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Quiz 4

Below you will find 15 quiz questions.

Ten (10) of these questions are drawn randomly from a pool of questions on this current topic.

The remaining five (5) questions are drawn randomly from a pool of questions on the previous topic.

Multiple Choice

1/1 point (graded)

When evaluating a potential stressor, an individual's primary appraisal allows them to determine if _____, while an individual's secondary appraisal allows them to determine if ____.

- ☒ The stressor is a challenge or a threat; they have the resources and skills to deal with the stressor. ✓
- ☐ They should engage in constructive coping; they should avoid the situation.
- ☐ They have the resources and skills to deal with the stressor; the stressor is a challenge or a threat
- ☐ If they are physiologically equipped to deal with the stressor; they should use the fight or flight response

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

What is the critical factor in determining whether or not an event is experienced as stressful by an individual?

☐ Whether or not there are long term consequences to the event

☒ How we evaluate the event ✓

☐ How painful the experienced emotions are about the event

☐ Whether or not we have a sense of humour

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

According to Hans Selye's General Adaptation Syndrome, what happens during the stage of exhaustion when dealing with a chronic stressor?

☒ The organs of the body become impaired from trying to cope with the stressor ✓

☐ The individual experiences extreme sleepiness from trying to cope with the stressor

☐ The individual resists the stressor and starts to release stress hormones

☐ The individual has a fight or flight response

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

The fight or flight response to a stressful situation is an example of what type of response to the stressor?

☒ Physiological response ✓

☐ Behavioural response☐ Emotional response☐ Adaptive response

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Which of the following is true about constructive coping?

☒ It involves being task oriented in dealing with the specific stressor, but also behaviours that prepare your body for stress in general. ✓☐ It guarantees that you will be able to effectively cope with the stressor.☐ It involves letting out your emotions and feelings.☐ It involves not asking for help because you would never need it.

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Which of the following has been shown to be NOT reliably related to the experience of stress?

☒ Change ✓☐ Frustration☐ Conflict

☐ Pressure

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

The link between Type A personality and heart disease is primarily due to

☐ an increase in consumption of unhealthy food☒ increased levels of anger and hostility ✓☐ a lack of patience☐ a strong competitive orientation

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Having to choose between putting up with a painful toothache or visiting the dentist for an unpleasant dental procedure is an example of what type of conflict?

☒ Avoidance-Avoidance ✓☐ Approach-Approach☐ Approach-Avoidance☐ Avoidance-Approach

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

If we are optimistic and think we can achieve our goals, we are more likely to engage in

☐ emotion-focused coping☐ resource-focused coping☒ problem-focused coping ✓☐ avoidance-focused coping

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

You've just been offered a new job with generous pay and promotion opportunities. However, your daily commute would be an hour each way, and you'd be expected to work 10 hours a day. You become stressed as you try to decide whether to accept the job or not. This is an example of

☒ approach-avoidance conflict ✓☐ approach-approach conflict☐ avoidance-avoidance conflict☐ avoidance-accept conflict

Submit

You have used 1 of 1 attempt

Checkboxes

1/1 point (graded)

Which of the following is an example of disorganised or abnormal motor behaviour? Select all that apply.

☐ Word salad

☒ Catatonia

☐ Delusion

☒ Self-initiated bizarre postures



Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

If an individual has a twin with schizophrenia, what is their risk of developing schizophrenia?

☐ 5%

☐ 10%

☐ 25%

☒ 50% ✓

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

What is a “positive” symptom of schizophrenia?

- ☐ A symptom that allows the individual to function at a higher level than usual
- ☐ A symptom that makes the individual happier than they usually are
- ☒ A symptom that is occurring too frequently ✓
- ☐ A symptom that indicates the individual has entered the recovery phase

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Alogia and avolition are both symptoms of schizophrenia. What type of symptoms are they?

- ☐ Active
- ☐ Prodromal
- ☐ Positive
- ☒ Negative ✓

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

The idea that schizophrenia is a product of the interaction between genes and the environment is called:

- ☐ The biological model

☐ The social model☒ The diathesis-stress model ✓☐ The biopsychosocial model

You have used 1 of 1 attempt

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