Managing Stress 11th edition Seaward Test Bank

SKU: 9781284283150-TEST-BANK

Multiple Choice

1. As discussed in Chapter 1, all but one of these are considered dramatic issues in our changing world.
A) Climate change
B) Flooding
C) Economic uncertainty
D) A divisive society

Ans: B
Complexity: Easy
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Remembering/Understanding

2. This item is considered important to reduce stress in times of an emergency.
A) Screen device
B) Grab and go bag
C) Cash and credit cards
D) Stash of food

Ans: B
Complexity: Easy
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Remembering/Understanding

3. This is not considered to be included in the model of healthy grieving.
A) Acknowledge your pain
B) Seek out support
C) Be aware of emotional grief triggers
D) Escape with books or movies

Ans: D
Complexity: Moderate
Ahead: Colossal Sources of Stress in the Current Landscape
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Taxonomy: Applying/Analyzing

4. These three topics are highlighted in Chapter 1 as issues in an upside down world.
A) Climate change, economic uncertainty, and a divisive society
B) Political unrest, climate change, and a divisive society
C) Fake news, political unrest, and climate change
D) Ukraine war, suicide rates, and the Opioid epidemic

Ans: A
Complexity: Easy
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Applying/Analyzing

5. This type of trauma is associated with multiple traumatic events.
A) Acute trauma
B) Chronic trauma
C) Complex trauma
D) Generational trauma

Ans: C
Complexity: Difficult
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Evaluating/Creating

6. This demographic is cited as having the hardest time making and keeping friends.
A) Baby Boomers
B) Gen Z
C) Millennials
D) Gen X

Ans: B
Complexity: Easy
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
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7. Regarding "healthy grieving," rituals in the grieving process do the following *except*:
A) rituals help suppress anger.
B) rituals help people cope with anxiety.
C) rituals help increase comfort with the unknown.
D) rituals help promote a sense of community.

Ans: A
Complexity: Difficult
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Evaluating/Creating

8. Experts have a new name associated with the stress of climate change, which is:
A) climate adaptation.
B) climate anxiety.
C) climate refugees.
D) climate deniers.

Ans: B
Complexity: Easy
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Remembering/Understanding

True/False

1. As employees returned to work after the pandemic, many chose not to return, leading to what has become known as the great resignation.

Ans: True
Complexity: Easy
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Subject: Chapter 1
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2. Health experts agree that mental health issues are the same now as before the COVID-19 pandemic.

Ans: False
Complexity: Easy
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Remembering/Understanding

3. A new term used by stress experts to describe people (and communities) dealing with climate Change is Climate resiliency.

Ans: True
Complexity: Moderate
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Applying/Analyzing

4. Collective trauma is best described as the combination of two acute traumatic events.

Ans: False
Complexity: Moderate
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Applying/Analyzing

5. The COVID-19 pandemic is considered by health experts to be a traumatic event.

Ans: True
Complexity: Easy
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
Subject: Chapter 1
Title: Living in an Upside Down World
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Import Settings:
Base Settings: Brownstone Default
Information Field: Complexity
Information Field: Ahead
Information Field: Subject
Information Field: Title
Information Field: Taxonomy
Highest Answer Letter: D
Multiple Keywords in Same Paragraph: No
NAS ISBN13: 9781284283594, add to Ahead, Title tags

Chapter: Chapter 01 - Living in an Upside Down World

Note to the Instructor:
Based on test-taking research, where students will often choose "C" when in doubt about a multiple-choice question or go for the choice with the longest answer, these test questions were made so that each answer seems like a viable answer to those who haven't studied the text. In this new edition, several new questions have been created based on new content as well as some questions reworked from previous content. The best test is where students are able to demonstrate a command of facts and a synthesis of knowledge, which is why several forms of questions are included for you to use. While every attempt has been made to ensure the accuracy of these test questions, it is incumbent upon you as the instructor to review and validate each question and answer before using it as a bona fide test question (and if you see an error, please kindly let us know). In the age of grade inflation, these test questions are meant to serve as a platform for you to create your own test questions, and we encourage you to do so.

Multiple Choice

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A) Climate change
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C) Economic uncertainty
D) A divisive society
Ans: B
Complexity: Easy
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2. This item is considered important to reduce stress in times of an emergency.
A) Screen device
B) Grab and go bag
C) Cash and credit cards
D) Stash of food
Ans: B
Complexity: Easy

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Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Remembering/Understanding

3. This is not considered to be included in the model of healthy grieving.
A) Acknowledge your pain
B) Seek out support
C) Be aware of emotional grief triggers
D) Escape with books or movies
Ans: D
Complexity: Moderate
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
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Taxonomy: Applying/Analyzing

4. These three topics are highlighted in Chapter 1 as issues in an upside down world.
A) Climate change, economic uncertainty, and a divisive society
B) Political unrest, climate change, and a divisive society
C) Fake news, political unrest, and climate change
D) Ukraine war, suicide rates, and the Opioid epidemic
Ans: A
Complexity: Easy
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
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5. This type of trauma is associated with multiple traumatic events.
A) Acute trauma
B) Chronic trauma
C) Complex trauma
D) Generational trauma
Ans: C
Complexity: Difficult
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Evaluating/Creating

6. This demographic is cited as having the hardest time making and keeping friends.
A) Baby Boomers
B) Gen Z
C) Millennials
D) Gen X
Ans: B

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Complexity: Easy
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
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7. Regarding "healthy grieving," rituals in the grieving process do the following *except*:
A) rituals help suppress anger.
B) rituals help people cope with anxiety.
C) rituals help increase comfort with the unknown.
D) rituals help promote a sense of community.
Ans: A
Complexity: Difficult
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
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Taxonomy: Evaluating/Creating

8. Experts have a new name associated with the stress of climate change, which is:
A) climate adaptation.
B) climate anxiety.
C) climate refugees.
D) climate deniers.
Ans: B
Complexity: Easy
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
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Taxonomy: Remembering/Understanding

True/ False

1. As employees returned to work after the pandemic, many chose not to return, leading to what has become known as the great resignation.
Ans: True
Complexity: Easy
Ahead: Introduction
Subject: Chapter 1
Title: Living in an Upside Down World
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2. Health experts agree that mental health issues are the same now as before the COVID-19 pandemic.
Ans: False
Complexity: Easy
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Subject: Chapter 1
Title: Living in an Upside Down World
Taxonomy: Remembering/Understanding

3. A new term used by stress experts to describe people (and communities) dealing with climate Change is Climate resiliency.
Ans: True
Complexity: Moderate
Ahead: Colossal Sources of Stress in the Current Landscape
Subject: Chapter 1
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Taxonomy: Applying/Analyzing

4. Collective trauma is best described as the combination of two acute traumatic events.
Ans: False
Complexity: Moderate
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5. The COVID-19 pandemic is considered by health experts to be a traumatic event.
Ans: True
Complexity: Easy
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Essay

1. Please define the following terms or concepts in no more than two sentences and give an example to support your definition.
A) Climate resiliency
Complexity: Moderate
Ans: Answers will vary.
Ahead: Colossal Sources of Stress in the Current Landscape
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B) Acute trauma
Ans: Answers will vary.

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Complexity: Moderate
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
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C) Chronic trauma
Ans: Answers will vary.
Complexity: Moderate
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D) Complex trauma
Ans: Answers will vary.
Complexity: Moderate
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E) Collective trauma
Ans: Answers will vary.
Complexity: Moderate
Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands
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F) Intergenerational trauma
Ans: Answers will vary.
Complexity: Moderate
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2. Please answer the following questions as an essay. Begin with an opening statement, document and outline your content in a clear, succinct manner, and end with a concluding statement. Please explain the nature of trauma, including the several types of trauma (please give examples).
Ans: Answers will vary.
Complexity: Difficult
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