Essentials of Managing Stress 5th edition Seaward Test Bank

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Multiple Choice

1. What percentage of patients' visits to doctors' offices are associated with stress?
A. 35 percent
B. 45 percent
C. 65 percent
D. 85 percent

Answer: D
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2. What percentages of workers' compensation claims are directly related to stress?
A. 20 percent
B. 40 percent
C. 60 percent
D. 80 percent

Answer: D
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3. Stress aggravates several health conditions, particularly:
A. Fibromyalgia and lupus.
B. Lupus and arthritis.
C. Rheumatoid arthritis and type II diabetes.
D. Epstein-Barr and type I diabetes.

Answer: C
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4. This is the first chemical substance released at the first sign of stress?
A. Norepinephrine
B. Vasopressin
C. Cortisol
D. Aldosterone

Answer: A
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5. Prior to the discovery of vaccinations and antibiotics, the leading cause of death was:
A. Bubonic Plague.
B. lifestyle diseases.
C. Parasites.
D. infectious diseases.
E. unsafe medicine practices.

Answer: D
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6. Today, the leading cause of death in the US is:
A. Lack of Exercise
B. Infectious diseases.
C. Obesity
D. Lifestyle diseases.

Answer: D
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7. Philosopher Buckminster Fuller said the "human space suit" comes with all but which of the following?
A. An oxygen tank
B. A carbon dioxide tank
C. A sensory detector system
D. An immune defense system

Answer: B
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8. While in fight-or-flight mode, hormones are secreted from the brain's pituitary and _____ glands.
A. Thymus
B. Hypthalamus
C. pancreas
D. Pineal

Answer: B
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9. Subtle anatomy includes all but which of the following?
A. Tsubos system
B. Meridian system
C. Chakra system
D. Human energy field

Answer: A
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10. The human body has an electromagnetic energy around it that is also referred to as:
A. gravity.
B. magnetic field.
C. human aura.
D. information field.
E. morphogenic field.

Answer: C
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11. Medical intuitives describe the initial stage of illness and disease as:
A. chakras.
B. dissonance.
C. unresolved emotions.
D. unhealthy eating habits.

Answer: C
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12. The physical body holds how many distinct rivers of energy (chi)?
A. 2
B. 4
C. 8
D. 10
E. 12

Answer: E
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13. Which chakra is associated with issues of safety and security?
A. Fourth (mind) chakra
B. Second (sacral) chakra
C. Third (heart) chakra
D. First (root) chakra

Answer: D
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14. How many primary chakras are we said to have?
A. 1
B. 3
C. 5
D. 7
E. 9

Answer: D
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15. Which chakra is known as the heart chakra?
A. Second chakra
B. First chakra
C. Seventh chakra
D. Third chakra
E. Fourth chakra

Answer: E
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16. The inability to “express” oneself is directly related to which chakra?
A. The root chakra
B. The throat chakra
C. The crown chakra
D. The heart chakra

Answer: B
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17. What is cortisol?
A. A precursor to acetylcholine
B. Unwanted pathogens
C. Essential neuropeptides
D. Stress hormone secreted by the adrenal glands
E. Neurotransmitter secreted for quality sleep

Answer: D
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18. A migraine headache is:
A. a recurring headache.
B. a tension headache.
C. a vascular headache.
D. an allergy-related headache.

Answer: C
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19. What sticky substance is found floating in the blood serum?
A. Plateles
B. Prednisone
C. Cortisol
D. Cholesterol

Answer: D
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20. Which of the following is not a nervous system-related disorder?
A. TMJD
B. Asthma
C. Allergies
D. Tension Headaches

Answer: C
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21. Deepak Chopra explains that every cell in the body does what?
A. Turns to water
B. Balances itself
C. Regenerates itself
D. Flushes out of the system

Answer: C
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22. The classic example of human entrainment is when women who live or work together do what?
A. Synchronize their coping skills
B. Bicker constantly
C. Follow the tend and befriend theory
D. Synchronize their menstrual cycles

Answer: D
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23. Telomeres are associated with the following?
A. RNA
B. Stress production
C. DNA
D. Stress relief

Answer: C
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24. Your nervous system has:
A. One tract
B. Two tracts
C. Three tracts
D. Four Tract

Answer: B
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25. This is chemical produced in the body is best referred to as the Stress hormone:
A. Epinephrine
B. Vasopressin
C. Nor-Epinephrine
D. Cortisol

Answer: D
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True/False

26. Both lupus and type I diabetes are now thought to have an autoimmune component to them.

Answer: True
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27. The human energy field is believed to be composed of layers of consciousness.

Answer: True
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28. The crown chakra is most noted for its association with the expression of love.

Answer: False
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29. Holistically speaking, your immune system is not just in your body; it also expands into the human energy field.

Answer: True
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30. Stress is often described as “wear and tear” on the physical body.

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Answer: True
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31. Entrainment is a physics term used to describe sympathetic resonance between objects: the conservation of energy.

Answer: True
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32. Stress accelerates the aging process by compromising the function of telomeres.

Answer: False
Page: 45

33. True/False: The sympathetic nervous system secretes acetylcholine from the neural endings

Answer: False
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34. True/False: Researchers m the field of PNI have now discovered that chronic stress is associated with the body's inability to regulate the inflammatory response.

Answer: TRUE
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Essay

35. Please define the following terms or concepts in no more than two sentences and give an example to support each definition.

A. Chakra system
B. Entrainment
C. Human energy field

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D. Immune system–related disorders
E. Meridian system
F. Nervous system–related disorders
G. Subtle anatomy

Answer: Answers will vary.

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