Chapter 12

STRESS, HEALTH, & COPING
STRESS AND HEALTH

Psychology
The study of the links between psychological factors and physical health and __________.
• What is stress?
  – Pattern of responses to something that blocks our assess to a goal (stressor)

• Stressors range from __________ to people who talk too slowly

• Stress is normal and natural
  – Without the experience of stress we wouldn’t work so hard to get things
Stressful Life Events

- Life events, positive or negative, to which you believe you must adjust
- ________________ events
- Life changes – having to adapt
  - Social ________________ Rating Scale
  - Life Change Units
- Chronic stressors
- Daily hassles / Frustrations
- Conflict
- Pressure to ________________ or conform
__________ events
Catastrophes

- Up to ___% of adults in U.S. have experienced at least one major __________(extreme stressor) in their lives...
  - Examples:
    - serious accident/natural disaster
    - rape or criminal assault
    - combat exposure
    - child sexual or physical abuse and/or severe neglect
    - hostage/imprisonment/ torture
    - sudden unexpected ________of a loved one
Stress disorder

- Psychological disorder occurring in a minority of people who experience an event
  - Rape, war, concentration camp
- Not normal ____________.
  - Flashbacks
  - Intense distress
  - Otherwise low levels of emotion
Life __________.

• How many of you have moved in the last year?

• ______________, illness in the family
Life ______________.
Life Changes

• Include any alteration in one’s living circumstance that require ____________.

• The Social ____________Rating Scale (SRRS) includes both positive and negative and large and small events

• People with higher scores on the SRRS tend to be more ________________to physical illness
Chronic Stressors
Daily Hassles / Frustrations
Conflict

- Two or more ________ motivations or impulses compete
- ________________.
  - Can only chose one of the two
- ________________.
  - Don’t want to do either
- ________________.
  - Chose a goal that has positive and negative aspects
“Mary’s” Story

- Mary achieved one of the first scholarships given to a woman to play on a university water polo team. She moved across the country to begin her studies at a prestigious school. Once there, she took on a large load of challenging pre-med courses (18 hours). It is the middle of the semester. For weeks she has complained of being extremely “stressed out.” She was considering leaving as she doesn’t get along with one of the assistant coaches, but she likes the academic possibilities here. In addition, she was given no parking permit and has to drive around for about a half an hour each morning searching for a place to park. Last week she went to the counseling center in crisis after a violent date rape. Now she is considering dropping out of school.
Mary’s Stressors

- Catastrophic events – ____________.
- Conflict – doesn’t get along with coach; considering leaving
- Life _______________ – moving, starting college, new athletic team
- Chronic stressors – heavy academic work load
- Daily hassles/frustration – _______________problems
Stress Responses

• __________response
• Physical response
• Emotional response
• __________appraisal
Physiological Stress Response

- ________________activate the autonomic nervous system
  - Heart rate increases; blood pressure rises; breathing deeper and slower; digestion stops; secretion of adrenaline

- Stress can provoke ____________ – which impairs performance

- _____________stress raises risk of illness
Physiological Effects of Stress

___________ General Adaptation Syndrome

Learning Objective 2
Phase 1: Alarm

- Alarm caused by a sudden activation of your sympathetic nervous system
- Mobilizes energy in stressful situations
  - So, your body recognizes danger and mobilizes for a "fight-or-flight" situation...
    - System is activated but since you are in temporary shock – your resistance drops below normal – usually minor and short-term
- May show various symptoms of -- headaches, fever, fatigue, sore muscles, shortness of breath, diarrhea, upset stomach, etc.
Alarm Reaction

- Increased cholesterol and fatty acids in blood for energy production systems
- Increased blood pressure
- Localized inflammation (redness, swelling, heat and pain)
- Increased production of blood sugar for energy
- Decreased protein synthesis; intestinal movement (digestion); immune and allergic response systems
- Increased metabolism; e.g., faster heartbeat, faster respiration
- Faster blood clotting
- Increased stomach acids
Phase 2: _______________.
Time to fight the challenge

• Your body responds to the challenge with an outpouring of stress hormones causing your temperature, blood pressure, heart rate, and respiration all remain high
• Everything is in full force to help you cope with the stressors
• As body defenses stabilize, the symptoms of alarm seem to disappear
• The adjustment to stress and the outward appearance of normality are maintained at high cost...
  – During this _______________stage, the body is more able to cope with the original stress
  – However, its _______________to any other stress is lowered
Phase 3: __________.

• During this phase, the individual reservoir of resources is becoming ____________.
  – The person is especially vulnerable to diseases and in extreme cases collapse and death (immune system is being challenged by the long-term stress)
• Example: ______________.
Stress Response

- Emotional responses: irritability, anxiety, anger, annoyance, rage, grief, fatigue, etc.
- Can interfere with ability to cope with stress
  - Affects _____________.
  - _____________.
  - Decision making

Now look, I had a bad day and I am not in the mood - okay?
Chronic stress

Appraisal

Some stress is unavoidably bad

But a lot of stress is

In the eye of the beholder

Controllable

– Or at least an illusion of control

He wasn’t being rude – just his way of being friendly

You don’t need his approval for that anyway

Maybe you can convince yourself it’s his way of being friendly

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Cognitive ____________ of stress

• Stage 1: Evaluate the threat
  – Is it really a threat?
  – How bad is it?
• Stage 2: ____________ resources to combat threat
  – Can I cope with this?
• Highest stress comes from biggest threats for which we have least resources to combat
• People ____________ in these cognitive appraisals
• And consequently in their long-term stress response
Cognitive Appraisal

• _________cognitive appraisal makes situation worse

• _________thinking
  – Recurring intrusive thoughts about stressors

• _________Thinking
  – Dwelling on possible negative consequences of stressors
Catastrophic Thinking

If I fail the SAT I’m not going to get into college, and I’ll end up with some crap job, and I’ll have to marry someone who is stupid and ugly and then my kids will be stupid and ugly and my life will just be over...

Dwelling on possible negative consequences of stressor
- May increase incidence of depression
Stress Response

• Changes in expression, voice, etc.

• ___________ of stressors
  – Quit job, school

• ___________.
  – Take it out on family

• Coping strategies
  – Defensive coping
  – Constructive coping (problem focused)
Stress and Health

Stress and ____________.

- ____________: An aversive state of arousal triggered by the perception that an event threatens the ability to cope effectively.
- Although stressful events have effects on the body, the way people cope can ____________ health or illness.
Personality & Heart Disease
Two Personality Types

• **Type _______.**
  
  • Has a chronic sense of time urgency
    – Rushed and hurried, this person is always "on edge"
  
  • Has quick and abrupt _____________.
    – Often interrupting others
  
  • Is very competitive
    – Even in noncompetitive situations
  
  • Is a hard-driving, achievement-oriented, and status-conscious person
  
  • Frequently becomes hostile and ______________.
Personality & Heart Disease
Two Personality Types

• Type _____.
• This person has an ______________lifestyle
  – Is much more able to sit back and relax
• Less competitive
• More understanding and ______________.
• Enjoy leisure and weekends more
Stress and Health
The Physiological Effects of Stress
Personality & Coronary Heart Disease

• People with Type A personality are 2-3 times more likely to suffer ________, heart attacks, or sudden death.

• The components of anger and hostility are particularly ________.
Stress and Health
The Physiological Effects of Stress

Pathways From _________ to CHD

Catastrophes
Major life events
Microstressors
Type A personality

Stress

Unhealthy behaviors

Physiological reactivity

Coronary heart disease

• Under stress, people engage in _________ that are less healthy and more physiologically reactive.
• _________ contribute to coronary heart disease.
and Heart Disease

- ___________ disorders: persistent feelings of sadness and despair
- A person’s chance of developing heart disease is doubled if the person has ___________.
- The emotional dysfunction of depression may actually cause heart disease
  - ___________ came before the heart attack
Stress and Health
The System

- Bone marrow
- Blood supply to bone marrow
- Spleen
- Lymph nodes
- Intestines
- Billions of cells per day
- Circulatory system
Stress and Health
The Immune System

Immune System Components

- B cell migrates to a blood vessel
- Killer T-cell attacks a tumor cell
- Macrophage traps and ingests a bacterium

Learning Objective 6
Negative emotional states (stress) can lead to unhealthy behaviors and trigger the release of hormones that suppress immune system activity.
Stress and Health: The Immune System Duration and Illness

- Volunteers were interviewed about life stressors, then infected with cold virus.
- As length of stress increased, so did the likelihood of catching the cold.
- Stress impairs immune system functioning.
STRESS: COPING STRATEGIES

Two general types of coping strategies

1. **Coping**, which is designed to reduce stress by dealing with the problem

2. **Coping**, in which one tries to manage the negative emotions
   - Thought Suppression
     - Can be maladaptive
     - Distraction works better

Relaxation

Exercise
Inappropriate Coping

• Learned ____________.
• Frustration-aggression hypothesis
• ________________.
• Defensive coping
Stress: Coping Strategies
Relaxation and the Heart

• __________ patients were taught to relax their pace.
  – A control group received standard medical care.
• After three years, relaxation-trained patients suffered % fewer second heart attacks.
Coping With Stress
The “Self-Healing Personality”

• ______________.
  – It acts as a buffer against __________.
  – It is a personality style characterized by commitment, challenge, and control.

• ______________.
  – Sense of purpose in work, family, and life

• Challenge
  – Openness to new experiences and change

• Control
  – Belief that one has the power to influence important future outcomes
Coping With Stress
The “Self-Healing Personality” and the Risk of Death

• In Finland, middle-age men were rated for __________.
• Six years later, higher ratings of hopelessness predicted risk of overall death, cancer, and heart attack.
Coping With Stress

Support

• evidence shows that social support has therapeutic effects.
  – Women with breast cancer who joined support groups lived an average of eighteen months longer than women who did not join these groups.
  – Across gender, age, income level, and ethnicity, social support lowers rates.
Coping with ________.

- Everybody’s life contains ________.
- Cope by being healthy and making adaptive changes
- Health-impairing behaviors increase stress
  - ________________.
    - Poor eating habits
    - Lack of exercise
    - Not seeking treatment for ____________ problems
Coping and Stress Management

- _______________strategy
  - Plan of action for dealing with stress

- ____________________________coping
  - Confront the problem
    - Change jobs

- ____________________________coping
  - Confront the emotions
    - Relaxation exercises
    - Cognitive reappraisal
    - Social support