls, people who lived near the damaged Three Mile Island nuclear reactor had:
 - a. fewer B cells.
 - b. more NK cells.
 - c. lower cortisol.
 - d. evidence of reactivation of Epstein-Barr virus.

7. The sympathetic nervous system is part of the _____ nervous system.
 - a. somatic
 - b. central
 - c. autonomic
 - d. parasympathetic

8. Which of the following is a component of the SAM response to a stressor?
- Epinephrine is released from the adrenal cortex.
 - Sexual arousal is increased so you can reproduce before you are injured.
 - The cortisol released during the SAM response provides energy to your body's cells.
 - Norepinephrine is released by sympathetic neurons on target organs.
9. In general, cortisol does all but which one of the following:
- reduces CRH secretion
 - reduces cell-mediated immunity
 - affects transcription of genes
 - stimulates release of ACTH
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. Which of the following is an enumerative measure of immunity?
- the amount of tetanus-specific antibody
 - the number of CD4+ cells in peripheral blood
 - the number of cells resulting from *in vitro* stimulation by a mitogen
 - all of the above, since they all involve counts of something
12. In the Capitanio study of emotional style and antibody response to tetanus toxoid immunization, a better antibody response was characteristic of monkeys who:
- showed more lipsmacks in response to being stared at.
 - showed more threats in response to being stared at.
 - stared back at the person conducting the test.
 - showed all of the above patterns of response.
13. In the Glasers' study of Epstein Barr Virus (EBV) in medical students during periods of exam stress it was found that:
- students had higher EBV antibody two months before the exam period.
 - students had higher EBV antibody two months after the exam period.
 - students had lower EBV antibody during the exam period.
 - students had higher EBV antibody during the exam period.
14. Which of the following is true about coping?
- A coping effort must be healthy.
 - Coping is always a conscious effort.
 - Coping must eliminate the stressor to be effective.
 - In any given situation, there is rarely one best method of coping.
15. In general, which form of coping is best for an unchangeable situation?
- dynamic process coping
 - proactive coping
 - problem focused coping
 - emotion focused coping

16. Ed's job has become increasingly stressful since a new supervisor has criticized even minor errors in his work. Finally, Ed sits down with his supervisor and says, "I am the most productive member of this team. You cannot continue to be overly critical of my work. It's unfair." This is an example of which form of coping?
- a. planful problem-solving
 - b. confrontative coping
 - c. accepting responsibility
 - d. seeking social support
17. A pessimistic explanatory style is associated with attributions that are _____, _____, and _____.
- a. internal; unstable; specific
 - b. internal; stable; global
 - c. external; unstable; global
 - d. external; stable; specific
18. Sheldon Cohen and colleagues, in their 1997 study of social influences on colds measured the degree of social network diversity. This is a(n) __ measure of social support.
- a. structural
 - b. functional
 - c. artificial
 - d. enumerative
19. 'The beneficial effects of social support are seen principally during periods of stress' characterizes the _____ model of social support.
- a. stress-buffering
 - b. main effects
 - c. the social reintegration
 - d. the perceived availability
20. Which of the following is true about the increased mortality rates in Eastern Europe, following the fall of communism?
- a. Stress was thought to be responsible for the increased mortality rates.
 - b. Mortality was greatest for young and middle aged men.
 - c. Coronary heart disease was the major cause of death.
 - d. All of the above are true.
21. In the cross-cultural study of social support and recovery from breast cancer that was described in class, which result was true?
- a. White women reported a significantly lower need for social support compared to women from the other ethnic groups.
 - b. Chinese-American women received social support from fewer types of people.
 - c. African-American women reported more vasomotor symptoms compared to the other women.
 - d. Hispanic women reported a greater fear of being seen as sick or weak.
22. The correct sequence of phases of the general adaptation syndrome is:
- a. alarm, resistance, exhaustion
 - b. resistance, alarm, exhaustion
 - c. alarm, adaptation, exhaustion
 - d. alarm, exhaustion, adaptation
23. An alternative to the classic "flight or fight" stress response that seems to characterize female response to stress is
- a. tend and befriend.
 - b. hide and avoid.
 - c. appease and please.
 - d. nurture and protect.

24. In addition to its more direct effects on immune function and health through the HPA system, increased levels of cortisol due to prolonged stress can lead to
- destruction of dopaminergic cells in the basal ganglia, leading to Parkinson's symptoms.
 - destruction of cells in the hippocampus, leading to problems in memory and concentration.
 - destruction of cells in the cerebellum leading to problems with movement and balance.
 - destruction of cells in the prefrontal cortex leading to severe changes in personality.
25. Use of the _____ has allowed researchers to study the physiological, neuroendocrine and psychological responses to stress in controlled experiments in the laboratory.
- prolonged stress paradigm
 - transient stress paradigm
 - acute stress paradigm
 - unconscious stress paradigm
26. _____ refers to death from overwork, and is a legitimate reason for compensation under Japanese law if the family can prove the breadwinner died in this way
- Karoshi
 - Sudden death syndrome
 - Nightmare death
 - Working death
27. The _____ is a catabolic system since it deals with the mobilization and exertion of energy, while the _____ is an anabolic system since it deals with the conservation of body energy.
- parasympathetic nervous system, sympathetic nervous system
 - sympathetic nervous system, parasympathetic nervous system
 - somatic nervous system, autonomic nervous system
 - autonomic nervous system, somatic nervous system
28. _____ is a chronic, non-progressive disorder marked by lack of muscle control, difficulties of sensation and perception and problems with hearing, sight and speech. It stems from interruption of the brain's oxygen supply during birth.
- Epilepsy
 - Cerebral palsy
 - Parkinson's disease
 - Huntington's disease
29. Natural Killer cells
- are antigen presenting cells.
 - contribute to inflammatory and allergic responses.
 - assist in the activation of T cells through the secretion of cytokines.
 - secrete interferon and attack and destroy cells infected by viruses.
30. In terms of gender, autoimmune diseases are _____ in women than in men.
- more prevalent
 - less prevalent
 - equally prevalent
 - equally prevalent, but more debilitating
31. Overall, evidence suggests that psychological interventions have _____ effects on the immune system.
- negative but limited
 - negative and large
 - positive but limited
 - positive and large

32. Individuals who are high in negative affect
- are less likely to use health services.
 - are particularly likely to report physical symptoms like headaches and stomachaches.
 - suppress symptoms of psychological distress and physical illness.
 - are usually high in hardiness as well.
33. A cluster of personal qualities, called _____, including dependability, trust and lack of impulsivity, may contribute to longer survival.
- hardiness
 - optimism
 - ego strength
 - self-esteem resilience
34. _____ coping appears to emerge during childhood, while _____ coping develops later in late childhood and early adolescence.
- Problem-focused, emotion-focused
 - Emotion-focused, problem-focused
 - Avoidant, confrontative
 - Positive reappraisal, avoidant
35. People who are higher in socioeconomic status (SES) show:
- lower morbidity for medical and psychiatric disorders.
 - lower mortality from all causes of death.
 - reduced neuroendocrine responses to stressors.
 - all of the above.
36. Genetic research on twins has indicated that the ability to perceive social support as available and/or the ability to choose supportive networks
- has no genetic basis.
 - appears to be somewhat genetically determined.
 - is entirely genetically determined.
 - is genetically related to one's optimistic/pessimistic explanatory style.
37. The 'matching hypothesis' states that
- 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.
 - people with large numbers of family members in their social network also have large numbers of friends in their network.
 - the main (your book calls it the 'direct') effects model of social support is most beneficial during times of non-stress.
 - identical twins are likely to have nearly identical types of social networks.
38. Medical measures of 'quality of life' are:
- seldom based on objective criteria.
 - poorly correlated with patients' and relatives' assessments.
 - poorly correlated with patients' assessments, but are strongly correlated with relatives' assessments.
 - moderately correlated with health psychologists' assessments.
39. Which of the following is *not* a predictor of depression among chronically ill patients?
- lack of social support
 - chronic pain
 - marital status
 - becoming disabled

40. _____ syndromes are characterized mainly by symptoms, suffering and disability, and not by a clear physiological mechanism or physical tissue damage and thus we can't yet explain what causes these diseases.
- a. Faux illness b. Psychosomatic c. Mystery d. Functional somatic
41. In one study of cancer patients, it was found that _____ % of respondents reported at least some beneficial changes in their lives as a result of cancer.
- a. less than 5 b. 30 c. 60 d. more than 90
42. According to your text, family support of the chronically ill patient is especially important because:
- a. it encourages the patient to be cheerful which enhances immunity.
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!!**

43. Of the body's total lymphocyte numbers, approximately which proportion are present in the circulation?
- a. 2% b. 10% c. 25% d. 90%

Name: _____

BE SURE YOUR NAME IS ON THIS PAGE!!

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

44. The Speisman/Lazarus study (involving a film about genital surgery) that was described in class demonstrated the importance of appraisal. Which soundtrack to the film resulted in the greatest amount of physiological arousal?

45. '_____ hormones' is the name of a class of hypothalamic hormones that function to stimulate release of pituitary hormones.

46. What is the component of hardiness that refers to becoming highly involved in whatever one does, and believing strongly in the value and importance of one's work?

47. Individuals differ in their physiological responses to stress. A term described in your text that refers to individual differences that may occur in autonomic, neuroendocrine, and/or immune responses to stress is

_____.

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: _____