

Study Guide Ch 14 nb¹ Stress

Read the chapter in the book. Additionally, there are a total of 5 handouts. 2 of them are listed at the end of this study guide along with several study guide questions for those 2 handouts.

For the other 3 handouts, read them and answer the questions included with each one of them. For these 3 handouts, these questions attached to them will be considered as “take home” quiz questions. Turn them in on the day we take our real quiz. I will grade these “take home” quiz questions and add them to your usual “real quiz” score for an overall quiz score. These 3 handouts are:

1. Slowing of Wound Healing
2. Stress Induced Immune Dysfunction
3. Stress Induced Modulation.

No practice test for this chapter.

1. It is important to distinguish “stress” from “stressor”. Eric failed his police driving test. His body responded to the timed driving course with fear, anxiety, and increased heart rate and blood pressure.
The stressor was _____
The stress was _____
2. Nancy and Jane are married women who are in the process of divorce from their husbands. Nancy was a stay-at-home mom with limited job skills. Jane continued to work as an attorney. Nancy felt stress when thinking of the upcoming divorce, while Jane didn’t but instead thought of it as an opportunity to get her career back on track. What does this example highlight?
3. If I lose my job, I might wonder if this is a threat or not. If so, I would be engaging in _____ appraisal. If I deem it to be a threat and begin to wonder how well I can deal with it, I would be engaging in _____ appraisal.
4. What is Eustress?
5. Cannon would agree that when we perceive a threat, our F _____ or F _____ response becomes automatically activated.
6. What were Selye’s three stages of the GAS? They correspond to an initial jolt, adaptation to the jolt but still on low alert, inability to adapt exerts a physical toll.
7. When faced with a stressor, the H Y _____ s sends signals to the P _____ y gland which sends signals to the A _____ glands which then secretes a corticosteroid called C _____. We call this the HPA system.
8. See the pic at the right. This instrument asks you if you have experienced any of a number of life events within the past year. You can see the top 7 events. What is the name of the instrument?

9. If marriage isn’t called stress, it would probably be called E _____.

Life Event	Score
Death of Spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of close family member	63
Personal injury or illness	53
Marriage	50

¹ Updated S18 3-9-18

10. Stressors that don't involve major life events but occur more frequently are called H _ _ _ _ _ , and can cause physical problems as well.
11. The text mentions under the heading "Other Stressors" (page 510-511) that many jobs can cause stress. They said there appears to be 2 common factors: heavy workload and lack of C _ _ _ _ _ .
12. Sometimes the immune system goes awry and mistakenly attacks the body's healthy cells. Examples are: rheumatoid arthritis or Grave's disease. We call this class of disorders A _ _ _ I _ _ _ _ _ Diseases.; (page 514)
13. The field that studies how stress affects the immune system is called _____.
14. The box in section 14.3 "Dig Deeper" discusses how stress can lead to shortened telomeres. Is more rapid aging associated with shorter or longer telomeres?
15. What is the leading cause of death in the developed world? (section 14.3 "cardiovascular disorders")
16. What is the common name for hypertension?
17. What was the story about Martin Friedman's reupholstering man's finding of the condition of the chairs in the waiting room?
18. If you are: competitive, always in a hurry (time urgency), impatient, and hostile towards others then you could be a Type ____ personality.
19. How does the "transactional model of hostility" work?
20. Is there a relationship between depression and heart disease?
21. According to the Rottenberg (2014) study in section 14.3 "depression and the heart", how do they think childhood depression increases risk of heart problems?
22. If I lose my job and decide to get drunk, what type of coping am I doing? (section 14.4 "coping styles")
23. See #22 again, in order to cope, suppose I go out and look for new jobs. What type of coping is that?
24. What do we call it when a dog who at first couldn't escape a shock but now could escape but doesn't even try? What human disorder does this seem like?
25. When researchers took people with high or low levels of social support and exposed them to cold virus, what did they find? (Section 14.4 "Social Support")
26. What are good stress reduction techniques?

From the reading: Influence of psychological variables on stress-induced pathology

27. They exposed rats to a stressor. What was the stressor?
28. They had 3 animals. One got no exposure to the stressor. 2 others however did get exposure. But these 2 animals that got exposure had a different experiences. How were their experiences different?
29. What was the outcome?

From the reading: Somatic Effects of Predictable and Unpredictable Shock

30. What were the results?