

**Psychology 300**  
**Chapter 10 Summary**  
**Stress, Health, and Adjustment**  
**DUE DATE: FEBRUARY 8, 2010**  
**30 POINTS**

**Please place ALL answers on the 15-item quiz-strip scantron available at the bookstore.**

- \_\_\_ 1. People who are \_\_\_ are better able to cope with stress.
- depressed
  - pessimistic
  - optimistic
  - unemployed
- \_\_\_ 2. Which of the following is the least stressful type of conflict?
- approach-avoidance
  - avoidance-avoidance
  - approach-approach
  - multiple avoidance-avoidance
- \_\_\_ 3. The immune system combats disease
- by having leukocytes destroy foreign agents and unhealthy cells.
  - by having antibodies attach themselves to foreign substances, deactivating them.
  - through inflammation.
  - all of these.
- \_\_\_ 4. John is overweight, does not exercise and has a large amount of unresolved anger. He is most likely at risk for
- coronary heart disease.
  - headaches.
  - pneumonia.
  - none of the above
- \_\_\_ 5. Sarah is a Japanese American. If she eats a diet typical of other Americans, she can expect
- a lower death rate from cancer than other Americans due to genes.
  - a higher death rate from cancer than other Americans due to genes.
  - a lower death rate from cancer than other Americans due to diet.
  - the same death rate as other Americans despite her genes.
- \_\_\_ 6. According to Kobasa, a professor who takes an active part in the college's future endeavors, in addition to the normal teaching duties, exhibits \_\_\_\_.
- commitment
  - control
  - challenge
  - change
- \_\_\_ 7. Gene knows he will be having surgery to remove a tumor in his neck. He has done research to learn about the procedure. This knowledge will help him most if he has
- an external locus of control.
  - an internal locus of control.
  - a moderate locus of control.
  - an intense locus of control.

- \_\_\_ 8. Which of the following is true concerning African Americans and cancer?
- They have a lower incidence of lung cancer than European Americans.
  - They are less likely to die from lung cancer than European Americans.
  - They are more likely to contract most forms of cancer than European Americans.
  - They are less likely to contract most forms of cancer than European Americans.
- \_\_\_ 9. Gerald is a professional who studies coping and stress management. This field is called
- managerial training.
  - assertiveness training.
  - transactional analysis.
  - health psychology.
- \_\_\_ 10. The 2007 APA study on stress in the US found the top two major sources of stress were
- work and money
  - spouses and children
  - housing costs and utilities
  - volunteer work and religion
- \_\_\_ 11. After being in NYC during 9-11, Jessica went to a therapist to help her understand what had happened to her and to get some professional feedback on how she was doing. Which type of social support does this describe?
- emotional concern
  - appraisal
  - socializing
  - instrumental aid
- \_\_\_ 12. When under a great deal of stress, the body secretes these hormones in which of the following orders?
- CRH, ACTH, cortisol
  - ACTH, CRH, cortisol
  - ACTH, cortisol, CRH
  - CRH, cortisol, ACTH
- \_\_\_ 13. Vinnie takes steroids (corticosteroids) prescribed by his doctor. These drugs
- increase the immune response.
  - increase inflammation.
  - fight off viral agents only.
  - interfere with the production of antibodies.
- \_\_\_ 14. Which of the following most closely matches Type A beliefs?
- Type A individuals can change their behaviors.
  - Type A individuals need to be perfect.
  - Impatience and irritation contribute to failure.
  - Life is not predictable, so why worry?
- \_\_\_ 15. The three stages of GAS (in their correct order) are
- alarm, snooze, rest.
  - alarm, rest, snooze.
  - alarm, resistance, exhaustion.
  - resistance, alarm, exhaustion.