

# ch15

Student: \_\_\_\_\_

1. When studying stress, some psychologists believe that stressors or situational events that place strong demands on us conceptualize stress as a (n) \_\_\_\_\_.
  - A. behavioural response
  - B. eliciting stimulus
  - C. organism-environment interaction
  - D. cognitive appraisal
2. During a week of final exams, one of your friends comes up to you and says, "I'm so worked up this week. I've been so worried, tense, and strung out that I've really lost it!" Statements like these are most consistent with the definition of stress as a (n):
  - A. stimulus.
  - B. transaction.
  - C. response.
  - D. interaction.
3. The transactional definition of stress asserts that stress is the product of cognitive, physiological, and behavioural responses that are evoked when there is a perceived imbalance between:
  - A. situational demands and personal resources.
  - B. internal and external eliciting stimuli.
  - C. expressive and instrumental behaviours.
  - D. primary appraisals and situational demands.
4. Stress researchers typically refer to the daily hassles that most people encounter, such as being stuck in traffic or having their computer crash, as:
  - A. primary stressors.
  - B. secondary stressors.
  - C. transactional stressors.
  - D. microstressors.
5. A type of questionnaire that asks people about such things as 1) whether a stressful event occurred, 2) whether their interpretation of the event was positive or negative, and 3) whether the event was a major event or a daily hassle is called a \_\_\_\_\_.
  - A. transactional stress scale.
  - B. cognitive appraisal questionnaire.
  - C. life event scale.
  - D. polygraph.
6. Victor and his wife were attending his mother's funeral when Victor suddenly clutched his chest and fell to the ground. Victor had suffered a major heart attack. These severe stressors, the death of his mother and the heart attack may be defined as:
  - A. microstressors
  - B. major negative events
  - C. catastrophic events
  - D. macrostressors

7. Rebecca's friends keep telling her that she should take it easy and decrease the stress in her life. Rebecca ignores them for the most part because she does not believe she has stressors, just migraines. It's not like she just lost her job or got a divorce; she has normal daily problems such as finding the money to get the car repaired and scheduling time to get her son to soccer practice as well as the dentist. In fact, these events are \_\_\_\_\_.
- A. catastrophic events
  - B. mindless stressors
  - C. macrostressors
  - D. microstressors
8. Zach was working as an intern for an investment company. His office was in the World Trade Center in New York City and his first day on the job was September 11, 2001. Zach survived the terrorist attacks physically unharmed but is now experiencing flashbacks, digestive problems, and he can't seem to have successful personal relationships. Zach's current problems may be a result of:
- A. microstressors
  - B. catastrophic events
  - C. macrostressors
  - D. major negative events
9. The four aspects of the cognitive appraisal process are appraisals of:
- A. primary stressors, secondary stressors, demands, and resources.
  - B. demands, resources, consequences, and personal meaning.
  - C. primary stressors, resources, consequences, and secondary stressors.
  - D. demands, primary stressors, secondary stressors, and personal meaning.
10. In the four-step model of cognitive appraisal, Richard Lazarus's notion of primary appraisal is most analogous to the appraisal of \_\_\_\_\_.
- A. demands
  - B. resources
  - C. consequences
  - D. personal meaning
11. John is about to take a very difficult chemistry exam, but because he has studied hard and knows the material thoroughly, he isn't very nervous as he goes in to take it. John's thoughts about his study habits and his knowledge of the material are best considered as examples of cognitive appraisals of the:
- A. demands of the situation.
  - B. personal meaning that particular consequences might have.
  - C. potential consequences of a situation.
  - D. resources available to cope with a situation.
12. Steve and his romantic partner are having difficulties in their relationship. Steve starts to get anxious when he thinks, "Oh no, we might break up and if that happens, everyone will think I'm an idiot and a complete loser!" Thoughts like these are best classified as appraisals of:
- A. demands and resources.
  - B. consequences and personal meanings.
  - C. demands and consequences.
  - D. resources and personal meanings.
13. Kelly enrolled in a foreign language course this term and is about to take the final oral examination for the course. Kelly is feeling worried about the examination and believes "If I don't get an 'A' on this exam it will show that I'm always going to be a complete failure at everything." Kelly's belief best represents:
- A. a secondary appraisal of the resources available to cope with the examination.
  - B. a cognitive appraisal of the implications of the outcome of the examination.
  - C. a cognitive appraisal of what the consequences of the examination could be.
  - D. a primary appraisal of the demands of the examination.

14. Joyce and Katie were recognized by their professor for receiving the highest grades on the midterm exam. At first, they both interpret this situation as being a positive thing but, then Katie turns this event into a stressor because of her perceived inability to score as well on the next exam. Katie begins to think that she cannot cope with the pressure based on the process of \_\_\_\_\_.
- social appraisal
  - primary appraisal
  - secondary appraisal
  - consequence appraisal
15. Jordan has had straight A's throughout her high school years. She is now a senior in her second and final semester of high school and she finds herself constantly near tears. Her friends are jealous of her success and cannot understand why Jordan is acting so stressed. Jordan is feeling that she may not be able to keep her perfect grade record and that if she loses it, people will think that she is not so smart. In this case, Jordan's appraisal of the \_\_\_\_\_ is a stressor.
- primary situation and precipitating factor
  - psychological meaning of the consequences
  - secondary situation
  - potential consequences
16. There is a distinct physiological pattern that emerges when people are exposed to strong and prolonged stress. Selye labelled this response pattern the:
- transactional stress response (TSR).
  - two-factor theory of stress.
  - general adaptation syndrome (GAS).
  - chronic stress response (CSR).
17. The three stages of Selye's general adaptation syndrome (GAS) are:
- alarm reaction, resistance, and resolution.
  - activation, plateau, and exhaustion.
  - activation, resistance, and recovery.
  - alarm reaction, resistance, and exhaustion.
18. The final stage of Selye's general adaptation syndrome (GAS) is:
- exhaustion.
  - resolution.
  - recovery.
  - resistance.
19. According to Selye's general adaptation syndrome, the shift to sympathetic dominance occurs in the \_\_\_\_\_ stage.
- alarm reaction
  - resistance
  - exhaustion
  - alarm reaction and resistance
20. The sympathetic nervous system mobilizes the body to a state of arousal when we are faced with a stressful situation. However, the longer acting stress hormones into our system are released by the \_\_\_\_\_.
- endocrine system
  - parasympathetic nervous system
  - homeostasis desire
  - immune system

21. Brianna has been pushing herself for several months now. As a single mother with a full time job during the day and college classes at night, she does not have any time for herself. Having enough money to pay the bills each month has been a source of stress for Brianna and right now there seems to be no end in sight to her financial difficulties. Lately, Brianna has been getting more viruses, aches, and pains than usual. Selye's general adaptation syndrome (GAS) suggests that Brianna is in the \_\_\_\_\_ phase.
- exhaustion
  - resistance
  - alarm
  - arousal
22. Women who are victims of rape often experience significant disruptions to their lives, such as nightmares, fear of being alone, and decreased enjoyment of sexual activity. This collective response to such an attack is known as the:
- general adaptation syndrome (GAS).
  - somatic attack syndrome.
  - catastrophic events syndrome.
  - rape trauma syndrome.
23. Studies examining the relation between negative life events and psychological distress have indicated that there is a positive association between these variables, but interpreting this finding is difficult because there is/are \_\_\_\_\_.
- several possible causal interpretations of this result.
  - negative life events that vary by individuals.
  - several possible interpretations of psychological distress.
  - only one possible causal interpretation of this result.
24. All of the following were offered as possible explanations for the positive correlation between self-reported negative events and psychological distress **EXCEPT**:
- It could be that the negative events cause the distress.
  - It could be that psychological distress influences self-reports of negative events.
  - It could be that the relation between negative events and distress only holds for particular cultures.
  - It could be that distress and negative life events are both caused by some other unmeasured variables, such as a personality trait.
25. People who have a heightened tendency to experience negative emotions and to get themselves into stressful situations are high in the personality trait of \_\_\_\_\_.
- depression
  - neuroticism
  - anxiety
  - pessimism
26. Mary is a regular jogger and runs because she enjoys it, it helps her to remain fit, and it functions as a source of stress relief. However, when she is under stress, she tends to not run as much and as a result, she sometimes becomes ill. This example best demonstrates how stress can influence illness by changing:
- behaviour.
  - bodily processes.
  - personality factors.
  - physiology.
27. A person who is under constant stress has chronically high levels of stress hormones in his body. The fact that these elevated hormone levels may eventually damage his arteries is best considered as an example of how stress can impact health by changing:
- the environment.
  - personality.
  - behaviour.
  - physiology.

28. Factors that increase a person's susceptibility to stressful events are called:
- protective factors.
  - personal disadvantages.
  - vulnerability factors.
  - liability factors.
29. Poor coping skills and the lack of a social support network can decrease a person's resistance to stress and are examples of \_\_\_\_\_.
- protective factors
  - vulnerability factors
  - problem-focused coping
  - emotion-focused coping
30. If a person has a good social support network, strong coping skills, and an optimistic personality then he is less vulnerable to the effects of stress. These characteristics are best considered as examples of \_\_\_\_\_.
- protective factors
  - personality traits
  - emotion-focused coping skills
  - problem-focused coping skills
31. With regard to the relation between stress and illness, the tendency to become anxious or pessimistic under stress is as an example of a(n) \_\_\_\_\_.
- negative primary appraisal
  - instrumental behaviour
  - consequences
  - vulnerability factor
32. In terms of susceptibility to stressful events, social support is a \_\_\_\_\_.
- health-enhancing behaviour
  - harm-reduction strategy
  - protective factor
  - resiliency intervention
33. A review by House and his colleagues of studies conducted with almost 37,000 people living in the U.S., Finland, and Sweden found that people were twice as likely to die during the study if they had low levels of \_\_\_\_\_.
- personal coping skills
  - pessimism
  - social support
  - optimism
34. Robert Baron and his colleagues conducted a study of people whose spouses were being treated for cancer. Those who rated themselves as having good social support responded to the injection of artificial antigens with more antibodies, demonstrating how strong social support appears to enhance:
- immune system functioning.
  - circulatory system functioning.
  - nervous system functioning.
  - endocrine system functioning.
35. All of the following were mentioned as possible reasons for the positive effects of social support on illness **EXCEPT**:
- Social support fosters a stronger sense of identity and meaning in people's lives.
  - Social support networks often indirectly teach people effective problem-focused coping skills.
  - Social support reduces exposure to negative factors such as loneliness.
  - Social support networks can use peer pressure to prevent people from using maladaptive coping strategies.

36. In a 30-year study of "resilient" or "invulnerable" children, one factor that appeared to be common to all children who survived and thrived in very difficult situations was having:
- at least one person who believed in them and provided social support.
  - a very strong and resilient immune system.
  - a strong optimistic personality style.
  - learned both problem- and emotion-focused coping skills at a young age.
37. When Ben loses his wife of thirty years to heart disease, one of the most important environmental factors that will indicate how well physically and psychologically he fares is/are:
- optimism
  - socioeconomic status
  - management skills
  - social support
38. Molly and Daniel's baby girl was born with severe genetic disabilities. Molly joined a support group for parents with disabled children that met every week. Daniel chose to keep his feelings private and did not participate in the support group. According to research:
- Daniel's personal coping skills will allow him to handle the stress better than Molly who seeks help from others
  - Molly may be more disease resistant than Daniel because of her higher level of social support
  - Daniel will experience less stress than Molly who is subject to the problems of others in the support group
  - Molly's anxiety and depression will increase as she learns she is not the only one with stress in her life
39. Research by Pennebaker consistently found that having people simply talk about traumas they had experienced in the past resulted in:
- higher levels of future social support.
  - greater brain activity in the left hemisphere.
  - more positive cognitive appraisals of stressful situations.
  - improved health and immune system functioning.
40. The research of Pennebaker demonstrated that discussing traumatic events can lead to improved immune system function is considered somewhat controversial because:
- people are forced to discuss traumatic events against their wills and this is unethical research practice.
  - all of his studies have relied exclusively on self-report measures that may be biased.
  - there may be circumstances where such emotional "purging" is not helpful or may even be harmful.
  - Pennebaker has failed to control for the effect of neuroticism on this association.
41. Research findings of a 30-year longitudinal study by Werner have shown that a key factor that makes some children extremely resistant to the effects of stress is:
- hardiness.
  - optimism.
  - good physical health.
  - social support.
42. While personal factors like self-efficacy, good intellect, and self-esteem can make some children resistant to the impact of stressful events, a common factor for all such children is:
- financial security.
  - consistent emotional support from at least one person.
  - a good therapist.
  - intensive therapy immediately following the stressful event.
43. Beliefs regarding challenge, commitment, and control were specifically mentioned as being central to the psychological construct of:
- hardiness.
  - optimism.
  - self-efficacy.
  - social support.

44. The three beliefs associated with the stress protective factor called hardiness are:
- A. commitment, self-efficacy, and social support.
  - B. commitment, challenge, and control.
  - C. optimism, empathy, and control.
  - D. self-efficacy, challenge, and control.
45. Of the three factors that comprise the hardiness personality construct, research suggests that the one that appears to be the strongest in terms of protecting people from the negative effects of stress is the construct of \_\_\_\_\_.
- A. social support
  - B. challenge
  - C. self-efficacy
  - D. control
46. According to Kobasa's hardiness components, the strongest active ingredient in buffering stress, at least for women, is \_\_\_\_\_.
- A. commitment
  - B. control
  - C. cooperation
  - D. challenge
47. According to psychologists, the personal conviction that we can perform the behaviours necessary to produce a desired action is called:
- A. self-confidence.
  - B. self-control.
  - C. self-efficacy.
  - D. self-esteem.
48. Tamika is about to compete in a triathlon. Though such a competition would likely inspire fear and nervousness in most people, Tamika is feeling good about the race because she believes she has the skills to successfully complete it. Bandura would most likely say that Tamika has high:
- A. self-efficacy.
  - B. self-esteem.
  - C. self-confidence.
  - D. self-control.
49. Stephen had a fear of public speaking. Before and during every public presentation he had to make he broke out in a cold sweat, his heart raced, and he continuously cleared his throat. One day he found himself giving an impromptu demonstration for his employees. He realized he was speaking in a public format and none of his usual symptoms were present. His problem decreased over time as this success increased his \_\_\_\_\_.
- A. self-efficacy
  - B. type A personality
  - C. hardiness
  - D. potential stressor
50. By definition, people who have positive views of the future and expect that things will work out well in the long run tend to possess:
- A. self-efficacy
  - B. optimism
  - C. empathy
  - D. hardiness
51. Optimistic people experience all of the following benefits **EXCEPT**:
- A. Optimists feel less helpless when confronting stressful events.
  - B. Optimists had fewer infectious illnesses and made fewer visits to doctors.
  - C. Optimists have larger social support networks.
  - D. Optimists have a lower risk for depression when confronting stressful events.

52. Most of her friends feel that Jane is a very happy person. She encounters her difficulties like everyone else, but she tends to maintain a positive outlook on the future and herself, even though she doesn't think that her coping skills are exceptional or that she deals very well with challenges. Psychologists who study stress would assume that Jane would possess a protective factor with regard to the detrimental effects of stress and score high on a measure of \_\_\_\_\_.
- A. self-efficacy
  - B. empathy
  - C. hardiness
  - D. optimism
53. Which of the following provides the best description of the Type B personality?
- A. competitive, workaholic, and demanding
  - B. sociable, nice, and emotionally inhibited
  - C. aggressive, friendly, and pressed for time
  - D. relaxed, agreeable, and experiences minimal time pressure
54. Which of the Big Five personality traits appears to have the strongest relation to physical health and longevity?
- A. openness
  - B. agreeableness
  - C. conscientiousness
  - D. neuroticism
55. Research suggests that the Type A personality may be risk factor to \_\_\_\_\_.
- A. leukemia
  - B. coronary heart disease
  - C. stroke
  - D. ulcers
56. The physiological toughness endocrine pattern includes two key classes of hormones, catecholamines and corticosteroids. In a person who is physiologically tough, the pattern of response for these two hormones shows:
- A. a strong, long-lasting increase in both catecholamines and corticosteroids.
  - B. little, if any, increase in both catecholamines and corticosteroids.
  - C. a low increase in corticosteroids along with a quick, but temporary, increase in catecholamines.
  - D. a low increase in catecholamines along with a quick, but temporary, increase in corticosteroids.
57. While physiological toughness is demonstrated by a particular pattern of activity in two classes of hormones at the time of the stressor, it is also associated with:
- A. a low baseline for both type of hormones.
  - B. low relative increases for both hormones.
  - C. a low baseline level of activity for corticosteroids.
  - D. a low baseline level of activity for catecholamines.
58. With even mild or moderate levels of stress, working memory is compromised because of the impact of stress on the functioning of the:
- A. frontal lobe
  - B. occipital lobe
  - C. parietal lobe
  - D. temporal lobe
59. Research has shown that the impact of even mild stress impairs working memory functioning and results in too much activation of \_\_\_\_\_.
- A. CCK (cholecystokinin)
  - B. endorphins
  - C. PKC (protein kinase C)
  - D. serotonin

60. Someone who attempts to directly deal with and change the demands of stress-inducing situations is involved in the process of \_\_\_\_\_.
- emotion-focused coping
  - seeking social support
  - expressive emotional behaviours
  - problem-focused coping
61. Norm and Cliff have both recently been through relationship break ups. Norm decides to go to his favourite bar and talk with his friends about what's been happening. Cliff, on the other hand, decides to go home and meditate in order to deal with his negative feelings. Based on the information provided, we would say that Norm is involved in seeking social support, while Cliff is involved in \_\_\_\_\_.
- emotion-focused coping
  - problem-focused coping
  - seeking psychological support
  - social-focused coping
62. Wayne is being treated unfairly by his boss at work. Rather than confront him on this, Wayne decides to change his appraisals of his boss's behaviour in order to deal with it. Wayne thinks to himself, "My boss is probably having a really crummy day, and I bet he's very upset by the fact that his wife has left him." Wayne's coping strategies are best classified as examples of:
- problem-focused coping.
  - improving self-efficacy.
  - emotion-focused coping.
  - seeking social support.
63. Stephanie coped with the stress of a relationship problem by going to the beach to forget about it. Tammy coped with the same type of stress by getting some help from a counsellor, while Sophia went directly to her boyfriend to try to resolve the problem. In the order: Stephanie, Tammy, and Sophia, the students' coping strategies most closely conform to:
- seeking social support, problem-focused coping, emotion-focused coping
  - emotion-focused coping, seeking social support, problem-focused coping
  - problem-focused coping, emotion-focused coping, seeking social support
  - emotion focused coping, problem-focused coping, seeking social support
64. John has the lead role in the school musical. The problem is, John cannot sing. Before the director of the play realizes John's dilemma, John hires a voice coach to improve his singing abilities. In this case John's coping strategy involves:
- emotion-focused coping
  - problem-focused coping
  - denial-focused acceptance
  - solution-focused coping
65. Beatrice experiences high levels of stress when she has to drive on the highway. She notices that when another driver cuts in quickly in front of her, her heart rate increases and her muscles tense. In order to change this, Beatrice teaches herself some relaxation exercises and tells herself that the driver of the other car must be rushing to the hospital or some other emergency. Beatrice has responded with which coping strategy?
- emotion-focused coping
  - problem-focused coping
  - solution-focused coping
  - denial-focused acceptance
66. Which of the following has been determined regarding the effectiveness of various coping strategies when confronted with uncontrollable situations?
- Both problem-focused coping and emotion-focused coping are equally effective.
  - Neither problem-focused coping nor emotion-focused coping are effective.
  - Problem-focused coping is more effective than emotion-focused coping.
  - Emotion-focused coping is more effective than problem-focused coping.

67. When presented with controllable situations, students typically assume that the most effective coping strategy is \_\_\_\_\_.
- A. seeking social support
  - B. problem-focused coping
  - C. emotion-focused coping
  - D. somatic coping
68. Stranz and Auerbach's study where airline employees were abducted by FBI agents posing as terrorists demonstrated that when situations are uncontrollable, \_\_\_\_\_ coping works well.
- A. denial-focused acceptance
  - B. problem-focused
  - C. emotion-focused;
  - D. social-focused
69. Alicia is a new student at a particular school. On her first day, she does not talk to any of the other students and sees them making fun of her behind her back. Alicia decides she can either develop a strategy for making friends or she can take the other students at face value and accept that they are jealous of her and ignore them. In this case, Alicia has control of which coping technique she will use and she is better off choosing:
- A. emotion-focused-coping
  - B. social-focused coping
  - C. solution-focused coping
  - D. problem-focused coping
70. Bob and Sara are both confronted with the same stressor: a loud and obnoxious roommate who lives just down the hall. Research suggests that Bob and Sara will deal with this problem differently. Bob will be more likely to confront the person to deal with this problem, while Sara will probably \_\_\_\_\_.
- A. talk to her friends about it
  - B. use avoidance or denial
  - C. ask someone to confront the person
  - D. do nothing about it
71. Cross-cultural studies have indicated that Europeans tend to use more problem-focused coping, while favouring the use of emotion-focused coping and seeking social support is typical of \_\_\_\_\_.
- A. North Americans
  - B. Asians
  - C. Africans
  - D. Aborigines
72. Socialization patterns within a culture tend to dictate coping strategy preferences evidenced in that:
- A. women favour a problem-focused coping strategy in cultures where boys are pushed to be independent
  - B. men favour a problem-focused coping strategy in cultures where boys are pushed to be independent
  - C. women favour an emotion-focused coping strategy in cultures where girls are pushed to be independent
  - D. men favour a social-support coping strategy in cultures where boys are pushed to be independent
73. Many stress management techniques work to reduce our general responses to stressors by working to modify \_\_\_\_\_.
- A. sleep habits
  - B. emotional arousal
  - C. dietary intake
  - D. cognitive appraisal
74. A cognitive restructuring approach that can be used to manage stress at all stages of the coping process is called:
- A. cognitive appraisal training
  - B. coping skills training
  - C. self-instruction training
  - D. stress reduction training

75. Flashbacks in dreams and personal guilt about surviving fatal catastrophes are both common features of:
- posttraumatic stress disorder.
  - schizophrenia.
  - panic disorder.
  - obsessive-compulsive disorder.
76. Joshua worked in the Pentagon in Washington, US and was home, sick on September 11, 2001. Due to the severe damage of the terrorist attack, if Joshua had been in his office that day he would have been killed and in fact all of his coworkers perished that day. Joshua kept his feelings to himself and stayed strong in order to help the families of his friends and coworkers. Although offered immediate counselling, for \_\_\_\_\_ Josh refused to admit he needed help.
- obsessive-compulsive disorder
  - posttraumatic stress disorder
  - exhaustion
  - generalized anxiety disorder
77. Studies of soldiers who had been subjected to the horrors of war contributed to the naming of the psychological disorder called \_\_\_\_\_.
- schizophrenia
  - posttraumatic stress disorder
  - generalized anxiety disorder
  - somatoform disorder
78. Which of the following is related to an increased probability of developing of post traumatic stress disorder?
- experiencing natural disasters as opposed to those created by human perpetrators
  - pre-existing psychological conditions
  - not receiving prompt post trauma intervention
  - gender
79. Which area of the brain has been found to react to the stress differently depending on the amount of social support an individuals has?
- anterior cingulated cortex
  - cerebellum
  - hippocampus
  - occipital lobe
80. Research by Eisenberger and colleagues on the neuroscience of social support found that social support contributes to health because those with more social support:
- are able to cope and recover from stress more effectively
  - perceive life as less threatening and therefore are less likely to activate a stress response.
  - perceive life as less threatening and are able to cope more effectively
  - are just as affected by social stressors as those with low social support but they coped better with physical stressors
81. Gene is a child who recently immigrated to Canada from a war-torn country where he lived in several refugee camps. Before arriving in Canada, he witnessed many atrocities and was frequently worried about his safety and the safety of his family. After immigrating, he was constantly anxious during school and suffered from frequent nightmares. A school psychologist would most likely conclude that Gene has:
- generalized anxiety disorder.
  - panic disorder.
  - agoraphobia.
  - posttraumatic stress disorder.

82. Frances and James are both about to compete in a championship race which is very important to both of them. Frances mentally prepares herself right before the race by focusing on how proud her friends and family will be when she wins the race. James concentrates on his breathing and mentally reviewing his form. Who do you predict will be able to handle the cope with the stress of the race better?
- Frances
  - James
  - both are using effective strategies
  - neither are using effective strategies
83. Alisha has just had an important final exam placed in front of her and her stress level, which was already high, is now so bad she is having problems thinking altogether. Which of the following is a strategy that is **NOT** effective for coping with stress?
- closing her eyes, forgetting about everything for a moment and just concentrating on relaxing and breathing
  - think to herself, "Keep my focus on the present. What is it I have to do?"
  - remind herself that she studied hard and to just take one question at a time
  - reminding herself that the consequences of not doing well are high so she needs to try to do well on the exam.
84. Which of the following is NOT a method for effective stress management?
- mediation
  - focusing on the emotional reaction to the stressor
  - cognitive re-structuring
  - looking after lifestyle needs
85. The two main types of health-related behaviours are called:
- positive and negative health behaviours.
  - protective and endangering health behaviours.
  - health-enhancing and health-compromising behaviours.
  - situation-focused and competency-focused health behaviours.
86. Regular medical checkups, exercise, and a healthy diet are all considered to be examples of:
- competency-focused health behaviours.
  - situation-focused health behaviours.
  - protective health behaviours.
  - health-enhancing behaviours.
87. Carl has been in poor health for several years and to his friends, this comes as no real surprise. He tends to eat a lot of fatty foods, doesn't get much sleep, and hasn't had a medical check-up in many years. Carl's behaviours would best be classified as examples of:
- health-compromising behaviours.
  - socially-based health behaviours.
  - competency-focused health behaviours.
  - situation-focused health behaviours.
88. An implication of Prochaska and DiClemente's transtheoretical model is that:
- precontemplators often benefit from an emotional experience that increases their motivation to change.
  - contemplators often benefit from developing a specific plan based on goal-setting regarding their efforts to change.
  - contemplators often benefit from acquiring the specific skills necessary to carry out their plan for change before acting on it.
  - precontemplators often benefit from awareness-raising information and social support to change.
89. Which of the following pairs would be considered the best example of a stage-matched intervention?
- maintenance stage—education regarding dangers of behaviour
  - precontemplation stage—social support
  - contemplation stage—specific skills training
  - preparation stage—education regarding dangers of behaviour

90. A person in the preparation stage of change receives appropriately timed instructions for the various behaviour change skills needed to alter a particular problem behaviour. These instructions give her the appropriate skills to move on to the action and maintenance stages. This example best illustrates:
- that behavioural skills training is appropriate during any stage of change.
  - how people move both backward and forward through stages when changing behaviour.
  - the importance of having stage-matched interventions.
  - how most people typically encounter several lapses before successfully changing a behaviour.
91. A person has a problem with smoking. If the best stage-matched intervention was to inform him about the dangers of continuing this unhealthy behaviour, then this person would be in the \_\_\_\_\_ stage of change.
- contemplation
  - action
  - preparation
  - precontemplation
92. Catherine has wanted to lose weight for several years. Last week she read the recent literature about obesity and health risks and decided she better get going. Today she went to the market and bought only healthy foods and then she made herself her favourite dinner of fried chicken, biscuits, and gravy, knowing she would not be eating these things in the future. According to the transtheoretical model of behaviour change, Catherine is in the \_\_\_\_\_ stage.
- precontemplation
  - contemplation
  - preparation
  - termination
93. Roger has joined the new fitness club in town and is very excited about his plan to get in shape. He knows he needs to increase his cardiovascular fitness as well as lose a few pounds. Which of the following situations might have the strongest influence on Roger, causing him to fail?
- lack of support from his family and friends
  - his general dislike of physical exercise
  - his feelings that he can't do it
  - his busy schedule
94. Which of the following lists the six stages of the transtheoretical model of behaviour change in the proper order?
- contemplation, precontemplation, preparation, action, maintenance, termination
  - precontemplation, contemplation, preparation, action, maintenance, termination
  - preparation, precontemplation, contemplation, action, maintenance, termination
  - precontemplation, contemplation, preparation, maintenance, action, termination
95. Which of the following is one of the main assumptions of the stages of the transtheoretical model?
- People progress forward through the different stages.
  - Most behaviour change methods are suitable and appropriate during any stage of change.
  - People often make repeated efforts to change before they are successful.
  - The majority of people cycle through the stages in a smooth and continuous sequence.
96. The assumption that people frequently make many attempts to change a problematic behaviour before they are successful is most relevant to:
- the contact hypothesis.
  - the stages of the transtheoretical model.
  - behaviour reduction programs.
  - program evaluation research.

97. Kelly is a smoker, sees her smoking as a problem, but feels powerless to quit. As a result, Kelly has no interest in trying to quit smoking. In Prochaska and DiClemente's stages of transtheoretical model, Kelly's stage is most closely representative of the:
- A. preparation stage.
  - B. contemplation stage.
  - C. recognition stage.
  - D. precontemplation stage.
98. Research on the stages of transtheoretical model has indicated that:
- A. there is little or no support for the validity of this model.
  - B. people tend to change their behaviours after going through only one complete cycle of the stages.
  - C. people only move forward through the stages as they change their behaviours.
  - D. people tend to move forward and backward through the stages as they change their behaviours.
99. Sam has a problem with alcohol. He gets substantially drunk at parties four to five nights a week and it is not uncommon for him to experience blackouts. Despite his friends' concerns, Sam doesn't think he has a problem and believes that he is just being a typical college student. Sam would most likely be classified as being in the \_\_\_\_\_ stage of change.
- A. preaction
  - B. contemplation
  - C. precontemplation
  - D. preparation
100. People who possess a beginning awareness of their problem behaviour but they are not yet ready to change it are demonstrating some of the characteristics of the \_\_\_\_\_ stage of change.
- A. action
  - B. contemplation
  - C. maintenance
  - D. preparation
101. Which of the following statements would be most typical of someone in the preparation stage of change?
- A. "Problem? What problem? I don't have a problem."
  - B. "All right! I'm actually taking steps to change this problematic behaviour."
  - C. "I know that my behaviour is problematic, but I'm just not ready to change it yet."
  - D. "I'm going to do something about this problem, starting first thing next week."
102. An awareness that a particular behaviour is problematic is one of the key factors that differentiates the \_\_\_\_\_ stages of change.
- A. precontemplation and contemplation
  - B. contemplation and preparation
  - C. preparation and action
  - D. contemplation and action
103. What stage of change is thought to require the most energy and effort?
- A. the preparation stage
  - B. the contemplation stage
  - C. the action stage
  - D. the maintenance stage

104. Bob decided that he was a bit overweight and in order to do something about it, he created a new exercise program, something he'd never tried before. Though he initially had some difficulty setting it up and sticking with it, he has consistently done his exercise workout for the last eight months. Though it is becoming more habitual, the program is still not yet automatic for him and he reinforces himself with new CDs each month if he has successfully completed his workouts. Bob would most likely be classified as being in the:
- A. action stage.
  - B. maintenance stage.
  - C. termination stage.
  - D. preparation stage.
105. Research results indicate that most New Year's resolutions are made for five or more consecutive years before they are successfully accomplished, suggesting that an important factor in effective behaviour change is the \_\_\_\_\_.
- A. ability to commit
  - B. abstinence violation effect
  - C. willpower
  - D. ability to handle lapses
106. One of the primary things that differentiates the termination stage from the maintenance and action stages is that:
- A. the termination stage is thought to involve more energy and effort than the other two stages.
  - B. it is only important to have stage-matched interventions in the termination stage.
  - C. in the termination stage, the new behaviour has become so automatic that it won't return.
  - D. there is an awareness that there is a problem in the termination stage.
107. Aerobic exercise was specifically mentioned as one of the behaviours that can decrease negative health risks of:
- A. alcoholism.
  - B. smoking.
  - C. yo-yo dieting.
  - D. a sedentary lifestyle.
108. Literature reviews of studies evaluating the effectiveness of exercise programs indicate that it is not uncommon to have dropout rates of approximately \_\_\_\_\_ after six months.
- A. 15 percent
  - B. 30 percent
  - C. 50 percent
  - D. 75 percent
109. All of the following factors have been shown to be predictive of dropout from exercise programs **EXCEPT**:
- A. low self-efficacy.
  - B. having inactive leisure time pursuits.
  - C. an inflated estimate of current fitness.
  - D. general attitudes towards exercise.
110. Of the alternatives below, the one that does **NOT** predict dropout from exercise programs is:
- A. inactive leisure-time pursuits.
  - B. Type A personality.
  - C. one's general attitude toward physical fitness.
  - D. lack of social support.
111. Dropout rates of approximately 50 percent after six months have typically been observed with people participating in:
- A. exercise programs.
  - B. dieting programs.
  - C. smoking cessation programs.
  - D. alcoholism rehabilitation programs.

112. Juan has recently started a new exercise program at a health club. Which of the facts would be **LEAST** useful in terms of predicting whether he will drop out of this program?
- A. Juan has a strong sense of self-efficacy towards exercising regularly.
  - B. Juan has generally favourable attitudes towards exercise.
  - C. Juan has a type A personality.
  - D. Juan spends a lot of time on the couch watching TV.
113. A significant risk factor for such diseases as cancer, cardiovascular disease, and diabetes is the presence of excessive fat cells in the \_\_\_\_\_.
- A. buttocks
  - B. abdomen
  - C. thighs
  - D. hips
114. A significant risk factor for cancer and cardiovascular disease is an increased the amount of abdominal fat caused from \_\_\_\_\_.
- A. anorexia
  - B. random dieting
  - C. yo-yo dieting
  - D. excessive fasting
115. The practice of yo-yo dieting is associated with a significantly increased risk for:
- A. depression.
  - B. high blood pressure.
  - C. cardiovascular disease.
  - D. stroke.
116. One of the reasons why yo-yo dieting may cause an increased risk for cardiovascular disease is that this style of eating:
- A. is incompatible with a regular exercise program.
  - B. also promotes higher blood pressure.
  - C. fails to supply essential nutrients to certain vital organs.
  - D. produces more abdominal fat.
117. Which of the following was mentioned as playing an important role in most behavioural weight-control programs?
- A. insight
  - B. self-monitoring
  - C. aversive conditioning
  - D. congruence
118. A person in a weight-loss program is told to eat when he is sitting at his dining room table and nowhere else. This suggestion is an example of what is called a \_\_\_\_\_ technique.
- A. stimulus control.
  - B. stimulus generalization.
  - C. negative reinforcement.
  - D. self-monitoring.
119. In behavioural weight-loss programs, one major goal of the use of self-monitoring is:
- A. to increase insight and to foster awareness of unconscious processes that affect eating.
  - B. to reduce the discrepancy between a person's ideal and actual body image.
  - C. to increase awareness of key antecedents that trigger eating.
  - D. to change the person's thoughts that lead to excessive eating.

120. Though discussed as an important technique to combat the health risks of a sedentary lifestyle, there is also an increase in the positive effects of most behavioural weight-loss programs with \_\_\_\_\_.
- A. stimulus control
  - B. awareness of unconscious processes that affect eating
  - C. self-monitoring
  - D. exercise
121. Current statistics estimate that the number of adults between the ages of 15 to 49 infected with the AIDS virus worldwide is approximately 1 in \_\_\_\_\_ adults.
- A. 50
  - B. 100
  - C. 500
  - D. 1000
122. Since the disease was first discovered in 1981, approximately how many people have died from AIDS worldwide?
- A. 6 million
  - B. 9 million
  - C. 12 million
  - D. 20 million
123. Current estimates indicate that, worldwide, AIDS occurs in \_\_\_\_\_ of homosexual men.
- A. 5 and 10 percent
  - B. 20 and 25 percent
  - C. 50 and 60 percent
  - D. 75 and 85 percent
124. All of the following were mentioned as common features of most AIDS prevention programs **EXCEPT**:
- A. convince and motivate people to change their risky behaviours.
  - B. teach specific skills that enable people to change risky behaviours.
  - C. encourage people to self-monitor their risky behaviours.
  - D. educate people about the risks involved with risky behaviours.
125. Which of the following was mentioned as one of the central components of most programs designed to prevent AIDS?
- A. support and encourage desired behaviours.
  - B. use of behavioural contracts to increase commitment.
  - C. self-monitor risky behaviour to determine its frequency.
  - D. use of stimulus control techniques to limit or reduce risky behaviours.
126. The program that was conducted with homosexual men potentially at risk for AIDS found which of the following outcomes?
- A. The program was largely ineffective at getting participants to change risky behaviours.
  - B. Participants showed more avoidance of risky situations such as having sex with strangers.
  - C. Participants showed temporary, short-term changes in the use of condoms during sexual activity.
  - D. Participants showed substantial and long-lasting changes in the use of condoms during sexual activity.
127. Most alcohol related deaths are due to:
- A. traffic accidents involving an impaired driver.
  - B. alcoholic liver cirrhosis.
  - C. alcohol-related suicide.
  - D. alcohol poisoning.

128. Stress management, relaxation training, self-monitoring, and even marital and family counselling were all discussed as elements in the \_\_\_\_\_ approach to substance abuse.
- aversive conditioning
  - harm reduction
  - relapse prevention
  - multimodal treatment
129. In addition to aversion therapy, which of the following is one of the techniques in the multimodal treatment approach to substance abuse?
- relaxation techniques
  - the medication, "Antabuse"
  - shock treatments
  - drug-induced nausea
130. All of the following were specifically mentioned as aspects of the multimodal approach to substance abuse **EXCEPT**:
- coping and social skills training.
  - interpersonal therapy.
  - marital and family counselling.
  - positive reinforcement procedures.
131. Which of the following substance abuse intervention techniques is most likely to achieve the majority of its positive effects by creating discrepancies between the current state of affairs and the individual's ideal self-image, desired behaviours, and desired outcomes?
- the medication, "Antabuse"
  - aversive shock therapy
  - motivational interviewing
  - the multimodal treatment approach
132. A psychologist has a meeting with a student who appears to have a drinking problem. Rather than confronting the student about this problem (something that often drives students away), the therapist provides feedback about how typical the student's drinking behaviour is compared to the average college student and points out possible discrepancies between the student's current and ideal behaviours with regard to this behaviour. This therapist is most likely:
- using a humanistic approach to substance abuse.
  - preparing to use aversive conditioning techniques.
  - attempting to use the principles of positive reinforcement to induce change.
  - conducting a motivational interview.
133. In a substance abuse intervention program, motivational interviewing is most closely intended to:
- creating discrepancies between the current state of affairs and the individual's ideal self-image, desired behaviours, and desired outcomes.
  - help clients set specific goals that act as motivators for the prevention of relapse.
  - help clients select specific behaviour change strategies that act as self-motivators.
  - provide continued motivational feedback and support for clients that have attained the action stage of change by themselves.
134. Pointing out discrepancies between a person's current and ideal behaviour is most central to which of the following?
- using aversive conditioning techniques
  - abstinence programs for sexually promiscuous adolescents
  - motivational interviewing
  - the multimodal treatment approach

135. Suppose you are a drug rehabilitation counsellor and are considering what treatment to use with a client who you are about to meet for the first time. If your funds are limited and you don't have much time, research suggests that you would be best off using which of the following techniques?
- A. the medication, "Antabuse"
  - B. motivational interviewing
  - C. the multimodal treatment approach
  - D. shock therapy
136. Motivational interviewing has been highly successful for people in decreasing unwanted behaviours. Which of the following is NOT part of the motivational interview process?
- A. confronting the person with his or her problem
  - B. focusing on discrepancies between the current state and the ideal state
  - C. helping to set specific goals
  - D. feedback and support for the person's efforts
137. Which of the following statements regarding relapse is true?
- A. Relapse is a substantial problem for both smokers and alcoholics.
  - B. Relapse is a substantial problem for smokers but not alcoholics.
  - C. Relapse is a substantial problem for alcoholics but not smokers.
  - D. Relapse is not a substantial problem for either smokers or alcoholics.
138. Research regarding the effectiveness of Alcoholics Anonymous (AA) treatment programs indicates that of those alcoholics who start an AA program, remain in it, and are still abstinent after one year is approximately \_\_\_\_\_.
- A. 10 percent
  - B. 25 percent
  - C. 33 percent
  - D. 50 percent
139. Which of the following statements regarding the frequency of relapse is false?
- A. Only 10 percent of alcoholics who start an AA program remain in it and are sober after one year.
  - B. 55 to 60 percent of people give up their New Year's resolutions within four months.
  - C. Fewer than 15 percent of all treated alcoholics maintain their improvements after one year.
  - D. 80 percent of people who stop smoking relapse within one year.
140. Most people working with substance abusers define a return to a previously harmful or undesirable behaviour pattern as a \_\_\_\_\_.
- A. regression
  - B. relapse
  - C. lapse
  - D. slip
141. Harold has been receiving treatment for alcoholism for over a year and treatment has been going very well. However, two months ago, after a particularly bad day at work, some friends invited him to go with them to a bar and Harold had five beers. The next day when he thought about what had happened, he started to feel badly, but then remembered some things he'd spoken about with his counsellor about the problems associated with excessively blaming himself and being negative. As a result, Harold was able to put this incident behind him and he was able to remain abstinent for the next three months. In this example, Harold's behaviour would best be defined as an example of:
- A. the contact effect.
  - B. the abstinence violation effect.
  - C. a relapse.
  - D. a lapse.

142. The abstinence violation effect best refers to:
- A. a self-blaming sense of hopelessness in the face of a lapse.
  - B. an increased likelihood of relapse due to not yet having developed sufficient skills to cope with high-risk situations.
  - C. a feeling of confidence in one's ability to confront high-risk situations.
  - D. a lack of self-efficacy for resisting temptation.
143. Self-blame for a failure to adhere to a commitment and taking this failure as evidence for a lack of willpower or personal strength are most central to which of the following?
- A. a lapse
  - B. health-compromising behaviours
  - C. the abstinence violation effect
  - D. the contact effect
144. Jessica has a drug problem and has been seeking substance abuse counselling. She has remained drug free for several months, but last week she ran into some friends with whom she used to frequently get high and she ended up using some drugs with them. Afterwards, she felt terrible about breaking her commitment to remain drug free and concluded that she must not have the self-discipline and willpower needed to quit. Within a week, she had fully resumed her harmful drug behaviour. This example best demonstrates the phenomenon called:
- A. the abstinence violation effect.
  - B. the lapse justification effect.
  - C. the multimodal effect.
  - D. harm augmentation.
145. A therapist working in a relapse prevention program would most likely assert that a lapse is:
- A. an indication of a lack of willpower.
  - B. an indication that personal coping skills were exceeded.
  - C. not the fault of the person with the substance abuse problem.
  - D. an indication that someone is not strong enough to resist temptation.
146. Interpreting a failure as an indication that personal coping resources were exceeded in a particular situation and that incidents such as these provide useful information are both essential aspects of:
- A. the abstinence violation effect.
  - B. harm reduction programs.
  - C. relapse prevention programs.
  - D. cooperative learning programs.
147. Relapse prevention interventions attempt to keep lapses from becoming a relapse by treating a lapse as an indicator that:
- A. the situation exceeded the client's current coping skills.
  - B. a harm reduction approach may be a more effective strategy for that client.
  - C. a more restrictive abstinence approach may be a more effective strategy for that client.
  - D. the situation did not contain sufficiently salient motivational cues.
148. All of the following statements would be viewed as consistent with a relapse prevention approach to substance abuse treatment **EXCEPT**:
- A. A lapse simply means that personal coping resources were exceeded in a given situation.
  - B. Failures provide valuable information about important antecedents that trigger behaviours.
  - C. It is important to focus on progress, not perfection.
  - D. Lapses are an indication that a person does not have sufficient willpower or personal strength.
149. When compared to the effectiveness of Alcoholics Anonymous (AA) programs, relapse prevention programs have been found to be equally effective and usually involve a \_\_\_\_\_ intervention.
- A. longer
  - B. briefer
  - C. more intense
  - D. less intense

150. A prevention strategy that is concerned primarily with reducing the negative effects and consequences of a behaviour rather than trying to eliminate it is the \_\_\_\_\_ approach to substance abuse problems.
- A. relapse prevention
  - B. abstinence
  - C. health-enhancing
  - D. harm reduction
151. A politician argues that it is very difficult if not impossible to eliminate problems such as drug and alcohol abuse and asserts that what is important is for us to reduce the negative consequences associated with these behaviours, such as unsafe sex and criminal behaviour. This politician's views are most consistent with:
- A. the relapse prevention model.
  - B. the abstinence model.
  - C. the harm reduction model.
  - D. the tolerance model.
152. Handing out clean needles to drug addicts and giving free condoms to people at risk for sexually transmitted diseases are both examples of interventions that are most consistent with the \_\_\_\_\_ approach to prevention.
- A. harm reduction
  - B. consequence reduction
  - C. damage control
  - D. injury minimization
153. Harm reduction approaches to prevention attempt to reduce the negative consequences of a behaviour by doing such things as handing out clean needles to drug addicts. In contrast, programs such as Alcoholics Anonymous, have the goal of eliminating and refraining entirely from a problematic behaviour and adhere to the \_\_\_\_\_ approach.
- A. consequence reduction
  - B. abstinence
  - C. damage control
  - D. relapse prevention
154. Surveys conducted by the Harvard School of Public Health have revealed that approximately 50 percent of all college students have a binge drinking problem, but when asked if they viewed themselves as having a problem with alcohol, \_\_\_\_\_ of them believed they had a problem.
- A. 1 percent
  - B. 5 percent
  - C. 10 percent
  - D. 15 percent
155. All of the following were discussed as negative consequences associated with heavy-drinking college students **EXCEPT**:
- A. they were more likely to get into trouble with the police.
  - B. they tended to suffer more physical injuries.
  - C. they tended to have lower academic averages.
  - D. they were more likely to have unprotected sex.
156. Moderate drinkers at schools with the highest alcohol consumption rates were more likely:
- A. to suffer physical injuries.
  - B. to drive a car under the influence of alcohol.
  - C. to get into trouble with police.
  - D. to report having their property destroyed by heavy drinkers.

157. The Harvard School of Public Health survey of college students found that many extreme negative consequences such as getting into trouble with the police and having unplanned, unprotected sex was associated with \_\_\_\_\_.
- A. moderate drinking
  - B. binge drinking
  - C. drug use
  - D. violent behaviour
158. The alcohol harm reduction study conducted by Marlatt and his colleagues relied on which of the following intervention strategies?
- A. motivational interviewing
  - B. discussion of the abstinence violation effect
  - C. relaxation training and stress management
  - D. the multimodal treatment approach
159. All of the following were aspects of Marlatt et al.'s alcohol harm reduction study **EXCEPT**:
- A. regular reporting by students regarding their alcohol consumption over a two-year period.
  - B. a single motivational interview with a psychologist.
  - C. discussion of personal and situational risk factors for alcoholism.
  - D. personal goal-setting with students regarding their desired frequency of drinking.
160. The alcohol harm reduction study conducted with college students obtained which of the following outcomes?
- A. After two years, students in the intervention condition were drinking just slightly more than average college student did.
  - B. Students receiving the intervention still drank more than the average college student, but fewer of them were judged to be alcohol-dependent than in the control condition.
  - C. Students in both the intervention and control conditions significantly reduced their drinking, suggesting the presence of a placebo effect.
  - D. The intervention was largely ineffective and did not have any measurable impact on drinking behaviours.
161. Which of the following results was found in the alcohol harm reduction study conducted with college students?
- A. Intervention students reduced their drinking to just above the level of the average college student.
  - B. Intervention students were less likely to be alcohol-dependent than control participants, but were equally likely to have other alcohol-related problems.
  - C. Intervention students were less likely to be classified as alcohol-dependent and had fewer alcohol-related problems than control participants.
  - D. Intervention students were less likely to have alcohol related-problems than control participants, but were equally likely to be classified as alcohol-dependent.
162. Participants who were excluded from a game of Cyberball during an fMRI showed:
- A. less activation in the PFC.
  - B. increased speed of neural impulses.
  - C. greater activation in the ACC.
  - D. decreased PET activity.
163. It appears that individuals with good social support:
- A. recover more quickly from stress.
  - B. have more self-control.
  - C. have more self-esteem.
  - D. perceive life as less threatening.
164. A person who says that he is experiencing a lot of stress in his life right now because his computer just crashed, he recently broke up with his girlfriend, and he still has to study for five finals next week is using the definition of stress as a response.
- True False

165. Research shows that there is little difference between the types of stressors in terms of their long-term effects on physical and psychological well-being.  
True False
166. A person says, "If I don't study for this exam, I will probably fail it." Of the four types of cognitive appraisals, her statement is best considered as an example of a cognitive appraisal of her resources.  
True False
167. The length of time that an individual can continue in the resistance stage of the general adaptation syndrome depends in part on the individual's general health.  
True False
168. There is evidence to show that some women who experience rape experience rape trauma syndrome that can last years after the rape actually occurred.  
True False
169. Stressful life events can function as both a cause and an effect of psychological distress.  
True False
170. The personality trait of optimism was considered to be an example of a protective factor that helps people to cope more effectively with stress.  
True False
171. There is clear evidence to show that having strong social support is associated with enhanced immune system functioning.  
True False
172. Mild to moderate levels of stress can enhance working memory function, whereas high levels of stress impair it instead.  
True False
173. The three core beliefs that underlie the personality construct of hardiness are optimism, self-efficacy, and control.  
True False
174. Individuals can experience an increasing in coping self-efficacy simply by watching others coping successfully.  
True False
175. Depending on their nature and the type of stressor to which they are applied, religious beliefs can either increase or decrease stress.  
True False
176. Physiological toughness depends on a unique pattern of one key hormone class called catecholamines.  
True False
177. A person who attempts to change her cognitive appraisals in order to minimize the negative psychological impact of a recent divorce is utilizing an emotion-focused coping strategy.  
True False
178. Cross-cultural research has suggested that Hispanics and Asians tend to use emotion-focused coping and social support more than North Americans and Europeans do.  
True False
179. Research has shown that individuals who are more pessimistic are more likely to suffer from more illnesses over their lifetimes and may even die at younger ages.  
True False
180. Post-traumatic stress disorder appears almost immediately after experiencing the traumatic event.  
True False

- 181.Despite dramatic changes in lifestyle and advances in health-care related technology, statistics show that cancer has remained the leading cause of death for more than 100 years.  
True False
- 182.Failing to have regular medical checkups and eating a diet that is high in fat are both considered examples of health-compromising behaviours.  
True False
- 183.Providing a person in the precontemplation stage with specific instructions in behaviour change techniques would represent an example of a stage-matched intervention.  
True False
- 184.In Prochaska and DiClemente's model of the Stages of Change, an occasional slip back into the former behaviour pattern is known as a relapse.  
True False
- 185.Surprisingly, general attitudes towards exercise are not predictive of dropout from exercise programs.  
True False
- 186.The World Health Organization reported in 2002 that worldwide, 1 in every 1,000 adults aged 15-49 is affected with the AIDS virus.  
True False
- 187.AIDS is as much a psychological problem as a medical one since the only current means of controlling the AIDS epidemic is by changing the high-risk behaviours through which the virus is transmitted.  
True False
- 188.A multimodal treatment approach to substance abuse may include such interventions as marital and family counselling.  
True False
- 189.The abstinence violation effect is thought to increase the likelihood of relapsing by causing the person to view a lapse as a single instance where their current coping skills have been exceeded.  
True False
- 190.The harm reduction approach to prevention has the primary goal of reducing the additional negative consequences associated with particular addictive behaviours.  
True False
- 191.Some individuals conceive of stress as a \_\_\_\_\_ that places demands on us while others perceive it as a \_\_\_\_\_ with cognitive, physiological and behavioural components.  
\_\_\_\_\_
- 192.The daily hassles that we encounter at home, school, and work are often referred to as \_\_\_\_\_ by stress researchers, and they have been shown to have a significant impact on health.  
\_\_\_\_\_
- 193.Appraisal of the resources one has available to cope with stress is sometimes called \_\_\_\_\_ appraisal while appraisal of the demands of the situation is called \_\_\_\_\_ appraisal.  
\_\_\_\_\_
- 194.The first stage of Hans Selye's general adaptation theory is called the \_\_\_\_\_ stage.  
\_\_\_\_\_
- 195.One study of women who had been raped reported that as many as \_\_\_\_\_ per cent of the victims reported that they had not recovered psychologically 6 years after the rape had occurred.  
\_\_\_\_\_

196. The personality characteristic of \_\_\_\_\_ was offered as a potential third variable that might cause both negative life events and psychological distress and thus would explain why the latter two variables are often correlated.  
\_\_\_\_\_
197. \_\_\_\_\_ such as poor coping skills increase an individual's susceptibility to stressful events.  
\_\_\_\_\_
198. The protective factor of \_\_\_\_\_ may exert some of its stress-reducing effects by limiting loneliness and through the use of positive peer pressure to prevent people from using maladaptive coping strategies.  
\_\_\_\_\_
199. Pennebaker's research showed that \_\_\_\_\_ traumatic events actually resulted in improved health or increased immune activity.  
\_\_\_\_\_
200. \_\_\_\_\_, commitment, and control underlie the trait of hardiness.  
\_\_\_\_\_
201. Past successful experiences and observing other successful models were both mentioned as factors that can enhance \_\_\_\_\_.  
\_\_\_\_\_
202. The personality trait of \_\_\_\_\_ refers specifically to people who have positive views of the future and tend to assume that in the long run, most things are going to turn out ok.  
\_\_\_\_\_
203. Of the two classes of hormones that are associated with physiological toughness, it is \_\_\_\_\_ that remain low throughout the experience of the stressor.  
\_\_\_\_\_
204. \_\_\_\_\_-focused coping strategies are characterized by responses like positive reinterpretation and acceptance while \_\_\_\_\_-focused coping involves planning and suppression of competing activities.  
\_\_\_\_\_
205. Several studies suggest that emotion-focused coping may be the most effective coping strategy when situations are \_\_\_\_\_.  
\_\_\_\_\_
206. \_\_\_\_\_ involves becoming aware of and challenging our interpretations of potentially stressful situations.  
\_\_\_\_\_
207. Research by Eisenberger et al. on the neuroscience of how social support mediates the effects of stress found that those with higher levels of social support had different patterns of activation in the \_\_\_\_\_ of the brain compared to those with lower levels of social support.  
\_\_\_\_\_
208. The characteristic of Type A personality that appears to be particularly associated with poor health outcomes is \_\_\_\_\_.  
\_\_\_\_\_
209. Recent shifts in the major causes of death suggest that people are much \_\_\_\_\_ likely to die from tuberculosis today than they were in the early 1900s.  
\_\_\_\_\_

210. Getting a breast exam is an example of a \_\_\_\_\_ behaviour while having unprotected sex is an example of a \_\_\_\_\_ behaviour.  
\_\_\_\_\_
211. One of the major assumptions of the \_\_\_\_\_ model is that people often have to make several attempts before they are successful at changing problematic behaviours.  
\_\_\_\_\_
212. A person who has just started making changes in his diet and exercise habits in order to lose weight would be in the \_\_\_\_\_ stage of change.  
\_\_\_\_\_
213. \_\_\_\_\_ exercise involves any activity that increases the heart rate and the body's need for oxygen.  
\_\_\_\_\_
214. A particular pattern of eating known as \_\_\_\_\_ has been found to increase abdominal fat, which is a serious risk factor for cardiovascular disease.  
\_\_\_\_\_
215. A person who limits her eating to one and only one specific place such as the dinner table is using what is called a(n) \_\_\_\_\_ technique.  
\_\_\_\_\_
216. Statistics show that the fastest growing segment of the HIV population is \_\_\_\_\_.  
\_\_\_\_\_
217. One of the primary goals of the intervention technique called motivational interviewing is to explore possible discrepancies between a person's actual and ideal behaviours, a process that is thought to evoke feelings of \_\_\_\_\_.  
\_\_\_\_\_
218. In treating substance abuse a(n) \_\_\_\_\_ is a one-time "slip" that occurs when the individual is confronted with a high-risk situation whereas a(n) \_\_\_\_\_ is a return to the undesirable behaviour pattern.  
\_\_\_\_\_
219. The strategy that is designed to decrease the negative effects of a behaviour when it occurs is referred to as \_\_\_\_\_.  
\_\_\_\_\_
220. A recent survey conducted by the Harvard School of Public Health found that about half of all college students (50 percent of the men and 40 percent of the women) met their definition for \_\_\_\_\_.  
\_\_\_\_\_
221. Alan Marlatt et al.'s alcohol harm reduction study relied primarily on the intervention technique called \_\_\_\_\_.  
\_\_\_\_\_
222. Describe three ways that theorists have defined the term "stress."

223. What are some different types of stressors? How do researchers measure stressful life events?

224. What four types of appraisal occur in response to a potential stressor? How do these correspond to primary and secondary appraisal?

225. Describe the three stages of Selye's GAS.

226. What are the characteristics of the rape trauma syndrome?

227. Describe three possible causal paths between self-reported stress and distress.

228. Describe the four common features of PTSD.

229. What are some of the delayed effects of stress?

230. By what physiological and behavioural mechanisms can stress contribute to illness?

231. Differentiate between vulnerability and protective factors and give examples of each.

232. What evidence exists that social support is a protective factor? In what ways can it protect against stressful events?

233. Can disclosing upsetting experiences to others enhance well-being? Cite relevant data.

234. What environmental factors make some children highly resistant to stressful environments?

235. What three "C" beliefs underlie the protective factor called hardiness?

236. What four types of information increase coping self-efficacy?

237. What evidence is there that optimism-pessimism affect response to stress?

238. Describe Type A and Type B personalities.

239. What is it about Type A patterns that increase an individual's risk for health problems?

240. Which personality factor is most strongly linked to good health?

241. In what ways do spiritual and religious beliefs affect response to stressful events?

242. Describe the physiological toughness endocrine pattern.

243. How does stress affect working memory?

244. Define and give an example of the three major classes of coping strategies.

245. How does controllability influence the effectiveness of coping strategies?

246. How do gender and cultural factors affect the tendency to use particular coping strategies?

247. What are some techniques employed to manage stress?

248. What changes have occurred in the major causes of death during the 20th century? How do these changes suggest the potential contributions of health psychology?

249. What are the two major categories of health-related behaviours? Give an example of each type.

250. Describe the transtheoretical model and the rationale for stage-matched interventions.

251. Describe the stages of change that lead to successful modification of behaviour.

252. What evidence is there for the influence of physical expression of support on stress?

253. What is aerobic exercise? What evidence is there that it promotes health and longevity?

254. How large are exercise dropout rates? What factors predict dropout and compliance?

255. Why is yo-yo dieting an undesirable practice?

256. What are the major behaviour-change techniques used in behavioural weight control programs?

257. What is the scope of the worldwide AIDS crisis?

258. Summarize the four features of most AIDS prevention projects and the outcomes of a program directed at homosexual men. How do cultural factors influence outcomes?

259. What cultural and belief factors promote unsafe sexual behaviour?

260. What kinds of behaviour change procedures are employed in multimodal treatments for substance abuse?

261. What are the major goals and techniques in motivational interviewing? How effective is this approach?

262. How severe is the problem of relapse in substance abuse treatment?

263. What is the difference between a lapse and a relapse? How does the abstinence violation effect contribute to relapse?

264. How does relapse prevention treatment try to keep lapses from becoming a relapse? How effective is this approach?

265. What is a harm reduction approach and how does it differ from an abstinence-based one?
266. How serious are the consequences of heavy drinking among college students?
267. What methods and outcomes occurred in Marlatt et al.'s alcohol harm reduction study with high-risk college students?
268. What are three different definitions of the term "stress"? If possible, use an example to clarify your definitions. When appraising stressful situations, what are four different types of cognitive appraisals that can occur? How do these appraisals correspond to Richard Lazarus's two major types of appraisals?
269. Describe Selye's conception of the general adaptation syndrome (GAS).
270. What is the relationship between self-reported life events and measures of psychological well-being? Describe three possible causal paths for this relation. Differentiate between protective factors and vulnerability factors and give two examples of each.

271. Explain how social support works as a protective factor against stress. What evidence shows support for this notion and for the idea that disclosing upsetting experiences can enhance well-being.
272. What is hardiness and what are the three types of beliefs that underlie it? Which of these beliefs appears to have the strongest stress-reducing effects? What is self-efficacy? List the four different sources of self-efficacy and give an example of each of these sources.
273. List and define the three major classes of coping strategies. Using the context of dealing with a noisy roommate, provide an example of each of them. What factors influence the effectiveness of these strategies and what cultural and gender differences have been found regarding their use?
274. Summarize the Stages of Change Model. Outline the six phases and give an example of how this model might apply to someone trying to reduce his/her eating behaviour.
275. A health club consults you about reducing the dropout rates in its exercise classes. What can you tell them about the factors that are and are not associated with dropout? Provide them with at least one concrete suggestion for reducing dropout rates.

276. What are the essential behaviour-change techniques used in behavioural weight control programs?

277. How severe is the problem of relapse in the treatment of substance abuse? What is the abstinence violation effect and how is it related to the problem of relapsing. How is this effect countered in relapse prevention programs and what important distinction is made?

## ch15 Key

1. (p. 586) B
2. (p. 586) C
3. (p. 586) A
4. (p. 583) D
5. (p. 583) C
6. (p. 583) B
7. (p. 586) D
8. (p. 586) B
9. (p. 583-584) B
10. (p. 583-584) A
11. (p. 584) D
12. (p. 584) B
13. (p. 584) B
14. (p. 584) C
15. (p. 584) B
16. (p. 585) C
17. (p. 585) D
18. (p. 586) A
19. (p. 585) A
20. (p. 585) A
21. (p. 585) A
22. (p. 587) D
23. (p. 587) A
24. (p. 587-8) C
25. (p. 588) B
26. (p. 651-652) A
27. (p. 590) D
28. (p. 591) C
29. (p. 591) B
30. (p. 591) A
31. (p. 591) D
32. (p. 591) C
33. (p. 591) C
34. (p. 591) A
35. (p. 592) B
36. (p. 592) A

37. (p. 592-593) D
38. (p. 592) B
39. (p. 592) D
40. (p. 592) C
41. (p. 592) D
42. (p. 592) B
43. (p. 595) A
44. (p. 595) B
45. (p. 595) D
46. (p. 595) B
47. (p. 595) C
48. (p. 595) A
49. (p. 595) A
50. (p. 595) B
51. (p. 595) C
52. (p. 595) D
53. (p. 596) D
54. (p. 596) C
55. (p. 596) B
56. (p. 598) C
57. (p. 598) A
58. (p. 599) A
59. (p. 599) C
60. (p. 600) D
61. (p. 600) A
62. (p. 600) C
63. (p. 600) B
64. (p. 600) B
65. (p. 600) A
66. (p. 601) D
67. (p. 601) B
68. (p. 601) C
69. (p. 601) D
70. (p. 602) A
71. (p. 602) D
72. (p. 602) D
73. (p. 603) D
74. (p. 603) C

75. (p. 588) A
76. (p. 588) B
77. (p. 588) B
78. (p. 588-589) A
79. (p. 593) A
80. (p. 593) B
81. (p. 588) D
82. (p. 603) B
83. (p. 603) D
84. (p. 603-604) B
85. (p. 605) C
86. (p. 605) D
87. (p. 605) A
88. (p. 606) D
89. (p. 606) B
90. (p. 606) C
91. (p. 606) D
92. (p. 606) C
93. (p. 606) A
94. (p. 606) B
95. (p. 606) C
96. (p. 606) B
97. (p. 606) D
98. (p. 606) D
99. (p. 606) C
100. (p. 606) B
101. (p. 606) D
102. (p. 606) A
103. (p. 606) C
104. (p. 606) B
105. (p. 606, 608) D
106. (p. 606, 608) C
107. (p. 609) D
108. (p. 609) C
109. (p. 610) D
110. (p. 610) C
111. (p. 610) A
112. (p. 610) B

113. (p. 611) B
114. (p. 611) C
115. (p. 611) C
116. (p. 611) D
117. (p. 611) B
118. (p. 611) A
119. (p. 611) C
120. (p. 611) D
121. (p. 612) B
122. (p. 612) D
123. (p. 612) A
124. (p. 612) C
125. (p. 612) A
126. (p. 612-613) D
127. (p. 614) A
128. (p. 615) D
129. (p. 615) A
130. (p. 615) B
131. (p. 614) C
132. (p. 614) D
133. (p. 614-615) A
134. (p. 614) C
135. (p. 614-615) B
136. (p. 614-615) A
137. (p. 616) A
138. (p. 616) A
139. (p. 616) C
140. (p. 616) B
141. (p. 616) D
142. (p. 616) A
143. (p. 616) C
144. (p. 616) A
145. (p. 616) B
146. (p. 616-617) C
147. (p. 616-617) A
148. (p. 616-617) D
149. (p. 617) B
150. (p. 617) D

151. (p. 617) C
152. (p. 617) A
153. (p. 616) B
154. (p. 617) A
155. (p. 617) C
156. (p. 617) D
157. (p. 617) B
158. (p. 617-618) A
159. (p. 617-618) D
160. (p. 617-618) B
161. (p. 617-618) C
162. (p. 594) C
163. (p. 594) A
164. (p. 582) FALSE
165. (p. 583) FALSE
166. (p. 584) FALSE
167. (p. 586) TRUE
168. (p. 587) TRUE
169. (p. 588) TRUE
170. (p. 595) TRUE
171. (p. 591) TRUE
172. (p. 599) FALSE
173. (p. 595) FALSE
174. (p. 595) TRUE
175. (p. 596-597) TRUE
176. (p. 598) FALSE
177. (p. 600) TRUE
178. (p. 602) TRUE
179. (p. 595) TRUE
180. (p. 589) FALSE
181. (p. 604) FALSE
182. (p. 605) TRUE
183. (p. 606) FALSE
184. (p. 606) FALSE
185. (p. 610) TRUE
186. (p. 612) FALSE
187. (p. 612) TRUE
188. (p. 615) TRUE

189. (p. 616) FALSE
190. (p. 617) TRUE
191. (p. 582) stimulus; response
192. (p. 583) microstressors
193. (p. 584) secondary; primary
194. (p. 585) Alarm
195. (p. 587) 25
196. (p. 588) neuroticism
197. (p. 591) Vulnerability factors
198. (p. 591) social support
199. (p. 592) Disclosing or talking about
200. (p. 595) Challenge
201. (p. 595) self-efficacy
202. (p. 595) optimism
203. (p. 598) Corticosteroids
204. (p. 600) emotion; problem
205. (p. 601) uncontrollable
206. (p. 603) Cognitive restructuring
207. (p. 594) anterior cingulated cortex
208. (p. 596) hostility
209. (p. 604) less
210. (p. 605) health-enhancing; health-compromising
211. (p. 606) Stages of Change or Transtheoretical model
212. (p. 606) Action
213. (p. 609) Aerobic
214. (p. 611) yo-yo dieting
215. (p. 611) stimulus control
216. (p. 612) heterosexual women
217. (p. 614) Cognitive dissonance
218. (p. 616) lapse; relapse
219. (p. 617) harm reduction
220. (p. 617) Binge drinking
221. (p. 618) motivational interviewing
222. (p. 582) Answers will vary
223. (p. 583) Answers will vary
224. (p. 583-4) Answers will vary
225. (p. 585-586) Answers will vary
226. (p. 587) Answers will vary

227. (p. 587-8) Answers will vary
228. (p. 588) Answers will vary
229. (p. 589) Answers will vary
230. (p. 590) Answers will vary
231. (p. 591) Answers will vary
232. (p. 591-592) Answers will vary
233. (p. 592) Answers will vary
234. (p. 592) Answers will vary
235. (p. 595) Answers will vary
236. (p. 595) Answers will vary
237. (p. 595) Answers will vary
238. (p. 595-596) Answers will vary
239. (p. 596) Answers will vary
240. (p. 596) Answers will vary
241. (p. 596-7) Answers will vary
242. (p. 598) Answers will vary
243. (p. 599) Answers will vary
244. (p. 600) Answers will vary
245. (p. 601) Answers will vary
246. (p. 602) Answers will vary
247. (p. 603-604) Answers will vary
248. (p. 604) Answers will vary
249. (p. 605) Answers will vary
250. (p. 606, 608) Answers will vary
251. (p. 606, 608) Answers will vary
252. (p. 607) Answers will vary
253. (p. 609) Answers will vary
254. (p. 610) Answers will vary
255. (p. 611) Answers will vary
256. (p. 611) Answers will vary
257. (p. 612) Answers will vary
258. (p. 612) Answers will vary
259. (p. 613) Answers will vary
260. (p. 615) Answers will vary
261. (p. 614) Answers will vary
262. (p. 616) Answers will vary
263. (p. 616) Answers will vary
264. (p. 617) Answers will vary

265. (p. 617) Answers will vary

266. (p. 617-618) Answers will vary

267. (p. 618) Answers will vary

Feedback: Definitions: Stress as a stimulus. Example: stressful test, relationship ended, etc. Stress as a response. Example: feeling stressed out, anxious, fatigued. Stress as a transaction between the person and the environment. Example: pattern of cognitive, physiological, and behavioural responses evoked by perceived imbalance between demands and resources. Four types of appraisals 1) demands, 2) resources, 3) consequences, and 4) personal meaning. Assessment of demands corresponds to primary appraisal and assessment of resources corresponds to secondary appraisal.

268. (p. 582-584) Answers will vary

Feedback: Selye's model suggests that there is a physiological response to strong and prolonged stressors. The GAS consists of three phases. The first phase is termed alarm and is the increased physiological arousal that is produced as the body mobilizes itself to respond to the physical or psychological stressor. Alarm is due to the activation of the sympathetic nervous system. If stress persists the second phase of resistance emerges. During this stage the body's resources are mobilized by the continued release of adrenaline and other stress hormones. Resistance can last a relatively long time but this phase depletes the organism's resources and suppresses the immune system. If the stressor continues then the final stage of exhaustion is reached. During this stage the organism has an increased vulnerability to disease and in some cases may result in death.

269. (p. 585-586) Answers will vary

Feedback: There is a strong correlation between negative life events and psychological distress. Negative life events may cause distress, distress may cause negative life events, or both may be caused by some other third factor, such as neuroticism. Protective factors such as social support, coping skills, and optimism reduce the impact of negative events on health. Vulnerability factors such as lack of social support, poor coping skills, or pessimism increase people's susceptibility to the negative impact of stress.

270. (p. 587, 591-597) Answers will vary

Pennebaker's research has shown that emotional purging of negative life events is associated with increased immune system activity in two samples of students.

Research also shows that individuals with strong social supports may actually be benefiting from enhanced immune system activity. Baron et al. (1990) found that individuals with strong social supports produce more immune cells than those with lower social supports.

Research shows that beyond physical health and health-impairing habits like smoking, social support is strongly related to health. Specifically, one study showed that people with weak social ties were twice as likely to die during the period of the study as those with strong ties. This pattern of health and social support was stronger for men compared to women.

Feedback: Social support may help those who are part of a social system to experience greater meaning and a sense of identity in their lives that may result in greater psychological well-being. In addition, social supports reduce exposure to other risk factors like loneliness and can increase feelings of control over stressors.

271. (p. 591-592) Answers will vary

Feedback: Kobasa studied executives in stressful jobs. Those who thrived she described as having hardiness, a stress-protective factor that is comprised of three types of beliefs: commitment (believe what they are doing is important), control (believe they have an influence in their life, and challenge (view difficult situations as challenges rather than threats). Beliefs concerning control appear to be the most important. Self-efficacy: beliefs regarding one's ability to perform specific behaviours needed to attain particular goals or outcomes. Influenced by previous successes (did well on previous exam), observation of others (see someone else perform a task so you assume that you can too), verbal persuasion (receiving encouragement from a coach or parent), and physiological arousal (gain efficacy if you no longer get anxious in previously scary situations).

272. (p. 549-595) Answers will vary

Feedback: Problem-focused: actively try to change demands of a situation. Example: assertively talk to roommate about problem behaviour and ask him/her to stop. Emotion-focused coping: deal with emotions evoked by a situation but not the situation itself. Example: practice relaxation training to deal with anger at roommate. Seeking social support: turning to friends and family during stress: Talk to other dorm-mates and friends about problematic roommate. Problem-focused and social support are generally associated with best outcomes. When situations are controllable, the problem-focused approach is best, but when situations are not controllable, the emotion-focused approach is often better. Men tend to use problem-focused coping first while women use social support and emotion-focused coping more often. Cultural differences have also been found: North Americans and Europeans use problem-focused coping more. Asians have stronger tendency to avoid stressful situations. African Americans are more likely to seek social support.

273. (p. 600-602) Answers will vary

Feedback: The Stages of Change Model has six stages through which people move in order to change their behaviour, their thoughts, or their feelings. Individuals may not always proceed through the stages in a linear fashion, they may move forward and backward between the stages. The first stage is precontemplation during which individuals have no desire to change their behaviour. An individual trying to reduce his/her eating behaviour might deny they have a problem at this stage. Stage two is contemplation where the person perceives that there is a problem but doesn't begin any action. A person trying to reduce their eating behaviour might notice that they have a problem at this stage but wouldn't do anything. The preparation stage is the stage where people have decided to change their behaviour but aren't yet actively doing so. The person trying to reduce eating behaviour might decide to go on a diet in the next month. The action stage involves the individual actively modifying their behaviour. The person might go on a specific diet. The maintenance stage is a stage during which the behaviour change is maintained. The person might stay on his diet during this stage. The final stage is termination and change in behaviour is so established that maintenance is no longer necessary. The person trying to reduce his/her eating behaviour would in this stage have fully changed their dietary patterns and no longer be following a specific diet.

274. (p. 606, 608) Answers will vary

Feedback: General attitudes towards exercise don't predict dropout; everyone tends to agree that exercise is a good thing. Factors that do predict dropout: low self-efficacy, type A personality, an inflated sense of current fitness, and inactive leisure-time pursuits. Dropout rates reduced when obstacles to exercise are identified ahead of time and strategies for dealing with these obstacles are identified.

275. (p. 610) Answers will vary

Individuals will also likely monitor their food intake to ensure that they are provided with continuing feedback and so that they can self-reinforce for successful performance.

Stimulus control is also used then to encourage individuals to eat only in particular locations and at particular times of the day. At the same time, individuals are also taught how to eat more slowly so that they can pay better attention to the feelings of fullness that result from consumption. The goal is to get these individuals to eat less but enjoy their food more.

Feedback: These programs often begin with a period of self-monitoring so that individuals can better examine their eating habits and the antecedents that may be associated with eating. This information is used to help individuals to learn to control the antecedents associated with eating (or overeating).

276. (p. 611) Answers will vary

Feedback: Relapse is a major problem in substance abuse treatment. Ten percent of people who begin AA remain in it one year later. Eighty percent of smokers who quit resume smoking within a year. Abstinence violation effect: person interprets a lapse as an indication that they don't have the strength or willpower to change and they excessively blame themselves for breaking their commitment. These behaviours often lead to a relapse. This is countered by stressing the distinction between lapse and relapse. Emphasize that lapse is simply one instance in which coping skills have been exceeded and these types of instances provide valuable feedback.

277. (p. 616-617) Answers will vary

## ch15 Summary

<u>Category</u>	<u># of Questions</u>
CL: AN	20
CL: AP	4
CL: C	31
CL: K	108
Item Difficulty: 0.14	1
Item Difficulty: 0.22	1
Item Difficulty: 0.32	1
Item Difficulty: 0.36	1
Item Difficulty: 0.41	1
Item Difficulty: 0.44	1
Item Difficulty: 0.46	1
Item Difficulty: 0.47	2
Item Difficulty: 0.49	1
Item Difficulty: 0.52	1
Item Difficulty: 0.56	1
Item Difficulty: 0.58	1
Item Difficulty: 0.63	1
Item Difficulty: 0.66	1
Item Difficulty: 0.68	3
Item Difficulty: 0.76	1
Item Difficulty: 0.78	2
Item Difficulty: 0.79	1
Item Difficulty: 0.81	2
Item Difficulty: 0.83	1
Item Difficulty: 0.84	1
Item Difficulty: 0.85	1
Item Difficulty: 0.86	1
Item Difficulty: 0.88	1
Item Difficulty: 0.93	2
Item Difficulty: 0.95	1
Item Discrimination: 0.00	1
Item Discrimination: 0.10	1
Item Discrimination: 0.20	3
Item Discrimination: 0.30	3
Item Discrimination: 0.40	6
Item Discrimination: 0.50	3
Item Discrimination: 0.60	3
Learning Objective: 15-01	25
Learning Objective: 15-02	11
Learning Objective: 15-03	24
Learning Objective: 15-04	60
Learning Objective: 15-05	7
Learning Objective: 15-06	23
Learning Objective: 15-07	6
Learning Objective: 15-08	26
Learning Objective: 15-09	37
Learning Objective: 15-10	60
Passer - Chapter 15	277
Point Biserial: -0.04	1
Point Biserial: 0.09	1
Point Biserial: 0.11	1
Point Biserial: 0.13	1
Point Biserial: 0.15	1

Point Biserial: 0.18	1
Point Biserial: 0.21	1
Point Biserial: 0.24	1
Point Biserial: 0.26	1
Point Biserial: 0.27	1
Point Biserial: 0.28	1
Point Biserial: 0.32	1
Point Biserial: 0.33	1
Point Biserial: 0.36	2
Point Biserial: 0.45	2
Point Biserial: 0.53	1