

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. You are invited to go rafting down the South fork of the American River with friends. You have some experience in rafting, though not on this particular river, but you readily accept the invitation. What type of appraisal have you probably made?
 - a. threat
 - b. harm
 - c. benign-negative
 - d. challenge
2. "What is the meaning of this event"? Asking this question involves
 - a. primary appraisal
 - b. secondary appraisal
 - c. reappraisal
 - d. feedback appraisal
3. In one study by Speisman and Lazarus, four groups of individuals saw a gruesome film about genital surgery. Each group got a different soundtrack, however. The group that got the _____ soundtrack showed the greatest amount of physiological arousal.
 - a. intellectualization
 - b. denial
 - c. trauma
 - d. silent
4. 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.
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 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.
6. 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

7. The _____ nervous system involves the control of “voluntary” skeletal muscles whereas the _____ nervous system involves the control of “involuntary” smooth and cardiac muscle. Both of these systems are divisions of the _____ nervous system.
- peripheral, central, somatic
 - somatic, autonomic, peripheral
 - sympathetic, parasympathetic, autonomic
 - somatic, autonomic, central
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. CRH is a _____ hormone secreted by the _____.
- releasing; hypothalamus
 - trophic; hypothalamus
 - releasing; pituitary
 - trophic; pituitary
10. Which of the following was a result of the studies performed by Heim, looking at HPA functioning in women with early life stress and/or depression?
- Women with ELS (regardless of whether they had depression) had lower ACTH concentrations in response to a stressor, compared to controls.
 - Women with ELS (regardless of whether they had depression) had lower cortisol concentrations in response to a stressor, compared to controls.
 - Only some women with ELS had high ACTH concentrations in response to a stressor; others had levels similar to control levels.
 - Only some women with ELS had high cortisol concentrations in response to a stressor; others had levels similar to control levels.
11. All of the following, EXCEPT which one, are ways that the nervous system can communicate with the immune system:
- sympathetic nerves innervate lymph nodes.
 - activation of the nervous system can cause release of hormones that affect immune cells.
 - cytokines produced in the brain leak into the circulation and affect lymphocyte function.
 - choose d; all of these were discussed in class.
12. Counting the number of B cells is an example of a(n) _____ measure of immunity and a mitogen stimulation test is an example of a(n) _____ measure of immunity.
- functional, enumerative
 - enumerative, functional
 - enumerative, enumerative
 - functional, functional
13. In Capitanio’s retrospective study looking at monkeys with AIDS, what was associated with longer survival?
- having a positive mental attitude
 - living with a compatible companion of the same sex.
 - experiencing fewer cage relocations soon after infection with the virus.
 - living with a member of the opposite sex; this effect was only seen for males, however.

14. The Glasers' did a study on medical students during exams and looked at antibody responses to the latent herpesvirus, Epstein Barr virus. In this study, what were the levels of antibody in students during exam times in comparison to non-exam times?
- a. higher
 - b. lower
 - c. didn't change
 - d. they didn't measure antibodies levels in this study
15. Emotion-focused coping would be most effective in helping you cope with the worry and stress due to
- a. having two final exams scheduled for the same day.
 - b. waiting to hear if your application to graduate school has been accepted.
 - c. learning that the registrar dropped you from Spring quarter due to non-payment of fees.
 - d. the inconvenience of having your car in the repair shop for a week.
16. An internal, stable, and global explanatory style is usually associated with:
- a. optimism
 - b. pessimism
 - c. positive health outcomes
 - d. Both a and c
17. Which of the following is NOT a component of hardiness?
- a. commitment
 - b. control
 - c. challenge
 - d. consistency
18. Which would be considered a functional measure of social support?
- a. whether you are married.
 - b. a social integration index.
 - c. perceived social support.
 - d. the number of different kinds of social ties one has.
19. Which statement is false regarding Sheldon Cohen's study described in class?
- a. lower social integration led to higher likelihood of catching a cold.
 - b. high levels of epinephrine and norepinephrine led to higher likelihood of catching a cold.
 - c. bad health habits led to higher likelihood of catching a cold.
 - d. lower social integration led to higher high levels of epinephrine and norepinephrine.
20. The stress-buffering model
- a. says that social support helps all the time, not just during stressful events.
 - b. is supported mainly by structural measures of social support.
 - c. is supported mainly by functional measures of social support.
 - d. is supported by evidence that married men live longer than single men.
21. Which of the following is true about the study described in class regarding the 'menopausal syndrome'?
- a. Vasomotor symptoms include hot flashes, tension, and irritability.
 - b. Asian women were most likely to get social support from a small group of family members.
 - c. White women tended to report more psychosomatic symptoms than did women of other ethnic groups.
 - d. All of the above were true.

22. According to Selye, the _____ phase of the general adaptation syndrome is responsible for the physiological damage that can lead to disease.
- a. alarm b. resistance c. exhaustion d. adaptation
23. According to its critics, Selye's (1956, 1976) model
- a. fails to offer a general theory of reactions to a wide variety of stressors over time.
b. fails to offer a physiological mechanism for the stress-illness relationship.
c. places too much emphasis on individual differences in response to stress.
d. fails to consider the role of psychological appraisal in stress.
24. The tend-and-befriend response to stress
- a. is especially characteristic of females.
b. is related to the release of the stress hormone, oxytocin.
c. may be protective of offspring.
d. all of the above.
25. The term 'reactivity' refers to individual differences in
- a. physiological responses to stressors. b. psychological responses to stressors.
c. illness susceptibility. d. all of the above.
26. The aftereffects of stress are most deleterious when the stressor is
- a. negative. b. intense. c. anticipated. d. unpredictable.
27. _____ 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.
- a. Karoshi b. Sudden death syndrome c. Nightmare death d. Working death
28. Damage to the cerebellum is associated with impaired _____.
- a. muscular coordination b. respiration c. speech d. visual acuity
29. _____ is a degenerative disease of the central nervous system that is marked by numbness, speech difficulties, and extreme fatigue.
- a. Epilepsy b. Parkinson's Disease c. Myasthenia gravis d. Multiple sclerosis
30. Stress has been related to:
- a. rates of infectious disease in children and adults
b. the development of herpes virus infections
c. slower wound healing.
d. all of the above
31. Evidence described in your text suggests that some of the adverse effects of depression on immunity may be mediated by
- a. sleep disturbances. b. disturbed hypothalamic functioning.
c. poor maturation of the immune system. d. hostility.

32. The quality of one's interpersonal relationships has been implicated in immunocompromise. Which of the following has NOT been found to be associated with physical and emotional illness?
- a. being single
 - b. bereavement
 - c. short-term marital conflict
 - d. divorce and separation
33. 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.
34. High self-esteem has been related to
- a. increased longevity.
 - b. active coping strategies.
 - c. reducing the harmful effects of low levels of stress.
 - d. reducing the harmful effects of high levels of stress.
35. 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.
36. Invisible social support
- a. is support provided to you without you being aware of it.
 - b. is the perception that when you need social support it will be available.
 - c. often produces a sense of guilt.
 - d. uses others' time and resources.
37. 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.
38. 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.

Name: _____

BE SURE YOUR NAME IS ON THIS PAGE!!

39. 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.
40. Divorce rates for families with a chronic illness are
- a. usually the result of financial issues.
 - b. lower than families without a chronic illness.
 - c. higher than families without a chronic illness.
 - d. no different than families without a chronic illness.

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

41. Quality of life has *traditionally* been measured in terms of
- a. psychological and economic factors.
 - b. subjective criteria.
 - c. morbidity and mortality.
 - d. longevity.

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

42. _____ is characterized by a general numbing of responsiveness, reliving an experience impaired memory, and dysregulation of the HPA axis.

43. _____ is a set of structures in the forebrain associated with cognition and emotion, including the septum, amygdala, and hippocampus.

44. Name the specific coping strategy that involves taking assertive actions to change a stressful situation: _____.

45. _____ refers to the perception and evaluation of one's physical functioning and appearance.

46. _____ is the process by which ethnic and racial minorities participate in the cultural traditions, values, beliefs, assumptions, and practices of the dominant society.

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: _____