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Chapter 02 - Self Assessment

True / False

1. Heart rate is one physiological indicator of stress in the body.
   a. True
   b. False
ANSWER: True
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

2. As stress levels increase, respiration rate tends to slow.
   a. True
   b. False
ANSWER: False
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

3. No single stress assessment tool can accurately measure stress for everyone; therefore, a variety of assessments gives the best overall picture of an individual's level of stress.
   a. True
   b. False
ANSWER: True
REFERENCES: Where Are You Now Stress-Wise?
OTHER: Bloom's: Understand

4. People who regularly meditate tend to have higher breathing rates than those who don't meditate.
   a. True
   b. False
ANSWER: False
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

5. Stress reduction techniques provide the first important step in developing a plan to reduce and manage stress.
   a. True
   b. False
ANSWER: False
REFERENCES: Where Are You Now Stress-Wise?
OTHER: Bloom's: Understand

6. Research indicates that stressed sleepers wake up more often while they are sleeping and have fewer episodes of deep sleep.
   a. True
   b. False
ANSWER: True
REFERENCES: Symptoms of Stress: Assessment
OTHER: Bloom's: Remember

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7. Self-assessment is an important step in determining what factors cause you unnecessary stress.
   a. True
   b. False

ANSWER: True
REFERENCES: Self-Assessment
OTHER: Bloom's: Remember

8. The Inventory of College Students' Recent Life Experiences is unique in its holistic approach to stress.
   a. True
   b. False

ANSWER: False
REFERENCES: Inventory of College Students' Recent Life Experiences
OTHER: Bloom's: Understand

9. Diaphragmatic breathing happens due to chronic activation of the stress response.
   a. True
   b. False

ANSWER: False
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

10. Evidence from family studies, particularly studies involving twins, seems to show a strong genetic element in individual vulnerability to stress.
   a. True
   b. False

ANSWER: True
REFERENCES: Stress Vulnerability Factors
OTHER: Bloom's: Remember

Multiple Choice

11. The average pulse rate for adults is approximately _____ beats per minute.
   a. 40-50
   b. 60-70
   c. 70-80
   d. 90-100
   e. 100-110

ANSWER: c
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

12. One study found that students who were more stressed while they were sleeping experienced heart rate variability patterns _____.
   a. similar to those of people with insomnia
   b. similar to those of people experiencing an illness
   c. similar to those of people experiencing nightmares

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d. dissimilar to those of people experiencing an illness
e. dissimilar to those of people with insomnia

ANSWER: a
REFERENCES: Symptoms of Stress: Assessment
OTHER: Bloom's: Understand

13. The average respiration rate for adults is approximately _____ breaths per minute.
a. 4-8
b. 12-16
c. 20-24
d. 28-32
e. 36-40

ANSWER: b
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

14. Which stress assessment tool incorporates physical, intellectual, emotional, spiritual, and social aspects of health for a balanced assessment?
a. Student Stress Scale
b. Tombstone Test
c. Perceived Stress Scale
d. Inventory of College Students' Recent Life Experiences
e. Ardell Wellness Stress Test

ANSWER: e
REFERENCES: Ardell Wellness Stress Test
OTHER: Bloom's: Understand

15. Jim shares a house with four other college seniors. His nerves are frayed by the constant loud music, an endless flow of visitors, and the sink overflowing with dirty dishes. Which stress vulnerability factor does this most closely describe?
a. social skills
b. coping style
c. thinking style
d. environment
e. genetics

ANSWER: d
REFERENCES: Stress Vulnerability Factors
OTHER: Bloom's: Apply

16. Which stress assessment tool can be a real eye-opener as you become aware of stress triggers throughout your day and observe patterns over time?
a. Stress-o-Meter
b. Daily Stress Diary
c. Perceived Stress Scale
d. Assess Your Stress tool
e. Symptoms of Stress form

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ANSWER: b
REFERENCES: Daily Stress Diary
OTHER: Bloom's: Understand

17. Which stress assessment tool would ask you about headaches, diarrhea, and grinding teeth?
    a. Symptoms of Stress form
    b. Daily Stress Diary
    c. Assess Your Stress tool
    d. Student Stress Scale
    e. Inventory of College Students' Recent Life Experiences

ANSWER: a
REFERENCES: Symptoms of Stress: Assessment
OTHER: Bloom's: Understand

18. What does the Stress-o-Meter measure?
    a. your maximum level of stress over the past month, including all waking moments
    b. the frequency of your stress-related physical symptoms over the past month
    c. your average level of stress over the past month, including all waking moments
    d. the intensity of your stress-related physical symptoms over the past month
    e. the frequency of your stress-related feelings and thoughts over the past month

ANSWER: c
REFERENCES: Assess Your Stress
OTHER: Bloom's: Remember

19. Carla's boyfriend Al abruptly ended their relationship after a year together. Carla's friendship with her long-time study partner Greg then unexpectedly blossomed into a romantic relationship. Which statement best describes the impact on Carla of these events according to the Student Stress Scale?
    a. Whether these events cause or relieve stress depends on Carla's perceptions of them.
    b. The negative event followed by a positive event leads to a null effect.
    c. Carla will be happier in the long run with Greg.
    d. These changes in Carla's life require effort to adapt and regain stability, of which stress is a natural by-product.
    e. Carla is highly likely to become ill in the coming year due to stress.

ANSWER: d
REFERENCES: Student Stress Scale
OTHER: Bloom's: Analyze

20. In completing a self-assessment test, Ron decides that the most important thing in his life is to be good to his family, friends, and people in need. He wants to be remembered for that. Which test was he taking?
    a. Perceived Stress Scale
    b. Ardell Wellness Stress Test
    c. Student Stress Scale
    d. Daily Stress Diary
    e. Tombstone Test

ANSWER: e

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REFERENCES: Tombstone Test
OTHER: Bloom's: Apply

Matching

Match the correct description with the appropriate assessment tool.

a. This assessment tool, which measures exposure to various stressful life events and the extent to which the change impacted the individual, is an adaptation for college students of the Life Events Scale developed by Holmes and Rahe.
b. This tool allows you to assess what is most important in your life by reflecting on how you want to be remembered.
c. This stress assessment test is unique in its holistic approach to stress by incorporating physical, intellectual, emotional, spiritual, and social aspects of health for a balanced assessment.
d. This assessment scale was designed to identify individual exposure to sources of stress or hassles and the extent to which those stressors were experienced over the past month.
e. This classic stress assessment instrument evaluates perceived stress by focusing on thoughts and feelings during the last month.
f. This self-assessment looks at the ways physical, intellectual, emotional, spiritual, and social factors affect one's vulnerability to stress.

REFERENCES: Perceived Stress Scale
Tombstone Test
Inventory of College Students' Recent Life Experiences
Ardell Wellness Stress Test
Student Stress Scale
Stress Vulnerability Factors
OTHER: Bloom's: Understand

21. Perceived Stress Scale
ANSWER: e

22. Tombstone Test
ANSWER: b

23. Inventory of College Students' Recent Life Experiences
ANSWER: d

24. Ardell Wellness Stress Test
ANSWER: c

25. Student Stress Scale
ANSWER: a

26. Stress Vulnerability Questionnaire
ANSWER: f

Completion

27. The Perceived Stress Scale is unique because it considers your _____ of what is happening in your life as most important.
ANSWER: perception

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REFERENCES: Perceived Stress Scale
OTHER: Bloom's: Remember

28. The value in the Student Stress Scale is in increasing your awareness of potential stress-producing events and helping you understand the connection between change and _____.
ANSWER: health
REFERENCES: Student Stress Scale
OTHER: Bloom's: Remember

29. Throughout the day, Marie writes down situations or events that initiate the stress response in a(n) _____ for later reflection.
ANSWER: Daily Stress Diary
REFERENCES: Daily Stress Diary
OTHER: Bloom's: Remember

30. On the self-assessment tool called the _____, Jeff rates himself "ecstatic" on his choice of college and capacity to have fun.
ANSWER: Ardell Wellness Stress Test
REFERENCES: Ardell Wellness Stress Test
OTHER: Bloom's: Remember

Subjective Short Answer

31. Choose one of the stress assessment tools in the text and explain how it works to assess stress.
ANSWER: Student answers will vary depending on their choice of assessment tool.
REFERENCES: various
OTHER: Bloom's: Understand

32. Prepare a list of the various perspectives from which the chapter's stress assessment tools measure stress.
ANSWER: The stress assessment tools measure stress from a variety of perspectives, including the following:

- Physiological indicators of stress
- Your perception of what is happening in your life
- Sources of stress and the frequency of hassles
- Your level of satisfaction with the events in your life
- Life events you have experienced
- Your vulnerability to stress

REFERENCES: Conclusion
OTHER: Bloom's: Understand

33. Explain why a variety of assessment tools provides the best approach to understanding an individual's stress.
ANSWER: To assess stress, no one best tool will suffice, in part because reactions to events vary from person to person. What distresses one person may excite and challenge another. Research increasingly supports the idea that the amount of stress is not what matters but, instead, the individual's ability to control the stressful situation. Often, external events are not what cause stress. How a person perceives and copes with stressful events is the determining factor. Taken together, the results of these assessments will produce an overall picture of an individual's current stress status and help him or her decide how to use the information in a way that seems most relevant to their lives.
REFERENCES: Where Are You Now Stress-Wise?

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OTHER: Bloom's: Understand

34. Describe the relationship between social skills and individual vulnerability to stress.

ANSWER: The more integrated people are in society and the more social support they experience, the less vulnerable they are to stress. The better a person's social skills, the easier it is for him or her to give and receive help. People with more supportive relationships tend to do better in times of crisis.

REFERENCES: Stress Vulnerability Factors

OTHER: Bloom's: Understand

35. Describe the physiological changes that stress can trigger.

ANSWER: Physiological measures associated with increased stress include, among others, increased heart rate and increased respiration rate. Stress can also affect one's breathing pattern, contributing to shallower chest breathing rather than deeper diaphragmatic breathing.

REFERENCES: Assess Your Stress

OTHER: Bloom's: Remember

36. What is the role of perception in the experience of stress?

ANSWER: Your perception of stress is instrumental in how your body responds. Whether the stress is real or imagined, your body responds the same: Your perception becomes your reality. It is possible for two people to have the same experiences in their lives but perceive them in ways that causes one to experience high stress and the other to experience low stress.

REFERENCES: Assess Your Stress; Perceived Stress Scale

OTHER: Bloom's: Understand

37. How is an individual's vulnerability to stress related to genetics?

ANSWER: Evidence from family studies, particularly studies involving twins, seems to show a strong genetic element. One aspect of a person's vulnerability is related to his or her genetic makeup. However, this is not the whole story. Vulnerability is affected by other factors including coping style, thinking style, environment, and social skills.

REFERENCES: Stress Vulnerability Factors

OTHER: Bloom's: Understand

38. Discuss the idea of vulnerability to stress.

ANSWER: Vulnerability has to do with a factor, or set of factors, that increases a person's susceptibility to stress. People with low vulnerability need to experience more stress before they become distressed, whereas people with high vulnerability need much less stress to reach their tipping point to distress. Researchers have determined a number of factors that impact vulnerability, including the following: genetics, coping style, thinking style, environment, and social skills.

REFERENCES: Stress Vulnerability Factors

OTHER: Bloom's: Understand

39. One of the text's authors describes two personal experiences that caused her to reflect upon the idea of a "culture of stress." What did she mean by a "culture of stress."

ANSWER: The author reflected on how her personal background -- growing up in the Midwest with a Norwegian, Protestant work-ethic paradigm -- shaped her values, beliefs, and goals related to work and leisure, emphasizing work over leisure. Her experiences in Australia and Amsterdam, where she saw people prioritizing relaxation and socializing, caused her to ask:

"Have we become a society of isolated workers who have lost sight of the importance of relaxing,

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socializing, and just having fun? Should we reexamine our culturally induced priorities?"

REFERENCES: Stress Vulnerability Factors

OTHER: Bloom's: Understand

40. Choose two of the self-assessment tools and describe why, or why not, they were relevant to your life.

ANSWER: Student answers will vary.

REFERENCES: various

OTHER: Bloom's: Understand

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