Comprehensive Stress Management 15th edition Greenberg Test Bank

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Comprehensive Stress Management 15th Edition by Greenberg CH01

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) Progressive relaxation is sometimes termed neuromuscular relaxation.

1) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

2) Thomas Holmes and Richard Rahe showed that the more significant the changes in someone's life, the greater the chance of the onset of illness.

2) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

3) Richard Lazarus, Anita DeLongis, and their colleagues have found that everyday hassles are even more detrimental to one's health than major life changes.

3) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

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4) Shelly Taylor found that males are more likely to use social connections to cope with stressful events than are females.

4) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : The Pioneers
Bloom's : Understand

5) The longer our physiology varies from its baseline measures and the greater the variance from that baseline, the more likely we are to experience ill effects from this stress reactivity.

5) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Reactivity

6) Men and women generally tend to respond to stress in very similar ways.

6) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Reactivity

7) Hans Selye was unable to specify which changes in the body's physiology resulted from stress.

7) _____

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◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

8) A stressor is something with the potential to cause a stress reaction.

8) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

9) A stressor will always elicit a stress reaction and strain.

9) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : A Definition of Stress

10) Stress can be useful, stimulating, and welcome.

10) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Management Goals

11) According to hardiness theory, if you perceive potentially stressful events as a challenge instead of as a threat, less stress will result.

11) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Theory

12) Tension headaches and backaches are psychological strains that stem from stress reactivity occurring when contemplating that experience.

12) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Reactivity

13) People who have learned stress management skills often respond to a greater degree to a stressor but return to their resting heart rate sooner than those not trained in stress management.

13) _____

- ◎ true
- ◎ false

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Reactivity

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

14) The noted physiologist who was employed at Harvard Medical School and who first described the body's reaction to stress was:

14) _____

A) Lawrence LeShan.
B) Carl Simonton.
C) Walter Cannon.
D) George Engel.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

15) The body's stress reaction that includes an increase in heart rate, respiration, blood pressure, and serum cholesterol is known as the:

15) _____

A) fight-or-flight response.
B) relaxation response.
C) alarm reaction.
D) autoimmune response.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

16) Which of the following lists the three phases of the general adaptation syndrome in the order of their occurrence?

16) _____

A) Alarm reaction, stage of exhaustion, and stage of resistance
B) Alarm reaction, stage of resistance, and stage of exhaustion
C) Stage of resistance, alarm reaction, and stage of exhaustion
D) Stage of resistance, stage of exhaustion, and alarm reaction

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

17) Which of the following occurs in the alarm reaction phase of the general adaptation syndrome?

17) _____

A) Resistance rises above normal.
B) Resistance ensues if continued exposure to the stressor is compatible with adaptation.
C) Following long-continued exposure to the same stressor, to which the body becomes adjusted, adaptation energy is eventually exhausted.
D) The body shows the changes characteristic of the first exposure to a stressor.

Question Details
Accessibility : Keyboard Navigation
Topic : The Pioneers
Bloom's : Understand

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18) Identify a feature of the second stage of the general adaptation syndrome.

18) _____

A) The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal.

B) The body shows the changes characteristic of the first exposure to a stressor.

C) Following long-continued exposure to the same stressor, to which the body becomes adjusted, adaptation energy is eventually exhausted.

D) The signs of the alarm reaction reappear, but now they are irreversible.

Question Details
Accessibility : Keyboard Navigation
Topic : The Pioneers
Bloom's : Understand

19) Which of the following is characteristic of the third phase of the general adaptation syndrome?

19) _____

A) The bodily signs characteristic of the alarm reaction virtually disappear, and resistance rises above normal.

B) The body shows the changes characteristic of the first exposure to a stressor.

C) Following long-continued exposure to the same stressor, to which the body becomes adjusted, adaptation energy is eventually exhausted.

D) Resistance ensues if continued exposure to the stressor is compatible with adaptation.

Question Details
Accessibility : Keyboard Navigation
Topic : The Pioneers
Bloom's : Understand

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20) Eustress is defined as:

20) _____

A) the bad things to which we have to adapt and that can lead to a stress reaction.
B) a series of bodily changes that are the opposite of the stress reaction.
C) the good things to which we have to adapt and that can lead to a stress reaction.
D) the cumulative biological wear and tear that results from our response to stress.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

21) Distress is defined as:

21) _____

A) the bad things to which we have to adapt and that can lead to a stress reaction.
B) a series of bodily changes that are the opposite of the stress reaction.
C) the body's stress reaction that includes an increase in heart rate and respiration.
D) the cumulative biological wear and tear that results from our response to stress.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

22) The series of bodily changes that are the opposite of the stress reaction is called the:

22) _____

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A) autoimmune response.
B) galvanic skin response.
C) fight-or-flight response.
D) relaxation response.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

23) Which of the following terms is defined as a relaxation technique that involves a sensation of heaviness, warmth, and tingling in the limbs?

23) _____

A) Autogenic training
B) Progressive relaxation
C) Bracing
D) Neuromuscular relaxation

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

24) Which of the following terms is defined as a relaxation technique that involves contracting and relaxing muscle groups throughout the body?

24) _____

A) Autogenic training
B) Progressive relaxation
C) Autohypnotic relaxation
D) Transcendental meditation

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

25) The contraction of muscles for no obvious purpose is called:

25) _____

A) bracing.
B) self-contracting.
C) meditation.
D) relaxation.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

26) According to Johan Denollet's research, which of the following types of personalities is related to coronary heart disease?

26) _____

A) Type A
B) Type C
C) Type D
D) Type B

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

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27) According to the _____ theory developed by Kobasa and her colleagues, less stress will result if you perceive potentially stressful events as a challenge instead of a threat.

27) _____

A) hardiness
B) social support
C) life-events
D) allostatic load

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Stress Theory

28) The cumulative biological wear and tear that results from responses to stress that seek to maintain body equilibrium is known as:

28) _____

A) hardiness.
B) hassle.
C) biofeedback.
D) allostatic load.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Stress Theory

29) Toxins, heat, and cold are examples of _____ stressors.

29) _____

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A) environmental
B) psychological
C) sociological
D) philosophical

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Stressor

30) Use of time and purpose in life are examples of _____ stressors.

30) _____

A) environmental
B) psychological
C) sociological
D) philosophical

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Stressor

31) Depression and threats to self-esteem are examples of _____ stressors.

31) _____

A) environmental
B) psychological
C) sociological
D) philosophical

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Stressor

32) Unemployment and the death of a loved one are examples of _____ stressors.

32) _____

A) environmental
B) psychological
C) sociological
D) philosophical

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Stressor

33) The fight-or-flight response is termed:

33) _____

A) stress disorder.
B) stress reactivity.
C) autoimmune response.
D) self-preservation.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Stress Reactivity

34) Which of the following is an example of a behavioral strain?

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34) _____

A) Tension headache
B) Alcohol abuse
C) Backache
D) Agoraphobia

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Stress Reactivity

35) The goal of stress management is to:

35) _____

A) eliminate all forms of stress from life.
B) limit the harmful effects of stress while maintaining life's quality and vitality.
C) make life happy and easy by experiencing as little stress as possible.
D) All of the answers are correct.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Stress Management Goals

36) The degree to which the seven dimensions of health are in balance is called:

36) _____

A) eustress.
B) wellness.
C) spirituality.
D) coping.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Way to Use This Book

37) Which of the following pioneers studied transcendental meditation and developed a similar meditative technique that was successfully employed to help reduce his patients' levels of high blood pressure?

37) _____

A) Gary Schwartz
B) Daniel Goleman
C) Herbert Benson
D) Thomas Budzynski

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Pioneers

38) Which of the following dimensions of health can be defined as the ability of the body to function daily with energy remaining to respond to emergencies?

38) _____

A) Physical health
B) Occupational health
C) Spiritual health
D) Mental health

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Way to Use This Book

Comprehensive Stress Management 15th edition Greenberg Test Bank

39) Which of the following dimensions of health is known as the ability to learn and grow intellectually?

39) _____

A) Social health
B) Occupational health
C) Spiritual health
D) Mental health

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Way to Use This Book

40) Which of the following dimensions of health is defined as a healthy, supportive setting in which to function?

40) _____

A) Social health
B) Occupational health
C) Environmental health
D) Mental health

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : The Way to Use This Book

41) Some researchers have found that the relationship between stress and illness can be plotted on a(n):

41) _____

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A) T-shaped curve.
B) S-shaped curve.
C) U-shaped curve.
D) L-shaped curve.

Question Details
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Bloom's : Remember
Topic : Stress Management Goals

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Comprehensive Stress Management 15th Edition by Greenberg CH01
Answer Key

Test name: CH01

1) TRUE
2) TRUE
3) TRUE
4) FALSE
5) TRUE
6) FALSE
7) FALSE
8) TRUE
9) FALSE
10) TRUE
11) TRUE
12) FALSE
13) TRUE
14) C
15) A
16) B
17) D
18) A
19) C
20) C
21) A
22) D
23) A
24) B
25) A

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26) C
27) A
28) D
29) A
30) D
31) B
32) C
33) B
34) B
35) B
36) B
37) C
38) A
39) D
40) C
41) C

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