1. Working a second job to pay off credit cards is an example of _______.
   a. emotion-focused coping
   b. distraction
   c. problem-focused coping
   d. reappraisal

2. The most extreme form of escape or withdrawal from frustration is _____________.
   a. anhedonia
   b. suicide
   c. leaving the country
   d. divorce

3. Burning your toast, having trouble opening an e-mail attachment, breaking a glass, and running late for an appointment are all examples of _________.
   a. distress
   b. hassles
   c. uplifts
   d. downturns

4. Events that cause a stress reaction are referred to as _____________.
   a. hassles
   b. stressors
   c. eustresses
   d. catastrophes

5. The field of ______ studies the effects of psychological factors such as stress, emotions, thinking, and behavior on the immune system.
   a. social psychology
   b. organic medicine
   c. psychoneuroimmunology
   d. interactive psychology
6. The coping method that involves changing the way you feel or emotionally react to a stressor is known as _________.
   a. a defense mechanism  
   b. self-focused coping  
   c. problem-focused coping  
   d. emotion-focused coping

7. Which of the following is one reason why living in poverty is stressful?  
   a. lack of meaningfulness of work  
   b. difficulty assimilating to the majority culture's ways  
   c. increased rates of disabilities due to poor prenatal care  
   d. too many hours of unpleasant shift work

8. Coping with stress in the Vietnamese culture typically includes which of the following?  
   a. eating certain foods  
   b. using biofeedback  
   c. engaging in a hobby  
   d. exercising

9. Research by Teresa Amabile shows that time pressure has ________ impact on one's ability to be creative.  
   a. a positive  
   b. some  
   c. a negative  
   d. no

10. ________ is the term used to describe the physical, emotional, cognitive, and behavioral responses to events that are threatening or challenging.  
    a. Distress  
    b. Burnout  
    c. Dysphoria  
    d. Stress
11. The stress resulting from the need to change and adapt to the dominant, or majority, culture is called ___________.
   a. acculturation
   b. assimilation
   c. integration
   d. acculturative stress

12. Which parts of the nervous system are associated with the general adaptation syndrome?
   a. autonomic and sympathetic
   b. somatic and parasympathetic
   c. central and somatic
   d. sympathetic and parasympathetic

13. ___________ people typically do not live as long as the average life expectancy.
   a. Active
   b. Cheerful
   c. Easygoing
   d. Aggressive

14. Which major life event on the Social Readjustment Rating Scale has the highest number of life change units?
   a. divorce
   b. damage to the home
   c. marriage
   d. death of a spouse

15. According to some studies, people who have religious commitments are likely to ________.
   a. live a shorter life than are those who do not have religious beliefs
   b. feel alone with their struggles
   c. live longer than do those who do not have religious beliefs
   d. lack a social support system

16. ___________ occurs when people experience unpleasant stressors.
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a. Catastrophic stress  
b. Distress  
c. Eustress  
d. Acute stress

17. According to research discussed in your textbook, becoming a more optimistic thinker begins with:
   a. trying to develop a Type A personality.  
b. enhancing the use of ego defense mechanisms.  
c. suppressing parasympathetic nervous responses.  
d. monitoring your own thinking.

18. Which of the following is the type of conflict that occurs when a person must choose between two goals that have both positive and negative aspects?
   a. avoidance-avoidance  
b. approach-approach  
c. approach-avoidance  
d. double approach-avoidance

19. For someone who likes both movies and concerts, choosing between going to one or the other represents an _____ conflict.
   a. avoidance-avoidance  
b. approach-approach  
c. incompatible demands  
d. approach-avoidance

20. Research shows that ____________ lowers blood pressure in those observed.
   a. implosive meditation  
b. sensory deprivation  
c. concentrative meditation  
d. sublimation
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1. c. problem-focused coping

   **Feedback:**

   **Hints:**
   1. See page 445 of your textbook.

2. b. suicide

   **Feedback:**

   **Hints:**
   1. See page 427 of your textbook.

3. b. hassles

   **Feedback:**

   **Hints:**
   1. See page 424 of your textbook.

4. b. stressors

   **Feedback:**

   **Hints:**
   1. See page 420 of your textbook.

5. c. psychoneuroimmunology

   **Feedback:**
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**Hints:**
1. See page 430 of your textbook.

6. d. emotion-focused coping

**Feedback:**

**Hints:**
1. See page 445 of your textbook.

7. c. increased rates of disabilities due to poor prenatal care

**Feedback:**

**Hints:**
1. See page 441 of your textbook.

8. a. eating certain foods

**Feedback:**

**Hints:**
1. See page 447 of your textbook.

9. c. a negative

**Feedback:**

**Hints:**
1. See page 426 of your textbook.
Chapter-11 Review Quiz and Solutions

10. d. Stress
   Feedback:
   
   Hints:
   1. See page 420 of your textbook.

11. d. acculturative stress
   Feedback:
   
   Hints:
   1. See page 442 of your textbook.

12. d. sympathetic and parasympathetic
    Feedback:
    
    Hints:
    1. See page 430 of your textbook.

13. d. Aggressive
    Feedback:
    
    Hints:
    1. See page 437 of your textbook.

14. d. death of a spouse
    Feedback:
    
    Hints:
    1. See page 424 of your textbook.
15. c. live longer than do those who do not have religious beliefs

**Feedback:**

**Hints:**
1. See page 448 of your textbook.

16. b. Distress

**Feedback:**

**Hints:**
1. See page 420 of your textbook.

17. c. suppressing parasympathetic nervous responses.

**Feedback:**

**Hints:**
1. See page 449 of your textbook.

18. d. double approach-avoidance

**Feedback:**

**Hints:**
1. See page 428 of your textbook.

19. b. approach-approach

**Feedback:**

**Hints:**
1. See page 428 of your textbook.
20. c. concentrative meditation

Feedback:

Hints:
1. See page 446 of your textbook.