

Chapter 12 Learning Objectives with SubQuestions

THE NATURE OF STRESS

#1) Describe the nature of our appraisal of stress (p 374)

- What is stress?
- The experience of feeling stressed depends on what two factors?
- Does everyone experience stress in the same way or can events that are stressful for one person be routine for another?
- So are people's appraisals of stressful events highly objective or highly subjective?

#2) Describe frustration, conflict, life change, and pressure as a form of stress (pp 374-377 + Activity 12.3 that involved estimating your stress rating)

- What are the four major types of stress?
 - When is frustration experienced?
 - When does conflict occur?
 - What are three basic types of conflict, and how do they differ from each other? (Figure 12.2 may help you visualize the differences)
 - What is a life change?
 - What is pressure?
 - Does it include the pressure to perform or the pressure to conform? Or does it include both?
- During Activity 12.3 when you estimated your level of stress by adding up the stress ratings for events that happened to you within the last year, which of the following were true?
 - Stressful events are a part of everyone's life?
 - Even good events (like making new friends, or going on a first date, or making straight A's) can cause stress?
 - When added together, several small stressors (like getting sick with a rating of 52 and falling asleep in class with a rating of 40) can be as stressful as one big event (like the death of a close friend with a rating of 96)?

RESPONDING TO STRESS

#3) Identify some common emotional responses to stress and discuss the effects of emotional arousal (pp 377-379 + Figure 12.4)

- The human response to stress is complex and multidimensional given the fact that stress can affect a person on three different levels. What are the three levels of responses that can be triggered by stress?

Regarding emotional responses to stress:

- What are some common (negative) emotional responses to stress?
- Along with these negative emotions, can stress also provoke positive emotions?
- Research indicates that “positive emotions appear to play a key role in” what?

Regarding emotional arousal:

- Although there is evidence that high emotional arousal (or high levels of emotional stress) can interfere with attention and memory retrieval and can impair judgment and decision making, other research suggests that increased emotional arousal can improve task performance, at least up to a point. The “optimal level of arousal” for a task “appears to depend on” what?
- Referring to Figure 12.4 and to the text:
 - What level of arousal should be optimal if the task is simple?
 - What level of arousal should be optimal if the task is complex?
 - So as the task becomes more complex, does the optimal level of arousal tend to increase or decrease?

#4) Describe the fight-or-flight response and the three stages of the general adaptation syndrome (pp 379-380)

Regarding physiological responses (bodily responses) to stress:

- What is the general adaptation syndrome, and what are its three stages?
 - What happens during the first stage of the syndrome?
 - What is another name for the first stage – a term that was used in Chapters 3 and 9 of your text?
 - What happens during the second stage of the syndrome?
 - What happens during the third and final stage of the syndrome?

#5) Discuss the two major pathways along which the brain sends signals to the endocrine system in response to stress (pp 380-381 + complete the table below as you answer the questions for this objective to use as a study aid)

- In response to stress, it appears that the brain sends signals along two major pathways to one particular system in the body. What is the name of that system?
- What part of the brain appears to initiate action along both of the pathways?
- The first pathway:
 - Is routed through what system and, in particular, through what division of that system?
 - A key part of this activation involves stimulating the central part of the adrenal glands, which is called what?
 - The net result of hormone elevation through the first pathway is that the body is mobilized for what?

- The second pathway:
 - Involves more direct communication between the brain and the endocrine system as the hypothalamus sends signals to what gland in the endocrine system?
 - The pituitary secretes a hormone that stimulates the outer part of the adrenal glands, which is called what?
 - The net result of the second pathway is the release of chemicals that do what to energy and tissue inflammation?

2 pathways between the hypothalamus and the endocrine system				
	What part of the brain initiates the action?	Signals are initially sent to what system or to what gland?	What part of the adrenal glands is eventually stimulated?	What is the net result of the hormones released into the body?
First Pathway		_____ division of the _____ nervous system	central part of the adrenals called the _____	body is mobilized for _____
Second Pathway		_____ gland	outer part of the adrenals called the _____	_____ in energy and tissue inflammation is _____

#6) Describe some relatively unhealthy coping responses that are common (pp 381-383)

Regarding behavioral responses to stress:

- What is learned helplessness?
- What is aggression?
 - The frustration-aggression hypothesis suggests that aggression is always caused by what?
- What is self-indulgence?
 - What types of self-indulgent behaviors do people engage in when they are troubled by stress?

STRESS & PHYSICAL HEALTH

#7) Describe the evidence linking personality factors to coronary heart disease (pp 383-384)

- What three elements are associated with the Type A personality?
 - Which of these elements has recently been linked to an increased risk of coronary heart disease?
- How does the Type B personality differ from Type A?

#8) Summarize the evidence linking emotional reactions and depression to heart disease (p 385)

- Although it was once assumed that the elevated rates of depression found among patients suffering from heart disease were caused by the diagnosis of heart disease itself, recent evidence suggests that the emotional dysfunction of depression may actually do what to heart disease?
- Overall, studies have found that depression increases your chances of developing heart disease by how much?

#9) Discuss how stress affects immune functioning (pp 385-386)

- Why does stress increase the risk for so many kinds of illness?
- A wealth of studies indicates that experimentally induced stress (like crowding, shock, and restraint) can impair immune functioning in what species?
- Some studies have also related stress to suppressed immune activity in what other species?

FACTORS MODERATING THE IMPACT OF STRESS

#10) Discuss how social support moderates the impact of stress (pp 387-388)

- What is the relationship between social support and immune functioning? Specifically:
 - Students who reported stronger social support during final exams were found to have higher levels of an antibody that warded off what type of infection?
 - Have positive correlations between high social support and greater immune functioning been found in other studies as well or not?
 - During high times of stress, it appears that social support serves as what type of buffer?
 - What does this buffer do to the negative impact of stressful events?
- What is the relationship between optimism and immune functioning? Is it also associated with greater immune functioning or not?

HEALTH-IMPAIRING BEHAVIOR

#11) Discuss how smoking, poor nutrition, and lack of exercise are related to health and the relationship between behavioral factors and AIDS (pp 388-391)

Regarding smoking:

- Why are mortality rates higher for smokers?
- What happens to people's overall health risks if they can give up smoking?
- Long-term success rates for people who quit smoking peak around what percentage?

Regarding exercise:

- Research indicates that regular exercise is associated with what?
- A pleasant surprise for scientists was an apparent link between exercise and the reduced risk for what type of disease?

Regarding HIV / AIDS transmission:

- Although sexual transmission of HIV in the US has historically occurred among gay and bisexual men, what type of transmission has increased in recent years?
- In the world as a whole, infection through which type of relations has always been much more common from the beginning? Heterosexual or homosexual relations?
- In heterosexual relations, which type of HIV transmission is estimated to be about eight times more likely to occur? Male-to-female or female-to-male transmission?

(Learning Objective 15 has been moved forward since it deals with another health-impairing behavior)

#15) Describe the symptoms of alcoholism and the effects of alcohol on coping with stress (Activity 12.2 that involved estimating your alcoholic tendencies)

- During Activity 12.2 on alcoholism, which of the following statements were symptoms of alcoholism?
 - Drinking more heavily when you're stressed out, like when you're under a lot of pressure, or after you've experienced a disappointment or been in a quarrel.
 - Being able to handle more liquor than you did when you were first drinking.
 - Feeling uncomfortable when alcohol is not available.
 - Wishing you could continue drinking after your friends say they've had enough.
 - Avoiding family or close friends while you're drinking.
 - Eating very little or irregularly when you're drinking.

REACTIONS TO ILLNESS

#12) Discuss individual differences in the willingness to seek medical treatment and describe some barriers to effective patient-provider communication and ways to overcome these problems (pp 391-392)

Regarding the willingness to seek medical treatment:

- When two people experience the same unpleasant sensation, what can happen?
- Studies suggest that which type of person tends to report more symptoms of illness? A person who is relatively low in anxiety and neuroticism, or a person who is relatively high in anxiety and neuroticism?

Regarding barriers to effective communication between doctors and patients:

- What are the five barriers to effective provider-patient communication?
- To overcome these barriers, the key is to NOT become what type of consumer of medical services?

#13) Discuss the extent to which people tend to adhere to medical advice (pp 392-393)

- The evidence suggests that noncompliance with medical advice occurs what percentage of the time:
 - When short-term treatments are prescribed for acute conditions?
 - When long-term treatments are needed for chronic illness?
- What are four forms of nonadherence mentioned in your text?

IMPROVING COPING & STRESS MANAGEMENT

#14) Discuss the adaptive value of humor, releasing pent-up emotions, managing hostility, forgiving others, and relaxation and exercise (pp 395-397)

- What are four possible explanations of why humor helps to reduce the effects of stress and promote wellness?
- Research suggests that efforts to actively suppress your emotions result in two types of physiological reactions. What are they?
- Research suggests that forgiving is associated with what?
 - In one study of divorced or permanently separated women, the extent to which the women had forgiven their former husbands was inversely related to what two measures?
- Relaxation is a valuable stress-management technique because it does what?
- Research indicates that you don't have to be a dedicated athlete to benefit from exercise. What amount of exercise is needed to reduce your risk of disease?