

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. Stress exists when environmental demands exceed the individual's ability to cope. In this view, the internal tension one feels is referred to as:
a. the stressor b. strain c. the stress response d. appraisal
2. Natalie is driving in Los Angeles traffic for the first time. Traffic is heavy as she grips the steering wheel so tightly that her knuckles turn white. Her face is ashen and forehead furrowed as she concentrates on the road. After arriving at her destination, she vows never to drive in L.A. again. According to Lazarus' theory of stress, she clearly made a _____ primary appraisal.
a. neutral b. threat c. harm 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. What was the main conclusion from the Speisman/Lazarus study (the 'genital surgery' study)?
a. Individuals who watch different films about the same topic (genital surgery) have different psychological and physiological reactions.
b. Heart rate and skin conductance are valid measures of the stress response.
c. The stress response of an individual depends on the individual's appraisal of the stressor.
d. Soothing music, even when watching a gruesome film, can reduce the stress response.
5. 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.
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. Norepinephrine is all of the following, except which one?
a. a neurotransmitter in the brain
b. the substance released by the sympathetic nervous system on its target organs
c. a substance that immune system cells use for communication with each other
d. a hormone secreted by the adrenal medulla

8. CRH is a _____ hormone secreted by the _____.
- a. releasing; hypothalamus
 - b. trophic; hypothalamus
 - c. releasing; pituitary
 - d. trophic; pituitary
9. 'NEUROendocrine' refers to:
- a. hormones secreted by neurons.
 - b. hormones that affect the functioning of neurons.
 - c. neurons that stimulate endocrine glands.
 - d. neurons that secrete the same substance as an endocrine gland
10. In general, cortisol does all but which one of the following:
- a. reduces CRH secretion
 - b. reduces cell-mediated immunity
 - c. affects transcription of genes
 - d. stimulates release of ACTH
11. Christine Heim studied four groups of women, some of whom had experienced early life stress (ELS). Three of the four groups of women had values of cortisol that "tracked" their ACTH levels. Which group did *not* show that phenomenon?
- a. Women who had not experienced ELS and who were not currently depressed.
 - b. Women who had not experienced ELS but who were currently depressed.
 - c. Women who had experienced ELS but who were not currently depressed.
 - d. Women who had experienced ELS and who were currently depressed.
12. If a researcher were to take blood from a sick individual, remove immune cells and place them in a plate, then stimulate them with a mitogen and assess their ability to divide, what type of PNI outcome measure would this researcher be using?
- a. In vivo functional measure
 - b. In vitro functional measure
 - c. Enumerative measure
 - d. Disease outcome measure
13. In the Capitanio study of emotional style and antibody response to tetanus toxoid immunization, a better antibody response was characteristic of monkeys who:
- a. showed more lipsmacks in response to being stared at.
 - b. showed more threats in response to being stared at.
 - c. stared back at the person conducting the test.
 - d. showed all of the above patterns of response.
14. The Glasers vaccinated three sets of older adults with a vaccine that protects against pneumonia. Which group had the poorest antibody response to the vaccine?
- a. Current caretakers of a patient with dementia.
 - b. Former caretakers of a patient with dementia.
 - c. Individuals matched for age, but who had never cared for someone with dementia.
 - d. Both a) and b) had the same, poor antibody response.
15. Which of the following is true about coping?
- a. A coping effort must be healthy.
 - b. Coping is always a conscious effort.
 - c. Coping must eliminate the stressor to be effective.
 - d. In any given situation, there is rarely one best method of coping.

16. 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 during the exam period.
 - students had lower EBV antibody during the exam period.
 - students had higher EBV antibody two months after the exam period.
 - students had higher EBV antibody two months before the exam period.
17. 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.
18. 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 |
19. 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.
20. In Sheldon Cohen's study of social network diversity and colds, he found a number of factors other than network diversity that were related to a greater likelihood of contracting a cold. Which of the following was *not* one of these factors?
- high baseline epinephrine and norepinephrine levels
 - low NK cell activity
 - poor health habits
 - all of the above were related to likelihood of contracting a cold; choose d.
21. 'Social support is always good for one's health'. This statement characterizes the _____ model of social support.
- | | |
|-----------------------------|-------------------------------|
| a. stress-buffering | b. main effects |
| c. the social reintegration | d. the perceived availability |
22. In the cross-cultural study of social support and recovery from breast cancer that was described in class, which result was true?
- White women reported a significantly lower need for social support compared to women from the other ethnic groups.
 - Chinese-American women received social support from fewer types of people, compared to White women.
 - African-American women reported more symptoms compared to the other women.
 - Hispanic women reported a greater fear of being seen as sick or weak.
23. Which of the following is not a stage in Selye's General Adaptation Syndrome?
- | | | | |
|---------------|---------------|----------|---------------|
| a. resistance | b. adaptation | c. alarm | d. exhaustion |
|---------------|---------------|----------|---------------|

24. Which of the following is **not** a criticism of Selye's General Adaptation Syndrome?
- it does not take into account the individual's appraisal of events
 - it assumes that the stress response is uniform
 - it does not provide a physiological mechanisms for the stress-illness relationship
 - it assess stress as an outcome after an event has already occurred
25. The tend-and-befriend response to stress
- is especially characteristic of females.
 - is related to the release of the stress hormone, oxytocin.
 - may be protective of offspring.
 - all of the above.
26. The build-up of allostatic load can be indicated by which of the following?
- the inability to shut off cortisol in response to stress
 - decreases in cell-mediated immunity
 - a high waist-to-hip ratio
 - all of the above
27. 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.
28. Which of these is not part of the limbic system?
- hippocampus
 - amygdala
 - cingulate gyrus
 - reticular formation
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. When immune system functioning is disrupted or reduced below a normal level, a state of _____ is said to exist.
- stress
 - immunocompromise
 - illness
 - karoshi
31. Evidence described in your text suggests that some of the adverse effects of depression on immunity may be mediated by
- hostility.
 - thyroid hormones.
 - poor maturation of the immune system.
 - sleep disturbances.
32. The general belief that one can determine one's own internal states and behavior, influence one's environment, and/or bring about desired outcomes is
- optimism.
 - personal control.
 - self-efficacy.
 - hardiness.

33. 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.
34. Informational support about an illness is most valuable when it comes from
- family.
 - coworkers.
 - a doctor.
 - the internet.
35. Positive self-talk:
- works because it involves opening up one's emotional feelings to others.
 - seems to work best among members of a society's dominant culture.
 - involves encouraging oneself by focusing on the positive aspects of a stressful experience.
 - involves setting specific goals about how to attack a stressful event.
36. 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.
 - considered a better way to assess quality of life than using patients' psychological experiences.
37. The perception and evaluation of one's physical functioning and appearance comprises one's
- physical self.
 - self-concept.
 - body image.
 - self-evaluation.
38. One study described in your book evaluated the kinds of coping strategies that chronically ill patients use to deal with their problems. In general, the strategies that they use are not a lot different from the ones most people use to cope with stressors. The exception was that chronically ill reported using more _____ coping methods.
- passive
 - confrontative
 - active
 - both b and c
39. People with which of the following chronic conditions constitute the group that uses the most long-term nursing care?
- cancer
 - heart conditions
 - Alzheimer's
 - bone and joint diseases
40. Divorce rates for families with a chronic illness are
- usually the result of financial issues.
 - no different than families without a chronic illness.
 - lower than families without a chronic illness.
 - higher than families without a chronic illness.

Please be sure your name is on this page!!

Name: _____

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

41. ACTH is produced and secreted by:
- a. the hypothalamus b. the pituitary c. lymphocytes d. both b and c

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

42. The _____ nervous system controls voluntary movement of skeletal muscles of the body.
43. The region of the brain involved in the 'four F's' is the _____.
44. Name the one coping strategy (of Folkman's eight) that is often used for both emotion-focused and problem-focused coping. _____
45. _____ is a personality style that reflects commitment, control, and challenge.
46. A _____ culture is one in which the orientation of people is 'sociocentric', or oriented 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: _____