

Study Questions for Chapter 16

- ~ Describe how both major life events and minor hassles can serve as *stressors* and explain chronic stressors.
- ~ Discuss how perceived control over events can contribute to the stressfulness of an event.
- ~ Describe the *HPA axis* and its functioning in reaction to *stress* and the fight-or-flight response.
- ~ Explain the three phases of the *general adaptation syndrome*.
- ~ Explain how and why stress affects responses of the *immune system*.
- ~ Describe the *Type A behavior pattern*, and link it to research on stress and cardiovascular function.
- ~ Discuss how primary appraisal and secondary appraisal operate in the interpretation of stress.
- ~ Describe the origins and features of *post-traumatic stress disorder (PTSD)*.
- ~ Summarize research on *burnout*, noting its causes and consequences.
- ~ Compare the mind management techniques of *repressive coping*, *rational coping*, and *reframing*.
- ~ Compare the body management techniques of *relaxation therapy*, *biofeedback*, and aerobic exercise.
- ~ Compare the situation management techniques of *social support* and humor.
- ~ Describe how directing attention toward or away from the body can influence the symptoms of pain or illness that we perceive.
- ~ Summarize research on the *placebo effect*.
- ~ Describe *psychosomatic illness* and *somatoform disorders*, including *hypochondriasis*, *somatization disorder*, and *conversion disorder*.
- ~ Explain the psychology of being a patient, focusing on the *sick role* and patient-practitioner interaction.
- ~ Explain how personality factors, such as optimism and hardiness, contribute to health.

- ~ Explain how sensible practices, such as *self-regulation*, eating wisely, avoiding sexual risks, and not smoking, contribute individually and collectively to health.