Personal Stress Management 1st edition Hales Test Bank

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TRUE/FALSE

1 : Stress is most likely to take a toll on your health when you view it as harmful.
A : true
B : false

Correct Answer : A

2 : The medulla portion of the adrenal glands releases epinephrine (adrenalin) in times of stress.
A : true
B : false

Correct Answer : A

3 : During episodes of acute stress, the parasympathetic nervous system is responsible for initiating the fight-or-flight response.
A : true
B : false

Correct Answer : B

4 : Men respond more intensely to acute stressors; their hearts race faster and their immune systems are more suppressed.
A : true
B : false

Correct Answer : B

5 : Women adopt more coping strategies that buffer the impact of stress, including greater reliance on faith and religion.
A : true
B : false

Correct Answer : A

6 : Individuals who inherit a variation of a gene called RGS2 (associated with a greater risk for anxiety) may be more sensitive to elevated stress levels.
A : true
B : false

Correct Answer : A

7 : With chronic stress, muscle mass increases because cortisol recycles amino acids.
A : true
B : false

Correct Answer : B

8 : The risk of type 1 diabetes rises with chronic stress, while the risk of type 2 diabetes falls.
A : true
B : false

Correct Answer : B

9 : The longer the stress persists, the more the immune system shifts from potentially adaptive changes to potentially harmful ones.
A : true
B : false

Correct Answer : A

10 : Men and women with high stress levels tend to smoke more, exercise more, and eat less.
A : true
B : false

Correct Answer : B

11 : During the stress response, the body diverts blood toward the digestive system to mobilize more energy for the body.
A : true
B : false

Correct Answer : B

12 : During chronic stress there is an increased risk of pancreatitis, ulcerative colitis, and irritable bowel syndrome.
A : true
B : false

Correct Answer : A

13 : During stress, the brain signals the skeletal muscles to prepare for action, so they contract (shorten).
A : true
B : false

Correct Answer : A

14 : Stress can also lead to nervous habits, sometimes called self-soothing, such as picking at your skin or tugging at strands of hair.
A : true
B : false

Correct Answer : A

15 : The rates of new cancers and of cancer deaths have increased significantly in the last decade, mainly due to stress.
A : true
B : false

Correct Answer : B

MULTIPLE CHOICE

16 : Chronic stress contributes to an estimated ____ percent of illnesses and as many as ____ percent of all visits to physicians.
A : 10; 30
B : 30; 50
C : 50; 80
D : 70; 50
E : 90; 40

Correct Answer : C

17 : Stress triggers a cascade of physiological processes, such as ____.
A : brainwave activity decreases
B : metabolism speeds up
C : blood gets thicker
D : less blood flow to the limbs
E : liver releases insulin

Correct Answer : B

18 : Stress causes heart rate to ____, blood pressure to ____, and the air passages to ____.
A : increase; increase; expand
B : increase; decrease; constrict
C : decrease; decrease; expand
D : decrease; increase; constrict
E : increase; remain the same; shorten

Correct Answer : A

19 : In times of stress, what does the pituitary gland release?
A : insulin
B : glucose
C : cortisol
D : epinephrine
E : endorphins

Correct Answer : E

20 : During episodes of stress, what does the liver release to give the muscles quick energy?
A : fatty acids
B : amino acids
C : insulin
D : glucose
E : cortisol

Correct Answer : D

21 : What are the two branches of the autonomic nervous system?
A : conscious and subconscious
B : central and peripheral
C : sympathetic and parasympathetic
D : efferent and afferent
E : diastolic and systolic

Correct Answer : C

22 : In times of stress, blood races to different regions of the brain in each gender, with men showing greater blood flow to the ____ and women showing more activation of the ____.
A : pituitary gland; occipital lobe
B : right prefrontal cortex; limbic system
C : hypothalamus; occipital lobe
D : left prefrontal cortex; amygdala
E : limbic system; pituitary gland

Correct Answer : B

23 : What does the term Latino, when used to describe a person, typically refer to?
A : ethnicity
B : eye shape
C : skin color
D : genetic pool
E : race

Correct Answer : A

24 : How do stress hormones affect the brain and memory?
A : neurons atrophy and die à loss of memory
B : neurons get excited and grow à improved memory
C : neurons adapt and expand à improved memory
D : pituitary gland shrinks à loss of memory
E : hypothalamus releases less hormones à loss of memory

Correct Answer : A

25 : In psychological experiments, men under stress display higher levels of ____.
A : intelligence
B : compassion
C : aggression
D : empathy
E : sympathy

Correct Answer : C

26 : The term ____ best describes an individual with a Japanese biological parent and a Mexican biological parent.
A : ethnic
B : cross breed
C : gender neutral
D : biracial
E : mixed

Correct Answer : D

27 : Childhood abuse causes physiological abnormalities in what system in the body to the extent that individuals are at greater health risk throughout their life?
A : cardiovascular system
B : digestive system

C : respiratory system
D : reproductive system
E : immune system

Correct Answer : E

28 : Repeated stress of the same type teaches the neurons in the ____ to stop responding.
A : cortisol circuit
B : adrenalin circuit
C : endorphin loop
D : oxytocin loop
E : insulin loop

Correct Answer : A

29 : During times of stress, what does persistent surges of epinephrine do to the body?
A : build muscle tissue and increase strength
B : damage arteries and increase blood pressure
C : damage the liver and reduce blood pressure
D : damage the brain and reduce memory
E : strengthen blood vessels and increase sex drive

Correct Answer : B

30 : What tends to accumulate with chronically elevated cortisol levels?
A : muscle tissue
B : connective tissue
C : fat tissue
D : bone mass
E : lymph fluid

Correct Answer : C

31 : What organ is part of the lymphatic system?
A : kidney
B : pancreas
C : heart
D : liver
E : spleen

Correct Answer : E

32 : Stress has a greater impact on ____ immune and inflammatory reactions, which may initially ____ the risk of infections.
A : mens; reduce
B : mens; increase
C : infants; reduce
D : womens; reduce
E : womens; increase

Correct Answer : D

33 : Greater risk of infections, development of autoimmune disorders, worsening of illnesses

such as allergy and asthma are all possible consequences of ____.
A : adaptive stress
B : episodic stress
C : acute stress
D : chronic stress
E : short-term stress

Correct Answer : D

34 : Elevated blood pressure, faster heart rate, increased potential for blood clotting, and greater risk of heart attack or stroke are all effects of ____.
A : daily stress
B : episodic stress
C : adaptive stress
D : chronic stress
E : long-term stress

Correct Answer : B

35 : Elevated levels of C-reactive protein indicate what problem in the body?
A : pain
B : inflammation
C : high temperature
D : loss of blood
E : hypotension

Correct Answer : B

36 : What are the effects of episodic stress on the gastrointestinal system?
A : slowing of digestion, dry mouth, upset stomach
B : increased digestion, GERD, constipation, hemorrhoids
C : weight gain, flare-ups of irritable bowel syndrome, GERD, pancreatitis
D : weight loss, acid reflux, constipation, ulcerative colitis
E : upset stomach, nausea, heartburn, acid reflux, abdominal cramps, diarrhea

Correct Answer : E

37 : What type of fat deposit triggered by high cortisol levels poses the greatest health risk?
A : visceral fat
B : subcutaneous fat
C : fatty liver
D : fatty acids in the blood
E : lipoma tumor

Correct Answer : A

38 : During an acute episode of stress, what gastrointestinal symptom is typically the first to be noticed?
A : diarrhea
B : dry mouth
C : heartburn
D : heart palpitations
E : abdominal cramps

Correct Answer : B

39 : What compound is increased in the stomach during times of stress?
A : cortisol
B : insulin
C : hydrochloric acid
D : glucose
E : bile

Correct Answer : C

40 : The stress response affects the ____ muscles that control the contraction of internal organs and blood vessels.
A : elongated
B : skeletal
C : dilated
D : smooth
E : rough

Correct Answer : D

41 : What type of headache is typically triggered by stress?
A : cluster
B : sinus
C : migraine
D : rebound
E : tension

Correct Answer : E

42 : What treatment is best to prevent bruxism and TMJ pain/dysfunction?
A : neck massage
B : mouth guard
C : orthopedic pillow
D : aspirin
E : ice packs

Correct Answer : B

43 : Physician John Sarno refers to stress-related back and neck pain as ____.
A : tension myositis syndrome (TMS)
B : fibromyalgia
C : muscle bracing syndrome (MBS)
D : splinting
E : stress reflex syndrome (SRS)

Correct Answer : A

44 : Stress and tension cause a decreased supply of ____ and a buildup of ____ in the muscles, which results in spasms and pain.
A : sodium; calcium
B : glucose; magnesium

C : glucose; lactic acid
D : oxygen; water
E : oxygen; waste products

Correct Answer : E

45 : Stress can aggravate a skin condition called rosacea, which is characterized by ____.
A : red itchy patches and thick flaky lesions
B : enlarged facial blood vessels that produce flushing
C : itchy rash that exudes puss and blood
D : little crusty pimples
E : hairy lesions that look similar to moles

Correct Answer : B

46 : When habitual skin scratching causes bruising, scarring, or tissue damage, it meets the diagnostic criteria for ____.
A : trichotillomania
B : bipolar disorder
C : excoriation disorder
D : self-abuse disorder
E : psycho-dermatology

Correct Answer : C

47 : Eczema is a skin condition typically caused by what kind of stress?
A : acute stress
B : chronic stress
C : adaptive stress
D : episodic stress
E : constant stress

Correct Answer : D

48 : Stress can cause pain in the reproductive system, such as dyspareunia, which is defined as ____.
A : involuntary painful contractions of the vagina during attempted penetration
B : an itchy red rash on the tip of the penis
C : inflammation and pain in the ovaries
D : skin peeling and bleeding from the genitals after intercourse in men and women
E : genital pain that may occur before, during, or after intercourse in men and women

Correct Answer : E

49 : A mans ability to handle stress may affect production of ____ and reduce his ____.
A : testosterone; blood pressure
B : insulin; weight
C : red blood cells; erections
D : healthy sperm; fertility
E : estrogen; sexual desire

Correct Answer : D

50 : What effect on the reproductive system is only related to chronic stress?
A : erection dysfunction
B : reduced vaginal lubrication
C : infertility
D : impaired ability to orgasm
E : PMS flare-ups

Correct Answer : C

51 : Stress-related abnormalities in _____ and _____ can affect cancer growth.
A : cortisol; inflammation
B : insulin; pain
C : endorphins; swelling
D : oxytocin; pain
E : adrenalin; inflammation

Correct Answer : A

52 : How does the cancer-prone personality typically appear to others?
A : quiet and introspective
B : loud and arrogant
C : angry and destructive
D : energetic and outgoing
E : moody and unpredictable

Correct Answer : A

53 : What has a greater effect on cancer-related deaths than physical inactivity and obesity?
A : poor socioeconomic status
B : lack of personal hygiene
C : lack of social relationships
D : psychological problems
E : living in cold climates

Correct Answer : C

54 : Stress may accelerate the aging process by shortening _____ and lowering levels of _____.
A : chromosomes; insulin
B : height; hormones
C : genes; lactase
D : DNA; senescence
E : telomeres; telomerase

Correct Answer : E

55 : What can significantly reduce the effects of stress, both physical and emotional?
A : stretching
B : deep breathing
C : better hydration
D : hanging out with friends
E : supplementing with vitamins

Correct Answer : B

MATCHING

56 : Match each item with the appropriate description.

A : amygdala	A : genetic patterns, inherited characteristics, and physical traits shared by a unique population
B : cortisol	B : a hormone produced by the pituitary gland that increases empathy and protects the cardiovascular system
C : oxytocin	C : cumulative biological burden caused by daily adaptation to physical and emotional stress
D : ethnicity	D : strips of DNA at the ends of chromosomes that prevent shredding
E : race	E : plays a critical role in processing emotions, including anxiety and fear
F : allostatic load	F : the common heritage, customs, language, history, and characteristics of a certain group
G : rumination	G : chronic tensing of contraction of muscles
H : bracing	H : mental disorder characterized by pulling out hair from the scalp or elsewhere on the body
I : trichotillomania	I : a stress hormone that spurs the metabolism of nutrients to provide energy and fuel for the body and brain
J : telomeres	J : persistent repetitive, intrusive, negative thinking

Correct Answer :
A : E

B : I

C : B

D : F

E : A

F : C

G : J

H : G

I : H

J : D

FILL IN THE BLANK

57 : Summarize the role of the sympathetic nervous system.

Correct Answer : The sympathetic nervous system, which is responsible for initiating the fight-or-flight response, functions like a gas pedal in a car. In response to a possible threat, it provides a burst of energy so the body can respond to perceived danger.

58 : Compare and contrast race and ethnicity.

Correct Answer : Race refers to genetic patterns, inherited characteristics, and physical traits, such as skin, hair, and eyes, shared by a unique population. In contrast, ethnicity describes the common heritage—the customs, language, history, and characteristics— of a certain group.

59 : Define the term allostatic load.

Correct Answer :

60 : Briefly describe the field of psychoneuroimmunology.

Correct Answer : Psychoneuroimmunology is a multidisciplinary field that studies the interaction between psychological processes and the nervous and immune systems—in other words, the ways in which the brain and the immune system communicate.

61 : Discuss the effects of acute stress on the skin.

Correct Answer : The effects of acute stress on the skin typically include pimples, acne breakouts, rashes and psychological issues that result in picking at skin and pulling out hair.

ESSAY

62 : Discuss what happens physiologically when a perceived threat (stress) passes. Have you noticed any of these effects? Explain.

Correct Answer : When a perceived threat passes, cortisol levels fall. The parasympathetic nervous system—the “brake” for the body—then dampens the stress response and restores a state of homeostasis. Breathing and heart rate slow; blood pressure and body temperature drop; muscles relax; routine processes such as digestion, energy storage, tissue repair, and growth return to normal. The body regenerates and restores itself. Oxytocin is also produced by the pituitary gland and plays a calming and protective role at this stage.

63 : Explain the diasthesis stress model with an example.

Correct Answer : Diasthesis means a predisposition that may stem from genetic, developmental, psychological, biological, or situational factors. According to the diasthesis stress model, particular stressors have different effects on different people because of this variation in vulnerabilities. A diasthesis does not in itself cause illness; a stressor—social, psychological, or physical—must occur to precipitate symptoms. However, the greater one’s inherent vulnerability, the lower the threshold for problems to develop.

64 : Discuss the effects of stress on stomach ulcers.

Correct Answer : For many years, stress alone was blamed for causing stomach ulcers, but scientists have since discovered that a bacterium, H. pylori, infects the digestive system and sets the stage for ulcers. However, stress is still a culprit. In a recent study of healthy adults, those who scored high on stress assessments were more likely to develop ulcers than those with the lowest scores. Doctors theorize that stress may increase susceptibility by reducing the protective mucous lining of the stomach so ulcers can develop more readily.

65 : Explain the effects of stress on the temporomandibular joint (TMJ). Have you or anyone you know experienced any of these symptoms?

Correct Answer : Five muscles and several ligaments (short bands of connective tissue) coordinate the operation of the TMJ, which connects the upper and lower jaw. The most common cause of its malfunctioning is clenching or grinding of teeth (bruxism) as a result of stress. Symptoms include facial pain, clicking or popping sounds when the mouth opens and closes, migraine headaches, earaches, ringing in the ears, dizziness, and sensitive teeth.

66 : Explain how stress interferes with sexual arousal and excitement for both women and men.

Correct Answer : All types of stress interfere with sexual arousal and excitement for both genders. Women may be unable to attain or maintain sufficient vaginal lubrication, making intercourse painful. Men may experience erectile disorder (ED), previously called impotence, and be unable to attain or maintain an adequate erection for completion of sexual activity. Stress also impairs the ability to achieve orgasm in both genders.