

Name \_\_\_\_\_

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

- 1) At her new school, Mrs. Stoney's class of third graders has more children with learning and attention difficulties than she has ever noticed before. In addition, many of the children have higher blood pressure than is typical. It is most likely that: 1) \_\_\_\_\_
- A) the school fosters pessimistic explanatory styles.
  - B) the parents are pushing their children too much academically.
  - C) the school is near a noisy airport.
  - D) the school has had frequent outbreaks of colds and flu.
- 2) Research concerning stressors shows that, in adults, exposure to constant loud noise contributes to: 2) \_\_\_\_\_
- A) the likelihood of becoming a "suppressor" and developing emotional inhibition.
  - B) the development of anxiety disorders, especially generalized anxiety disorder.
  - C) increases in maladaptive behaviors, such as smoking and alcoholism.
  - D) cardiovascular problems, irritability, fatigue, and aggressiveness.
- 3) The modern era of stress research began: 3) \_\_\_\_\_
- A) when Hans Selye published a book detailing the ways in which heat, cold, pain, toxins, and danger disrupt the body's equilibrium.
  - B) when Susan Staples provided research evidence documenting the human response to environmental noise.
  - C) when Julian Rotter published a monograph reporting the ways in which an internal or external locus of control influences a person's health.
  - D) when J. G. Courtney found that chronic work-related stresses were linked to colon and rectal cancers.
- 4) A person is in the \_\_\_\_\_ when the muscles tense, blood pressure rises, and digestion shuts down. 4) \_\_\_\_\_
- A) alarm phase
  - B) resistance phase
  - C) exhaustion phase
  - D) chronic stress phase
- 5) A person is in the \_\_\_\_\_ when vulnerability to physical problems increases, and illness, such as chronic hypertension, develops. 5) \_\_\_\_\_
- A) chronic stress phase
  - B) resistance phase
  - C) exhaustion phase
  - D) alarm phase

- 6) Markesia's body is mobilized to fight off the flu and she is annoyed by minor frustrations that she can usually shake off. According to Hans Selye, she is in the: 6) \_\_\_\_\_
- A) resistance phase. B) chronic stress phase.  
C) alarm phase. D) exhaustion phase.
- 7) In order to maintain health, a person should aim for: 7) \_\_\_\_\_
- A) minimizing the wear and tear of stress on the body.  
B) achieving a stress-free life.  
C) avoiding stressors linked to illness, such as traffic jams.  
D) maintaining an external locus on control in stressful situations.
- 8) The HPA axis is a system activated to: 8) \_\_\_\_\_
- A) energize the body to respond to stressors.  
B) relax the body and help it conserve energy.  
C) control the sensory and motor nerves.  
D) carry messages from special receptors in the skin to the brain.
- 9) The "HPA" axis is an abbreviation for: 9) \_\_\_\_\_
- A) heritable-peripheral-adrenal cortex.  
B) hypothalamus-pituitary-adrenal cortex.  
C) hippocampus-pituitary-amygdala circuit.  
D) hormonal-pubertal-adrenal circuit.
- 10) When researchers studied how peptic ulcers develop, they found that: 10) \_\_\_\_\_
- A) a bacterium in the stomach lining is necessary, but psychological factors also play a role.  
B) psychological factors are necessary conditions but bacteria may play a role.  
C) individuals who have a bacterium, *Helicobacter pylori*, will eventually develop ulcers.  
D) those with Type B personalities are more likely to develop ulcers.
- 11) Which of the following is NOT one of the key stress hormones released by the adrenal glands? 11) \_\_\_\_\_
- A) Melatonin B) Norepinephrine  
C) Epinephrine D) Cortisol
- 12) People with a Type A personality: 12) \_\_\_\_\_
- A) show slow physiological responses to challenge.  
B) are patient and optimistic.  
C) are determined to achieve.  
D) are calm but intense.

- 13) Research on the link between depression and illness has shown that: 13) \_\_\_\_\_
- A) depression is a significant risk factor for immune disorders.
  - B) depression is a significant risk factor for heart disease.
  - C) the relationship between depression and heart disease and immune disorders is unclear.
  - D) depression is a significant risk factor for both heart disease and immune disorders.
- 14) An effective way to deal with negative emotions is to: 14) \_\_\_\_\_
- A) continue to think about them until they decrease.
  - B) suppress them.
  - C) confess them to someone else.
  - D) write them on a piece of paper and then burn up the paper.
- 15) Phyllis knew that it would be difficult attending a college 2,000 miles away from friends and family. She has many worries but doesn't know anyone well enough to feel comfortable opening up. Which of the following would be the healthiest solution for her? 15) \_\_\_\_\_
- A) Write down her feelings in a diary
  - B) Transfer to a college closer to home
  - C) Get an on-campus job to meet more people
  - D) Begin an aerobic exercise program
- 16) In addition to confession, another important way of letting go of negative emotions is: 16) \_\_\_\_\_
- A) revenge.
  - B) absolution.
  - C) ignoring the emotions.
  - D) forgiveness.
- 17) When the handwritten autobiographies of 180 Catholic nuns were studied, the researchers found that: 17) \_\_\_\_\_
- A) cheerfulness, contentment, and gratitude cause a person to live a longer and healthier life.
  - B) there were no correlations between autobiographies written at the age of 22 and longevity.
  - C) 22-year-old nuns expressing positive emotions, on average, lived nine years longer than nuns with the fewest positive feelings at age 22.
  - D) the nuns that had a higher standard of living throughout adulthood lived, on average, nine years longer than those with lower standards of living.
- 18) Which of the following statements about optimism and pessimism is true? 18) \_\_\_\_\_
- A) Optimists are more likely to live well into old age.
  - B) Pessimists were always expecting trouble so they didn't tempt fate by drinking or smoking.
  - C) Pessimists are more likely to take better care of themselves when ill.
  - D) Optimists are more likely to die untimely deaths, as a result of accidents or violence.

- 19) Since health and well-being are linked to explanatory style, it is important to note that: 19) \_\_\_\_\_
- A) optimists tend to escape into wishful thinking when confronted with a problem.
  - B) optimists try to avoid facing bad news as long as possible.
  - C) optimists are unrealistic and tend to deny their problems.
  - D) optimists are more likely than pessimists to be active problem solvers.
- 20) When compared to optimists, those with pessimistic explanatory styles tend to: 20) \_\_\_\_\_
- A) drink and smoke too much.
  - B) plan for the future.
  - C) keep their sense of humor.
  - D) have higher levels of white blood cells.
- 21) Patients with an external locus of control recovering from heart attacks, when compared to patients with an internal locus of control: 21) \_\_\_\_\_
- A) were more likely to begin exercise programs.
  - B) were more likely to resume unhealthy habits.
  - C) were more likely to recover quickly.
  - D) were more likely to generate plans for recovery.
- 22) Baking bread, getting a massage, exercising, and using conscious relaxation techniques are all ways to: 22) \_\_\_\_\_
- A) replace the urgency of Type A behaviors with less intense Type B characteristics.
  - B) begin to develop the skills to create a stress-free life.
  - C) cope with stress by taking time out and reducing the body's physiological arousal.
  - D) move from emotion-focused coping styles into more effective problem-focused coping.
- 23) \_\_\_\_\_ is defined as a general expectation about whether the results of your actions are under your own control or beyond your control. 23) \_\_\_\_\_
- A) Primary control
  - B) Secondary control
  - C) Explanatory style
  - D) Locus of control
- 24) There are some problems that cannot be solved, but we can change the way we think about the problem. What coping method is being used when a person says, "I'm devastated that our home was flooded but at least it is still standing. Some of the houses closer to the river are completely gone"? 24) \_\_\_\_\_
- A) Reappraising the situation
  - B) Cultivating a sense of humor
  - C) Making social comparisons
  - D) Learning from the experience

- 25) When people are said to be insane, this means that: 25) \_\_\_\_\_
- A) a legal determination has been made that they are incompetent to stand trial and unaware of the consequences of their actions.
  - B) psychologists have compared their behaviors to characteristics of individuals with disorders and found a strong correlation.
  - C) a psychiatrist has determined that they are suffering from one of the psychological disorders, as described in the DSM.
  - D) a diagnosis of schizophrenia has been made either by a psychologist or by a psychiatrist specializing in the treatment of the insane.
- 26) A person whose culture emphasizes primary control would agree that: 26) \_\_\_\_\_
- A) if you have a problem, live with it.
  - B) true tolerance is to tolerate the intolerable.
  - C) if you don't like it, change it.
  - D) to lose is to win.
- 27) Which of the following attitudes would be most likely to result in lowered stress? 27) \_\_\_\_\_
- A) "I can't change the past, but I can try to change what happens next."
  - B) "Why is it always me that has such bad luck?"
  - C) "Having this heart attack was all my fault for not taking better care of myself!"
  - D) "The true tolerance is to tolerate the intolerable."
- 28) When a person has a mental illness, 28) \_\_\_\_\_
- A) he or she engages in abnormal behavior.
  - B) he or she is diagnosed as insane.
  - C) he or she is engaging in a statistically rare behavior.
  - D) he or she may have symptoms that are extremely common.
- 29) In defining a mental disorder, it is common to consider all of the following EXCEPT: 29) \_\_\_\_\_
- A) whether a person's behavior causes him or her to feel distressed.
  - B) whether a person is legally insane.
  - C) whether a person's behavior is self-destructive or harmful to others.
  - D) whether a person's behavior violates cultural standards.
- 30) One of the culture-bound syndromes is described as preoccupation with death accompanied by bad dreams, fainting, appetite loss, fear, and hallucinations. Which of the following is the name of this problem? 30) \_\_\_\_\_
- A) Amok                      B) Ghost sickness                      C) Dhat                      D) Zar

- 31) One of the culture-bound syndromes is described as belief in possession by a spirit, causing shouting, laughing, head banging, weeping and withdrawal. Which of the following is the name of this problem? 31) \_\_\_\_\_  
A) Amok B) Ghost sickness C) Zar D) Dhat
- 32) One of the culture-bound syndromes is described as a sudden intense anxiety that the sexual organs will recede into the body and cause death. Which of the following is the name of this problem? 32) \_\_\_\_\_  
A) Pibloktoq B) Koro  
C) Latah D) Qi-gong psychotic reaction
- 33) Common phobias: 33) \_\_\_\_\_  
A) may involve a fear of dirt and germs, called mysophobia.  
B) may have evolved in human beings because these fears are adaptive for the species.  
C) include the desire to say, "Ugh" to a tarantula or to skip the snake display at the zoo.  
D) include the fear of the color purple, porphyrophobia.
- 34) When Arthur has symptoms of a panic disorder, he has feelings of choking, being smothered, numbness, and a fear of dying. It is most likely that Arthur lives in: 34) \_\_\_\_\_  
A) Latin America. B) Greenland.  
C) Northern Europe. D) the United States.
- 35) Kellie is fearful in situations where she must eat in public or write in the presence of others. It is most likely that Kellie has: 35) \_\_\_\_\_  
A) a social phobia. B) a generalized anxiety disorder.  
C) an obsessive-compulsive disorder. D) an idiosyncratic phobia.
- 36) Which of the following is an INCORRECT match? 36) \_\_\_\_\_  
A) Compulsion – recurrent, persistent, unwished-for images and thoughts  
B) Generalized anxiety disorder – continuing sense of doom and worry  
C) Agoraphobia – fear of fear, fear of being trapped in public  
D) Social phobia – fear of situations in which they will be observed by others
- 37) Psychologists regard \_\_\_\_\_ as the "fear of fear." 37) \_\_\_\_\_  
A) panic attack B) generalized anxiety disorder  
C) agoraphobia D) posttraumatic stress disorder

- 38) \_\_\_\_\_ is a disorder involving disturbances in emotion, loss of interest in one's usual activities, thoughts of hopelessness, fatigue, and loss of appetite. 38) \_\_\_\_\_
- A) Generalized anxiety disorder                      B) Bipolar disorder  
C) Borderline personality disorder                      D) Major depression
- 39) Individuals with obsessive-compulsive disorders: 39) \_\_\_\_\_
- A) have recurrent and persistent thoughts or images that are often dreamlike and appealing.  
B) may have brain abnormalities such that their "alarm signal" doesn't turn off.  
C) enjoy rituals, such as checking the oven and the locks three times, before sleeping.  
D) feel a deep sense of relief if they can talk themselves into forgoing a ritual.
- 40) Research on bipolar disorder indicates that: 40) \_\_\_\_\_
- A) the depression is a feeling of "down in the dumps" and the mania is like the joy of winning.  
B) women are twice as likely as men to be diagnosed with bipolar disorder.  
C) it is becoming almost as common as major depression in the United States.  
D) the manic person has inflated self-esteem and feels full of ambition and power.
- 41) People with borderline personality disorders have a pervasive history of: 41) \_\_\_\_\_
- A) intense but unstable relationships.                      B) unrealistic fears of specific situations.  
C) thoughts of hopelessness.                      D) episodes of excessive euphoria.
- 42) Depressed people tend to believe that: 42) \_\_\_\_\_
- A) this bleak despair is terrible, but it will pass.  
B) their misery is permanent and uncontrollable.  
C) the reason for their misery is external.  
D) if they just had the energy, they could control the situation.
- 43) Which of the following is NOT related to antisocial personality disorder? 43) \_\_\_\_\_
- A) Unusually low levels of physiological arousal  
B) Elevated cortisol levels  
C) Evidence of possible genetic predisposition  
D) Frontal lobe abnormalities resulting from physical neglect, accidents, battering, or injury
- 44) The two dominant approaches to understanding addiction and drug abuse are: 44) \_\_\_\_\_
- A) the humanist model and the biological model.  
B) the cultural model and the psychodynamic model.  
C) the learning model and the psychodynamic model.  
D) the biological model and the learning model.

- 45) Which of the following statements regarding the biological model of addiction and drug abuse is FALSE? 45) \_\_\_\_\_
- A) Genes may affect how much a person needs to drink before feeling high.
  - B) If heredity plays a role in alcoholism, then more than one gene is involved.
  - C) Most of the genetic evidence comes from twin and family studies of alcoholism.
  - D) For male alcoholics who begin drinking heavily in adulthood, genetic factors are strongly involved.
- 46) Beginning in adolescence, \_\_\_\_\_ are more likely than \_\_\_\_\_ to develop a ruminating, introspective style, rehearsing the reasons for their unhappiness. 46) \_\_\_\_\_
- A) collectivists; individualists
  - B) women; men
  - C) men; women
  - D) individualists; collectivists
- 47) Genetic factors seem to be involved: 47) \_\_\_\_\_
- A) for the male children of alcoholics but not for the female children.
  - B) when alcoholism begins in adulthood with frequent episodes of heavy drinking.
  - C) when alcoholism begins in adolescence and is linked to antisocial behaviors.
  - D) for the female children of alcoholics but not for the male children.
- 48) There is growing evidence that: 48) \_\_\_\_\_
- A) total abstinence decreases alcoholism.
  - B) heavy drinking alters brain functions.
  - C) there is one specific gene involved in alcoholism.
  - D) severe withdrawal symptoms are inevitable.
- 49) The reason for taking a drug may influence whether addiction occurs. In studies of pain sufferers who use morphine and other opiates to be able to function in the world: 49) \_\_\_\_\_
- A) sixty -five percent became addicts.
  - B) thirty-five percent became addicts.
  - C) the vast majority did not become addicts.
- 50) The biological and learning models of addiction differ in their explanations of drug abuse and in their proposed solutions. According to the learning model: 50) \_\_\_\_\_
- A) after abuse of alcohol has stopped, addicts continue to need group support.
  - B) addiction is a way of coping and alcoholics need to find better coping methods.
  - C) addiction to alcohol is genetic and alcoholics must learn to abstain.
  - D) people are either addicted to alcohol or they aren't.



51) \_\_\_\_\_ is defined as an effort to accept reality by changing your own attitudes, goals, or emotions.

51) \_\_\_\_\_

A) Secondary control

B) Explanatory style

C) Locus of control

D) Primary control