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| 1. Psychologists define *stress* as   |  |  |  | | --- | --- | --- | |  | a. | the experience of realistic anxiety. | |  | b. | the process by which we appraise and respond to threatening or challenging events. | |  | c. | an attempt to reach some important goal. | |  | d. | physical, emotional, or mental exhaustion. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 2. Willem was crossing the street at the intersection when a car came racing toward them. Willem ran to the other side of the street just in time to avoid the car. Willem’s perception and action in relation to this event is called   |  |  |  | | --- | --- | --- | |  | a. | stress. | |  | b. | a stressor. | |  | c. | a stress reaction. | |  | d. | the tend-and-befriend response. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 3. Events that we view as threatening or challenging are referred to as   |  |  |  | | --- | --- | --- | |  | a. | stress reactions. | |  | b. | primary appraisals. | |  | c. | stressors. | |  | d. | secondary appraisals. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 4. Being confronted by an intruder who has broken into your house late at night is best described as a(n)   |  |  |  | | --- | --- | --- | |  | a. | fight-or-flight response. | |  | b. | general adaption syndrome. | |  | c. | emotional catharsis. | |  | d. | stressor. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 5. Nate, who is going to school in Florida, is driving to see his romantic partner, who lives in Alabama. He is trying to get there in time for her birthday. The entire trip should take almost nine hours. After driving for six hours, he finds himself stuck in a traffic jam that has lasted over an hour so far. He is beginning to feel frustrated and angry and irritable. Which of the following is the stressor?   |  |  |  | | --- | --- | --- | |  | a. | his romantic partner’s birthday | |  | b. | his feelings of frustration and anger | |  | c. | the nine-hour road trip | |  | d. | the traffic jam |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 6. Our physical and emotional responses to events that we view as threatening or challenging are referred to as   |  |  |  | | --- | --- | --- | |  | a. | stress appraisals. | |  | b. | stress reactions. | |  | c. | stressors. | |  | d. | stress systems. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 7. While taking a difficult test, Cindy's muscles tense and her heart pounds. These physiological responses are best described as   |  |  |  | | --- | --- | --- | |  | a. | stressors. | |  | b. | stress reactions. | |  | c. | stress appraisal. | |  | d. | immune deficiencies. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 8. Patrick is driving to meet a friend when the car in the next lane starts drifting over to his lane. Patrick is able to slide over to another lane and avoid an accident, but his heart is racing, and he feels relief and anger simultaneously. In this instance, Patrick’s stress reaction is   |  |  |  | | --- | --- | --- | |  | a. | the truck. | |  | b. | the interstate. | |  | c. | his pounding heart. | |  | d. | slamming on the brakes. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 9. A long line at the election polls is to a headache as \_\_\_\_\_\_\_\_ is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | fight; flight | |  | b. | Type B; Type A | |  | c. | lymphocyte; macrophage | |  | d. | stressor; stress reaction |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 10. James regards his new job as a challenge, whereas Stan regards the same new job as a potential threat. These different perceptions best illustrate   |  |  |  | | --- | --- | --- | |  | a. | the general adaption syndrome. | |  | b. | stress appraisal. | |  | c. | immune deficiencies. | |  | d. | catharsis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 11. Potokar minimized the stress of testing positive for COVID-19 by viewing the situation as a chance to be a better person and work harder at his job. His reaction best illustrates the importance of   |  |  |  | | --- | --- | --- | |  | a. | catharsis. | |  | b. | the Type A personality. | |  | c. | fight or flight. | |  | d. | stress appraisal. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 12. Appraising an event as a stressor is to \_\_\_\_\_\_\_\_ as assessing your ability to respond to it is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | resistance; exhaustion | |  | b. | T lymphocytes; macrophage cells | |  | c. | fight; flight | |  | d. | primary appraisal; secondary appraisal  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 13.  Which of the following items is NOT likely to be seen on the Perceived Stress Scale?   |  |  |  | | --- | --- | --- | |  | a. | How often have you been upset because of something that happened unexpectedly? | |  | b. | How often have you felt happy? | |  | c. | How often have you felt that you were on top of things? | |  | d. | How often have you felt difficulties were piling up so high that you could not overcome them? |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 14. While most forms of stress can lead to both physical and mental health declines, one of the potential positive outcomes of experiencing stress is   |  |  |  | | --- | --- | --- | |  | a. | building resiliency. | |  | b. | refocusing appraisal. | |  | c. | decreased coping mechanisms. | |  | d. | an improved stress response system. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 15. Stress can lead to all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | risky decision making. | |  | b. | unhealthy behaviors. | |  | c. | a healthy diet. | |  | d. | vulnerability to illness. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 16. Researchers have found that increased levels of stress are related to an increase in infectious-disease-related deaths, demonstrating that stress   |  |  |  | | --- | --- | --- | |  | a. | is not related to health outcomes. | |  | b. | itself does not affect mental health. | |  | c. | is related only to social stress. | |  | d. | can affect health directly. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 17. Stressors fall into specific categories, which are   |  |  |  | | --- | --- | --- | |  | a. | an alarm reaction, resistance, and exhaustion. | |  | b. | Type A and Type B. | |  | c. | approach and avoidance situations. | |  | d. | catastrophes, significant life changes, and daily hassles. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 18. In the month after a damaging hurricane, for example, many people tend to experience an increase in anxiety. Those who were affected by the hurricane most clearly experienced   |  |  |  | | --- | --- | --- | |  | a. | a Type A personality. | |  | b. | a catastrophe. | |  | c. | an approach motive. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 19. Fifty-eight percent of Americans responding to surveys taken in the three weeks after the 9/11 terrorist attacks reported experiencing heightened symptoms of   |  |  |  | | --- | --- | --- | |  | a. | anxiety. | |  | b. | coronary heart disease. | |  | c. | stomach ulcers. | |  | d. | upper respiratory infections. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 20. In recent years, people from Central and South America relocating to the United States have faced the challenges of adjusting to a different environment and a new culture’s language, ethnicity, and social norms. Adjusting to these challenges most clearly entails   |  |  |  | | --- | --- | --- | |  | a. | the tend-and-befriend response. | |  | b. | increased lymphocyte production. | |  | c. | acculturative stress. | |  | d. | catharsis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 21. Emilio’s family home was destroyed during a devastating hurricane in his home country, so he has decided to migrate to the United States. Emilio is finding it difficult to adjust to the new culture, social norms, and language. Emilio is experiencing   |  |  |  | | --- | --- | --- | |  | a. | a daily hassle. | |  | b. | fight or flight. | |  | c. | acculturative stress. | |  | d. | an alarm reaction. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 22. Taking out a loan to go to college is an example of a   |  |  |  | | --- | --- | --- | |  | a. | significant life change. | |  | b. | daily hassle. | |  | c. | social stress. | |  | d. | catastrophe. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 23. Simone just left home to go to college. She will be living on campus and attending classes full-time. This is an example of a   |  |  |  | | --- | --- | --- | |  | a. | significant life change. | |  | b. | daily hassle. | |  | c. | social stress. | |  | d. | catastrophe. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 24. At which stage in development are we more likely to struggle with significant life changes?   |  |  |  | | --- | --- | --- | |  | a. | childhood | |  | b. | adolescence | |  | c. | middle adulthood | |  | d. | late adulthood |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 25. Research on stressful life events indicates that   |  |  |  | | --- | --- | --- | |  | a. | those who live a relatively peaceful, monastic life actually suffer a higher-than-average rate of heart attacks. | |  | b. | widowed people are at an increased risk of death in the week following their partner's death. | |  | c. | survivors of a natural disaster are immunized against stress and have fewer long-term health problems. | |  | d. | all of these statements are true. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 26. Researchers are able to assess participants' social stress level by collecting saliva samples and measuring participants' level of   |  |  |  | | --- | --- | --- | |  | a. | cortisol. | |  | b. | lymphocytes. | |  | c. | serotonin. | |  | d. | telomeres. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 27. If you feel as though there are too many things on your to-do list, you are likely experiencing a(n)   |  |  |  | | --- | --- | --- | |  | a. | significant life change. | |  | b. | catastrophe. | |  | c. | social stress. | |  | d. | daily hassle. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 28. Which of the following people is NOT involved in a daily hassle?   |  |  |  | | --- | --- | --- | |  | a. | Anya, whose has just lost her job | |  | b. | Thiago, who has too many things on his to-do list today | |  | c. | Cristina, who graduates from college today | |  | d. | Sami, who has to give a speech in class today |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 29. Shawn is very tired and slightly irritable. He had to wake up early this morning for a board meeting, which has been going on for hours now. The leader of the meeting says “Um” a lot while speaking and Shawn just can’t take it anymore. He is experiencing a(n)   |  |  |  | | --- | --- | --- | |  | a. | catastrophe. | |  | b. | daily hassle. | |  | c. | significant life change. | |  | d. | unpredictable event. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. Daily pressures compounded by racial discrimination take a toll on many Black Americans in the form of   |  |  |  | | --- | --- | --- | |  | a. | T lymphocytes. | |  | b. | catharsis. | |  | c. | natural killer cells. | |  | d. | unhealthy blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. Experiencing prejudice and discrimination due to gender identity or sexual orientation is a form of   |  |  |  | | --- | --- | --- | |  | a. | significant life change. | |  | b. | catastrophe. | |  | c. | approach-approach conflict. | |  | d. | daily hassle. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 32. Frequently experiencing racial discrimination is best described as   |  |  |  | | --- | --- | --- | |  | a. | a fight-or-flight response. | |  | b. | relative deprivation. | |  | c. | learned helplessness. | |  | d. | a stressor. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 33. Adriana experiences hassles almost every day and the feelings from these experiences tend to linger. In the future, Adriana is likely to   |  |  |  | | --- | --- | --- | |  | a. | be extremely successful in her career. | |  | b. | be at decreased risk for cancer. | |  | c. | experience poor physical health. | |  | d. | experience low blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 34. The drive to move toward or away from a stimulus is referred to as   |  |  |  | | --- | --- | --- | |  | a. | an approach and avoidance motive. | |  | b. | a stressor. | |  | c. | a daily hassle. | |  | d. | the general adaption syndrome. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 35. Horatio loves spaghetti carbonara, but he also loves moussaka. He is asked whether he wants to go to an Italian or a Greek restaurant for dinner. His difficulty in deciding is an example of a(n)   |  |  |  | | --- | --- | --- | |  | a. | avoidance-avoidance conflict. | |  | b. | approach-approach conflict. | |  | c. | tend-and-befriend response. | |  | d. | approach-avoidance conflict. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 36. Nadine does not like her geometry class this semester and so spends all her time studying for her other classes. This is an example of a(n)   |  |  |  | | --- | --- | --- | |  | a. | avoidance-avoidance motive. | |  | b. | alarm reaction. | |  | c. | tend-and-befriend response. | |  | d. | approach-avoidance motive. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 37. In the 1920s, Walter Cannon discovered that stress produced an outpouring of \_\_\_\_\_\_\_\_ into the bloodstream.   |  |  |  | | --- | --- | --- | |  | a. | epinephrine | |  | b. | cortisol | |  | c. | serotonin | |  | d. | carcinogens |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 38. Walter Cannon observed that a variety of stressors trigger activation of the sympathetic nervous system, which prepares the body for   |  |  |  | | --- | --- | --- | |  | a. | decreased respiration. | |  | b. | lowered blood sugar levels. | |  | c. | fight or flight. | |  | d. | an increase in the production of lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 39. Who observed that a variety of stressors trigger a fight-or-flight reaction?   |  |  |  | | --- | --- | --- | |  | a. | Hans Selye | |  | b. | Ray Rosenman | |  | c. | Ben Carpenter | |  | d. | Walter Cannon |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 40. Extreme cold, lack of oxygen, and emotion-arousing events trigger an outpouring of epinephrine and norepinephrine by the   |  |  |  | | --- | --- | --- | |  | a. | telomeres. | |  | b. | adrenal glands. | |  | c. | skeletal muscles | |  | d. | parasympathetic nervous system. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 41. In response to stress, the adrenal glands release   |  |  |  | | --- | --- | --- | |  | a. | epinephrine. | |  | b. | lymphocytes. | |  | c. | carcinogens. | |  | d. | serotonin. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 42. Logan is sound asleep when he hears a noise that appears to be coming from downstairs. He gets up, grabs a bat, and heads downstairs. At this time, Logan’s adrenal glands are releasing   |  |  |  | | --- | --- | --- | |  | a. | epinephrine and norepinephrine. | |  | b. | serotonin. | |  | c. | cortisol. | |  | d. | carcinogens. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 43. An emergency reaction when dealing with a threat often includes sympathetic nervous system arousal and the mobilization of one's energy. This is best illustrated by   |  |  |  | | --- | --- | --- | |  | a. | resilience. | |  | b. | catharsis. | |  | c. | the fight-or-flight response. | |  | d. | the tend-and-befriend response. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 44. As Wayne takes out the trash at night, he hears something moving around and sees a large figure, likely a bear. Wayne immediately drops the trash and runs toward his front door. Wayne’s actions demonstrate the   |  |  |  | | --- | --- | --- | |  | a. | fight-or-flight response. | |  | b. | tend-and-befriend response. | |  | c. | general adaptation syndrome. | |  | d. | approach-avoidance conflict. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 45. In a stressful situation, feelings of pain are dulled by   |  |  |  | | --- | --- | --- | |  | a. | the somatic nervous system. | |  | b. | carcinogens. | |  | c. | the sympathetic nervous system. | |  | d. | the immune system. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 46. When confronted with a stressful event, your sympathetic nervous system   |  |  |  | | --- | --- | --- | |  | a. | speeds up your stomach's digestive activity. | |  | b. | triggers an increase in the production of disease-fighting lymphocytes. | |  | c. | speeds up the removal of fat from your bloodstream. | |  | d. | increases your heart rate and respiration. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 47. As you are waiting to be interviewed for a job, your heart rate, body temperature, and breathing rate begin to increase. These physiological changes are produced by activation of the \_\_\_\_\_\_\_\_ nervous system.   |  |  |  | | --- | --- | --- | |  | a. | parasympathetic | |  | b. | sympathetic | |  | c. | somatic | |  | d. | central |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 48. Which of the following threats would the sympathetic nervous system NOT be likely to help with?   |  |  |  | | --- | --- | --- | |  | a. | James is walking in the woods when he encounters a rattlesnake. | |  | b. | Samantha is swimming with friends when she spots an alligator. | |  | c. | Trevor is driving to work when he witnesses a car accident ahead. | |  | d. | Juanita is contemplating the effects of pollution on the environment. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 49. Who first identified the three-phase general adaptation syndrome?   |  |  |  | | --- | --- | --- | |  | a. | Meyer Friedman | |  | b. | Hans Selye | |  | c. | Walter Cannon | |  | d. | Julian Rotter |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 50. The general adaptation syndrome describes phases in the   |  |  |  | | --- | --- | --- | |  | a. | production of endorphins. | |  | b. | immune system's underreaction. | |  | c. | body's response to prolonged stress. | |  | d. | action of NK cells. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 51. The three successive phases of the general adaptation syndrome are   |  |  |  | | --- | --- | --- | |  | a. | attention, comprehension, and resistance. | |  | b. | alarm reaction, resistance, and exhaustion. | |  | c. | adrenal release, cognitive appraisal, and stomach ulceration. | |  | d. | reactive frustration, sympathetic arousal, and parasympathetic inhibition. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 52. Which of the following takes place during the alarm reaction of the GAS?   |  |  |  | | --- | --- | --- | |  | a. | Your adrenal glands pump stress hormones into your bloodstream and you are fully engaged in the current threat. | |  | b. | You provide support to other people and bond with others and seek support from them. | |  | c. | You become vulnerable to illness, collapse, and death. | |  | d. | Your sympathetic nervous system suddenly activates, causing your heart rate to increase and your blood to race to your skeletal muscles. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 53. On Friday, Mike, a 45-year-old plumber, not only receives his paycheck but also finds out that he has been fired. Which phase of the general adaptation syndrome is Mike most likely experiencing?   |  |  |  | | --- | --- | --- | |  | a. | resistance | |  | b. | alarm reaction | |  | c. | adjustment | |  | d. | exhaustion |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 54. Resistance to stress is greatest during \_\_\_\_\_\_\_\_ of the GAS.   |  |  |  | | --- | --- | --- | |  | a. | Phase 1 | |  | b. | Phase 2 | |  | c. | Phase 3 | |  | d. | Phase 4 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 55. Wyatt was stopped at a red light when he was suddenly rear-ended by another car. His sympathetic nervous system activates, and his resources are all primed for action. He gets out of his car, ready to address the situation. Which phase of the GAS is Wyatt currently in?   |  |  |  | | --- | --- | --- | |  | a. | alarm reaction | |  | b. | resistance | |  | c. | exhaustion | |  | d. | fight-or-flight |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 56. The third phase of the general adaptation syndrome is characterized by   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | exhaustion. | |  | c. | an alarm reaction. | |  | d. | a tend-and-befriend response. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 57. Kenzi returned home from work to find that her house had been burglarized. After the shock of the event and after filing a police report, which took hours, she now feels tired. Which phase of the GAS is she now in?   |  |  |  | | --- | --- | --- | |  | a. | alarm reaction | |  | b. | resistance | |  | c. | exhaustion | |  | d. | fight-or-flight |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 58. An increased risk of illness is most closely associated with \_\_\_\_\_\_\_\_ of the general adaptation syndrome.   |  |  |  | | --- | --- | --- | |  | a. | Phase 1 | |  | b. | Phase 2 | |  | c. | Phase 3 | |  | d. | Phase 4 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 59. Shawn experienced severe stress during childhood for a number of family related factors. He is likely to experience all of the following EXCEPT \_\_\_\_\_\_\_\_ during adulthood.   |  |  |  | | --- | --- | --- | |  | a. | increased levels of stress | |  | b. | difficulty sleeping | |  | c. | heart disease | |  | d. | reduced anxiety |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 60. DNA pieces that protect chromosome ends are referred to as   |  |  |  | | --- | --- | --- | |  | a. | cortisol. | |  | b. | epinephrine. | |  | c. | telomeres. | |  | d. | NK cells. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 61. Black Americans who experience frequent racial discrimination develop shorter   |  |  |  | | --- | --- | --- | |  | a. | adrenal glands. | |  | b. | frontal lobes. | |  | c. | telomeres. | |  | d. | lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 62. Under stress, people often provide support to others and bond with and seek support from others. This is referred to as the   |  |  |  | | --- | --- | --- | |  | a. | fight-or-flight response. | |  | b. | general adaptation syndrome. | |  | c. | tend-and-befriend response. | |  | d. | immune response. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 63. The emotional bonding and mutual support that survivors of natural disasters provide to one another best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the general adaptation syndrome. | |  | b. | the tend-and-befriend response. | |  | c. | catharsis. | |  | d. | psychoneuroimmunology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 64. Following a disastrous tsunami, people of one neighborhood provided one another with emotional support. This reaction best illustrates   |  |  |  | | --- | --- | --- | |  | a. | elevated lymphocyte levels. | |  | b. | acculturative stress. | |  | c. | the tend-and-befriend response. | |  | d. | the Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 65. To better study how stress influences health outcomes psychologists and physicians created the interdisciplinary field of   |  |  |  | | --- | --- | --- | |  | a. | catharsis. | |  | b. | psychoneuroimmunology. | |  | c. | behavioral medicine. | |  | d. | health psychology. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 66. The subfield of psychology that provides psychology's contribution to behavioral medicine is known as   |  |  |  | | --- | --- | --- | |  | a. | medical psychology. | |  | b. | health psychology. | |  | c. | behavioral psychology. | |  | d. | psychobiology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 67. Psychoneuroimmunology is most broadly concerned with how the psychological, neural, and endocrine systems together affect the   |  |  |  | | --- | --- | --- | |  | a. | reproductive system. | |  | b. | cardiovascular system. | |  | c. | immune system. | |  | d. | respiratory system. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 68. Dr. Ander’s research involves learning how emotions affect your brain, which controls the endocrine hormones that influence your disease-fighting NK cells. Dr. Ander’s research best illustrates the specialty area known as   |  |  |  | | --- | --- | --- | |  | a. | clinical psychology. | |  | b. | psychopharmacology. | |  | c. | cognitive neuroscience. | |  | d. | psychoneuroimmunology. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 69. An understanding of how stress affects our resistance to disease is the central focus of the field of   |  |  |  | | --- | --- | --- | |  | a. | biopsychology. | |  | b. | psychoneuroimmunology. | |  | c. | cognitive psychology. | |  | d. | behavioral psychology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 70. The macrophage and lymphocytes are major agents of the   |  |  |  | | --- | --- | --- | |  | a. | sympathetic nervous system. | |  | b. | immune system. | |  | c. | digestive system. | |  | d. | parasympathetic nervous system. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 71. Lymphocytes are   |  |  |  | | --- | --- | --- | |  | a. | harmful agents such as chemicals and viruses that cross the placenta from mother to fetus. | |  | b. | stress hormones produced by the sympathetic nervous system. | |  | c. | cancer cells that form in the lymph glands. | |  | d. | white blood cells that are part of the body's immune system. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 72. Aurora was told by her department chair that she will not receive the grant she applied for. Since then, Aurora has suffered an increased incidence of cold and flu infections. Her increased illness is best attributed to reduced levels of   |  |  |  | | --- | --- | --- | |  | a. | epinephrine. | |  | b. | carcinogens. | |  | c. | lymphocytes. | |  | d. | cortisol. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 73. B lymphocytes primarily inhibit \_\_\_\_\_\_\_\_; T lymphocytes primarily inhibit \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | bacterial infections; viral infections | |  | b. | heart attacks; strokes | |  | c. | NK cells; cancer cells | |  | d. | HIV; AIDS |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 74. The primary function of B lymphocytes is to attack   |  |  |  | | --- | --- | --- | |  | a. | natural killer cells. | |  | b. | bacterial infections. | |  | c. | stress hormones. | |  | d. | cancer cells. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 75. Leah has a nasty bacterial infection. Which type of immune system cell will be the primary agent helping her to fight the bacterial infection?   |  |  |  | | --- | --- | --- | |  | a. | B lymphocytes | |  | b. | T lymphocytes | |  | c. | macrophage cells | |  | d. | NK cells |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 76. Which cell of the immune system acts as a “big eater” that traps and destroys worn-out cells?   |  |  |  | | --- | --- | --- | |  | a. | B lymphocyte | |  | b. | NK cell | |  | c. | T lymphocyte | |  | d. | macrophage cell |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 77. Natural killer cells are part of the body's   |  |  |  | | --- | --- | --- | |  | a. | immune system. | |  | b. | endocrine system. | |  | c. | digestive system. | |  | d. | sympathetic nervous system. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 78. Immune system cells that attack diseased body cells are called   |  |  |  | | --- | --- | --- | |  | a. | stressors. | |  | b. | endorphins. | |  | c. | carcinogens. | |  | d. | NK cells. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 79. An overreactive immune system causes people to be at higher risk of contracting   |  |  |  | | --- | --- | --- | |  | a. | high blood pressure. | |  | b. | stomach cancer. | |  | c. | lupus. | |  | d. | AIDS. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 80. Compared with men, women have \_\_\_\_\_\_\_\_ immune systems, and they are \_\_\_\_\_\_\_\_ susceptible to self-attacking diseases such as multiple sclerosis.   |  |  |  | | --- | --- | --- | |  | a. | stronger; less | |  | b. | weaker; more | |  | c. | stronger; more | |  | d. | weaker; less |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 81. Because her immune system tends to overreact Caroline is more susceptible to   |  |  |  | | --- | --- | --- | |  | a. | AIDS. | |  | b. | cancer. | |  | c. | autoimmune diseases. | |  | d. | heart disease. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 82. Rebecca has an underreacting immune system. Which of the following is likely to happen?   |  |  |  | | --- | --- | --- | |  | a. | A dormant virus may erupt. | |  | b. | She will have an allergic reaction. | |  | c. | She may develop lupus. | |  | d. | She will develop arthritis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 83. Which of the following best explains why stress heightens vulnerability to bacterial and viral infections?   |  |  |  | | --- | --- | --- | |  | a. | Stress hormones inhibit the production of proteins that contribute to inflammation. | |  | b. | Stress increases the capacity of the liver to remove cholesterol from the blood. | |  | c. | Stress suppresses the release of lymphocytes. | |  | d. | Stress triggers the production of carcinogens. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 84. Animals stressed by physical restraints, noise, and social defeat, for example, experience   |  |  |  | | --- | --- | --- | |  | a. | immune system suppression. | |  | b. | increased levels of epinephrine. | |  | c. | decreased levels of cortisol. | |  | d. | the general adaptation syndrome. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 85. Wild animals placed in zoos sometimes die shortly thereafter. These deaths are likely to result from   |  |  |  | | --- | --- | --- | |  | a. | decreased levels of lymphocytes. | |  | b. | increased levels of epinephrine. | |  | c. | decreased levels of cortisol. | |  | d. | increased levels of serotonin. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 86. Bonzo, a chimpanzee, lived in the wild until he was captured and placed in a cage at the local zoo. The stress of living in confinement led to his subsequent difficulty recovering from an infectious disease. This most likely resulted from   |  |  |  | | --- | --- | --- | |  | a. | suppressed lymphocyte activity. | |  | b. | elevated epinephrine levels. | |  | c. | an elevated NK cell count. | |  | d. | reduced cortisol levels. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 87. Dental students healed more slowly from punch wounds received three days prior to a major exam than from punch wounds received during their summer vacation. The slower healing prior to a major exam is best explained by   |  |  |  | | --- | --- | --- | |  | a. | an overreactive immune system. | |  | b. | the effects of stress. | |  | c. | an alarm reaction. | |  | d. | exhaustion. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 88. Major life stress has been found to   |  |  |  | | --- | --- | --- | |  | a. | increase the risk of respiratory infection. | |  | b. | decrease the risk of respiratory infection. | |  | c. | cause cancer. | |  | d. | decrease the risk of developing cancer. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 89. Research has found that those who are suffering from stress are   |  |  |  | | --- | --- | --- | |  | a. | more susceptible to catching colds. | |  | b. | more likely to develop cancer. | |  | c. | at an increased risk for contracting HIV. | |  | d. | likely to heal faster from surgery. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 90. The infectious agent that triggers AIDS is called   |  |  |  | | --- | --- | --- | |  | a. | cortisol. | |  | b. | the NK cell. | |  | c. | HIV. | |  | d. | the macrophage. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 91. Stress is most likely to speed the progression from HIV to AIDS by   |  |  |  | | --- | --- | --- | |  | a. | stimulating the release of endorphins. | |  | b. | accelerating the production of NK cells. | |  | c. | reducing lymphocyte levels. | |  | d. | slowing heart rate and respiration. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 92. Which of the following describes a likely effect of stress?   |  |  |  | | --- | --- | --- | |  | a. | It results in a faster decline in those who have AIDS. | |  | b. | It results in a decline in cancer cells. | |  | c. | It reduces the likelihood of a person developing heart disease. | |  | d. | It reduces the risk of a person having a heart attack. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 93. Programs that reduce stress could be expected to \_\_\_\_\_\_\_\_ the progression from HIV infection to AIDS.   |  |  |  | | --- | --- | --- | |  | a. | accelerate | |  | b. | almost completely prevent | |  | c. | slow | |  | d. | cause |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 94. Coronary heart disease involves   |  |  |  | | --- | --- | --- | |  | a. | an immunodeficiency virus. | |  | b. | macrophage overproduction. | |  | c. | the clogging of blood vessels. | |  | d. | excess epinephrine secretions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 95. The risk of coronary heart disease is increased by   |  |  |  | | --- | --- | --- | |  | a. | reduced cortisol. | |  | b. | a Type B personality. | |  | c. | high blood pressure. | |  | d. | natural killer cells. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 96. Meyer Friedman, Ray Rosenman, and colleagues conducted a longitudinal study on   |  |  |  | | --- | --- | --- | |  | a. | how stress is associated with increased risk for HIV. | |  | b. | the relationship between stress and recovery time from surgery. | |  | c. | how experiencing stress can slow down the course of disease. | |  | d. | characteristics associated with an increased risk of stress-related coronary disease. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 97. Friedman and Rosenman referred to competitive, hard-driving, impatient, verbally aggressive, and easily angered individuals as \_\_\_\_\_\_\_\_ personalities.   |  |  |  | | --- | --- | --- | |  | a. | Type A | |  | b. | Type B | |  | c. | Type C | |  | d. | Type D |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 98. Who is the best example of a Type A personality?   |  |  |  | | --- | --- | --- | |  | a. | Valentin, a self-confident, intelligent journalist | |  | b. | Kane, a relaxed, easygoing mail carrier | |  | c. | Philip, a competitive, hot-tempered corporation president | |  | d. | Thomas, an introverted, inhibited graduate student |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 99. Friedman and Rosenman referred to easygoing, relaxed individuals as \_\_\_\_\_\_\_\_ personalities.   |  |  |  | | --- | --- | --- | |  | a. | Type A | |  | b. | Type B | |  | c. | Type C | |  | d. | Type D |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 100. Who is the best example of a Type B personality?   |  |  |  | | --- | --- | --- | |  | a. | George, a self-confident, time-conscious mail carrier | |  | b. | Wang Lung, a relaxed, easygoing dentist | |  | c. | Henry, an irritable, impatient college professor | |  | d. | Stasio, a fun-loving, hard-driving corporation president |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 101. Easygoing is to \_\_\_\_\_\_\_\_ as impatient is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | Type C; Type D | |  | b. | Type A; Type D | |  | c. | Type B; Type A | |  | d. | Type B; Type C |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 102. In a nine-year study, Friedman and Rosenman reported that, compared with Type A men, Type B men were   |  |  |  | | --- | --- | --- | |  | a. | more susceptible to stomach ulcers. | |  | b. | less susceptible to stomach ulcers. | |  | c. | more susceptible to heart attacks. | |  | d. | less susceptible to heart attacks. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 103. Anger is the toxic core of the   |  |  |  | | --- | --- | --- | |  | a. | fight-or-flight reaction. | |  | b. | Type A personality. | |  | c. | immune system's underreaction. | |  | d. | Type B personality. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 104. Hunter is an impatient, hard-driving tax accountant who recently had a heart attack. Hunter tends to focus on the negative and is easily angered. Research suggests that Hunter’s susceptibility to heart attacks may be most closely linked to   |  |  |  | | --- | --- | --- | |  | a. | ambition. | |  | b. | anger. | |  | c. | perfectionism. | |  | d. | competitiveness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 105. For Type A individuals, exposure to stress is especially likely to inhibit organ activity, such as the \_\_\_\_\_\_\_\_ removing cholesterol and fat from the blood.   |  |  |  | | --- | --- | --- | |  | a. | liver | |  | b. | thyroid gland | |  | c. | pancreas | |  | d. | adrenal glands |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 106. Chronic anger \_\_\_\_\_\_\_\_ the risk of heart disease and chronic depression \_\_\_\_\_\_\_\_ the risk of heart disease.   |  |  |  | | --- | --- | --- | |  | a. | increases; decreases | |  | b. | increases; increases | |  | c. | has no effect on; increases | |  | d. | increases; has no effect on |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 107. Suppressing negative emotions heightens the risk of developing heart disease that is associated with   |  |  |  | | --- | --- | --- | |  | a. | anger. | |  | b. | fear. | |  | c. | guilt. | |  | d. | regret. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 108. Suppressing negative emotions increases all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | relationship problems. | |  | c. | health risks. | |  | d. | relaxation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 109. A longitudinal study followed 1306 initially healthy men for 10 years. Even after adjusting for other risk factors, the researchers found that \_\_\_\_\_\_\_\_ were more than twice as likely as \_\_\_\_\_\_\_\_ to develop heart disease.   |  |  |  | | --- | --- | --- | |  | a. | introverts; extraverts | |  | b. | married men; single men | |  | c. | Type B personalities; Type A personalities | |  | d. | pessimists; optimists |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 110. The more psychological trauma people experience, the more their bodies generate \_\_\_\_\_\_\_\_, which is associated with heart and other health problems.   |  |  |  | | --- | --- | --- | |  | a. | inflammation | |  | b. | respiratory infections | |  | c. | natural killer cells | |  | d. | muscular energy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 111. Heart disease and depression may both result when chronic stress triggers   |  |  |  | | --- | --- | --- | |  | a. | persistent inflammation. | |  | b. | the release of NK cells. | |  | c. | the production of lymphocytes. | |  | d. | the release of epinephrine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 112. Russell has experienced a lot of psychological trauma over the years, which has resulted in increased inflammation in his body. This may   |  |  |  | | --- | --- | --- | |  | a. | be associated with an increased risk for cancer. | |  | b. | be associated with a decreased risk of catching colds. | |  | c. | lead to an increased risk for heart disease. | |  | d. | lead to a decreased risk of depression. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 113. Prolonged stress can increase one's vulnerability to illness in part because recurrent autonomic nervous system arousal leads to   |  |  |  | | --- | --- | --- | |  | a. | an elevated NK cell count. | |  | b. | inflammation of body tissues. | |  | c. | reduced cortisol levels. | |  | d. | an increased production of lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 114. Persistent inflammation can lead to all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | asthma. | |  | b. | anxiety. | |  | c. | clogged arteries. | |  | d. | increased depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 115. Larry suffers from persistent inflammation, which is associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | asthma. | |  | b. | clogged arteries. | |  | c. | depression. | |  | d. | fighting infection. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 116. When chronic stress leads to blood vessel inflammation, \_\_\_\_\_ and \_\_\_\_\_ are more likely.   |  |  |  | | --- | --- | --- | |  | a. | heart disease; depression | |  | b. | heart disease; anxiety | |  | c. | high blood pressure; anxiety | |  | d. | high blood pressure; depression |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 117. Depression increases the risk of death, especially death from   |  |  |  | | --- | --- | --- | |  | a. | lupus. | |  | b. | multiple sclerosis. | |  | c. | coronary heart disease. | |  | d. | stomach cancer. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 118. Which of the following accurately reflects the link between stress and heart disease?   |  |  |  | | --- | --- | --- | |  | a. | stress → heart disease | |  | b. | stress → anger → heart disease | |  | c. | stress and negative emotions → unhealthy behaviors and stress hormones → ANS effects, immune suppression → heart disease | |  | d. | stress and negative emotions → ANS effects, immune suppression, and heart disease |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 119. The stress of his romantic partner’s death and an increase in the amount of work he has to do at home has led Isaac to start overeating junk foods that resulted in high blood pressure and high cholesterol levels. This best illustrates that persistent stress often   |  |  |  | | --- | --- | --- | |  | a. | diverts blood from the skeletal muscles to the body's digestive organs. | |  | b. | prevents the release of fat from the body's stored energy reserves. | |  | c. | encourages unhealthy behaviors that contribute to poor health. | |  | d. | stimulates increased production of natural killer cells. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 120. After breaking up with her romantic partner and the resulting depression that followed, Tonya came down with an especially severe case of the flu. The severity of her infection is most likely because her   |  |  |  | | --- | --- | --- | |  | a. | blood pressure levels have been lowered. | |  | b. | epinephrine levels have been elevated. | |  | c. | immune system has been suppressed. | |  | d. | cortisol levels have been reduced. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 121. Experiencing increased stress can make us more vulnerable to illness   |  |  |  | | --- | --- | --- | |  | a. | because our somatic nervous system affects physiological changes. | |  | b. | because our experiences with stressors are inconsistent. | |  | c. | by promoting a healthy lifestyle. | |  | d. | by influencing our physiology and behaviors. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 122. Fear is to \_\_\_\_\_\_\_\_ as anger is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | fight; freeze | |  | b. | freeze, flight | |  | c. | fight; flight | |  | d. | flight; fight |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 123. Seeing anger as a threat to group harmony is most likely in people who keenly sense their   |  |  |  | | --- | --- | --- | |  | a. | individualism. | |  | b. | independence. | |  | c. | interdependence. | |  | d. | adaptation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 124. Reducing one's anger through aggressive action or fantasy is called   |  |  |  | | --- | --- | --- | |  | a. | catharsis. | |  | b. | behavior feedback. | |  | c. | spontaneous remission. | |  | d. | relative deprivation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 125. Encouraging people to vent their anger in order to reduce aggressive urges presumes that angry expressions promote   |  |  |  | | --- | --- | --- | |  | a. | catharsis. | |  | b. | forgiveness. | |  | c. | reduced lymphocyte levels. | |  | d. | the general adaptation syndrome. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 126. The term *catharsis* refers to emotional   |  |  |  | | --- | --- | --- | |  | a. | disturbance. | |  | b. | inhibition. | |  | c. | release. | |  | d. | adaptation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 127. According to the concept of catharsis, retaliating against someone who provokes us can calm us because retaliation   |  |  |  | | --- | --- | --- | |  | a. | relieves aggressive urges. | |  | b. | reduces the effects of flow. | |  | c. | promotes shared experiences. | |  | d. | triggers the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 128. Charles Darwin suggested that violent gestures increase one's anger. This is most *in*consistent with   |  |  |  | | --- | --- | --- | |  | a. | the tend-and-befriend response. | |  | b. | the general adaptation syndrome. | |  | c. | catharsis. | |  | d. | psychoneuroimmunology. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 129. Expressing anger can temporarily calm us if it   |  |  |  | | --- | --- | --- | |  | a. | increases heart rate and respiration. | |  | b. | does not leave us feeling guilty or anxious. | |  | c. | releases sugar and fat from the body's stores. | |  | d. | triggers the release of stress hormones by the adrenal glands. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 130. In which of the following situations would the expression of anger calm the child emotionally?   |  |  |  | | --- | --- | --- | |  | a. | Carla attacks her intimidating older sister for calling her a name. | |  | b. | Claire attacks her friendly older sister for no good reason. | |  | c. | Christine attacks her irritating younger sister for calling her a name. | |  | d. | Camila attacks her playful younger sister for no good reason. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 131. Nadia believes she can relieve the anger she feels at a former boss by yelling and hitting a pillow. Nadia's belief is based on the   |  |  |  | | --- | --- | --- | |  | a. | concept of catharsis. | |  | b. | adaptation-level phenomenon. | |  | c. | feel-good, do-good phenomenon. | |  | d. | the concept of flow.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 132. Reduced feelings of tension following aggressive outbursts are most likely to contribute to   |  |  |  | | --- | --- | --- | |  | a. | a Type B personality. | |  | b. | the tend-and-befriend response. | |  | c. | the general adaptation syndrome. | |  | d. | the reinforcement of aggression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 133. Which of the following is NOT a recommended way to manage anger?   |  |  |  | | --- | --- | --- | |  | a. | wait | |  | b. | vent | |  | c. | find a distraction | |  | d. | distance yourself |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 134. Ruminating inwardly about why you are angry is likely to   |  |  |  | | --- | --- | --- | |  | a. | reduce your level of physical arousal. | |  | b. | increase blood flow in the amygdala. | |  | c. | reduce your feelings of anger. | |  | d. | increase your level of lymphocyte production. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 135. Which of the following is most adaptive in terms of anger?   |  |  |  | | --- | --- | --- | |  | a. | hostile outbursts | |  | b. | pent-up angry feelings | |  | c. | controlled expressions | |  | d. | interpersonal aggression |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 136. Talia is angry with her roommate for not helping her to wash and dry the dinner dishes. Anger experts would most likely recommend that she deal with her frustration by saying to him   |  |  |  | | --- | --- | --- | |  | a. | “I'm not your mother. Take some responsibility.” | |  | b. | “From now on I'm going to leave my dirty dishes in the sink until there is no more room.” | |  | c. | “It annoys me that you leave the dirty dishes for me to wash.” | |  | d. | “I refuse to give you your late-night snack until you do the dishes.” |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 137. Coping refers to a variety of methods used to   |  |  |  | | --- | --- | --- | |  | a. | avoid the adaptation-level phenomenon. | |  | b. | inhibit learned helplessness. | |  | c. | prevent the release of cortisol. | |  | d. | alleviate stress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 138. Alleviating stress using emotional, cognitive, or behavioral methods is known as   |  |  |  | | --- | --- | --- | |  | a. | coping. | |  | b. | control. | |  | c. | learned helplessness. | |  | d. | meditation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 139. Coping with stress includes all of the following methods except \_\_\_\_\_\_\_\_ methods.   |  |  |  | | --- | --- | --- | |  | a. | emotional | |  | b. | cognitive | |  | c. | intellectual | |  | d. | behavioral |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 140. People attempt to alleviate stress by   |  |  |  | | --- | --- | --- | |  | a. | relying on their intelligence. | |  | b. | using an external locus of control. | |  | c. | problem-focused and emotion-focused coping. | |  | d. | trying biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 141. Attempting to alleviate stress directly by changing the stressor is known as   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation. | |  | b. | biofeedback. | |  | c. | problem-focused coping. | |  | d. | the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 142. To reduce the stress of being laid off during the COVID-19 pandemic, Carter enrolled in college courses that led to full-time employment. Carter’s behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | an external locus of control. | |  | c. | problem-focused coping. | |  | d. | a Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 143. Attempting to alleviate stress by avoiding or ignoring a stressor because we believe we cannot change the situation is known as   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation. | |  | b. | emotion-focused coping. | |  | c. | problem-focused coping. | |  | d. | the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 144. Jessica has received a C in her chemistry course., To reduce the stress caused by her fear of failing the course, she seeks social support from her friends and family. Jessica’s behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | biofeedback. | |  | c. | problem-focused coping. | |  | d. | emotion-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 145. Mario’s father has recently passed away after a long battle with cancer. To relieve some of the stress he feels, Mario has become more actively engaged in his community. His response best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the faith factor. | |  | b. | biofeedback. | |  | c. | emotion-focused coping. | |  | d. | a Type B personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 146. A habit of playing video games to take your mind off your worry about keeping up with class reading assignments best illustrates a maladaptive   |  |  |  | | --- | --- | --- | |  | a. | internal locus of control. | |  | b. | Type B personality. | |  | c. | problem-focused coping strategy. | |  | d. | emotion-focused coping strategy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 147. Addressing stressors with problem-focused coping would be most characteristic of those   |  |  |  | | --- | --- | --- | |  | a. | with a Type B personality. | |  | b. | who have a sense of personal control. | |  | c. | with a pessimistic outlook. | |  | d. | with low endorphin levels. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 148. A sense that you can exert an influence on your environment is called   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | subjective well-being | |  | c. | personal control. | |  | d. | resilience. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 149. Although she scored a satisfactory 85 on her last history exam, Hannah would like to get an even better grade. So, she decides to spend more time studying each week, including reviewing her class notes. She believes that if she makes these changes, she can easily get a higher score on the next exam. Hannah is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | a low level of personal control. | |  | b. | a high level of personal control. | |  | c. | a low level of optimism. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 150. Rats that received electric shocks were unlikely to develop ulcers if the   |  |  |  | | --- | --- | --- | |  | a. | shocks were systematically associated with the delivery of appetizing food. | |  | b. | shocks were quickly terminated by the experimenter. | |  | c. | rats could control the termination of the shocks. | |  | d. | shocks became a routine part of the rats' daily life. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 151. The passive resignation that accompanies an inability to avoid repeated aversive events is called   |  |  |  | | --- | --- | --- | |  | a. | an internal locus of control. | |  | b. | emotion-focused coping. | |  | c. | the adaptation-level phenomenon. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 152. Who demonstrated that for some animals and people, a series of uncontrollable events creates a state of learned helplessness?   |  |  |  | | --- | --- | --- | |  | a. | Martin Seligman | |  | b. | Julian Rotter | |  | c. | Bob Mankoff | |  | d. | James Pennebaker |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 153. Dogs strapped in a harness and given repeated shocks that they could not avoid developed   |  |  |  | | --- | --- | --- | |  | a. | a Type B personality. | |  | b. | an internal locus of control. | |  | c. | learned helplessness. | |  | d. | problem-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 154. After experiencing inescapable brutalities as a prisoner in a Nazi concentration camp, Mr. Sternberg became apathetic, stopped eating, and gave up all efforts to physically survive the ordeal. Mr. Sternberg's reaction most clearly illustrates   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | the faith factor. | |  | c. | learned helplessness. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 155. Thiago, who started smoking when he was 16, has been trying to quit for the last few years. He succeeds for a while, but when something bad happens, he returns to smoking. He has decided to stop trying to quit. Thiago is exhibiting   |  |  |  | | --- | --- | --- | |  | a. | an internal locus of control. | |  | b. | problem-focused coping. | |  | c. | pessimism. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 156. During the COVID-19 pandemic, many people felt there was nothing they could do avoid getting the virus, so they simply refused to wear masks, socially distance, or be vaccinated. These people were demonstrating   |  |  |  | | --- | --- | --- | |  | a. | an internal locus of control. | |  | b. | problem-focused coping. | |  | c. | pessimism. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 157. In one study, 93 percent of nursing home patients became happier, more active, and more alert when they experienced   |  |  |  | | --- | --- | --- | |  | a. | personal control. | |  | b. | relaxation. | |  | c. | cortisol injections. | |  | d. | mindfulness meditation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 158. Elderly nursing home residents tend to decline faster and die sooner than they would otherwise if they lack   |  |  |  | | --- | --- | --- | |  | a. | biofeedback. | |  | b. | mindfulness meditation. | |  | c. | perceived control. | |  | d. | Type A personalities. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 159. British executives have tended to outlive those in clerical or laboring positions. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | biofeedback. | |  | b. | perceived control. | |  | c. | the faith factor. | |  | d. | emotion-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 160. As a result of being taken from their parents at the U.S. southern border, migrant children experienced   |  |  |  | | --- | --- | --- | |  | a. | lower levels of cortisol. | |  | b. | an internal locus of control. | |  | c. | an optimistic explanatory style. | |  | d. | diminished feelings of control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 161. Feeling unable to control the environment tends to result in   |  |  |  | | --- | --- | --- | |  | a. | low blood pressure. | |  | b. | reduced immune responses. | |  | c. | problem-focused coping. | |  | d. | low blood sugar levels. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 162. A perceived loss of control is associated with \_\_\_\_\_\_\_\_ stress hormone levels and \_\_\_\_\_\_\_\_ immune system activity.   |  |  |  | | --- | --- | --- | |  | a. | increased; decreased | |  | b. | decreased; increased | |  | c. | increased; increased | |  | d. | decreased; decreased |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 163. When humans or other primates feel unable to control their environment, their stress hormone levels \_\_\_\_\_\_\_\_ and their blood pressure \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | increase; decreases | |  | b. | increase; increases | |  | c. | decrease; decreases | |  | d. | decrease; increases |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 164. Perceived loss of control is most likely to be accompanied by elevated levels of   |  |  |  | | --- | --- | --- | |  | a. | norepinephrine. | |  | b. | lymphocytes. | |  | c. | serotonin. | |  | d. | cortisol. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 165. Marcus lives in a crowded neighborhood where most of the residents are of low socioeconomic status. Because of this he feels that he has little control over his environment. His body is most likely to respond with   |  |  |  | | --- | --- | --- | |  | a. | reduced stress hormone levels. | |  | b. | increased immune responses. | |  | c. | lowered cortisol level. | |  | d. | elevated blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 166. The idea of an external locus of control was proposed by   |  |  |  | | --- | --- | --- | |  | a. | Martin Seligman. | |  | b. | Julian Rotter. | |  | c. | Ellen Langer. | |  | d. | Bob Mankoff. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 167. The perception that our fate is determined by chance reflects   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | a Type A personality. | |  | c. | an external locus of control. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 168. Seymour contends that sociology exams contain questions about topics not covered in class and so studying is useless. Seymour’s belief most clearly illustrates   |  |  |  | | --- | --- | --- | |  | a. | emotion-focused coping. | |  | b. | relative deprivation. | |  | c. | an external locus of control. | |  | d. | problem-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 169. Learned helplessness is most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | a Type A personality. | |  | b. | an external locus of control. | |  | c. | problem-focused coping. | |  | d. | the faith factor. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 170. Caleb and Lucy believe that using a condom will have no effect on whether Lucy becomes pregnant. Their lack of perceptiveness best illustrates the dangers of   |  |  |  | | --- | --- | --- | |  | a. | emotion-focused coping. | |  | b. | mindfulness meditation. | |  | c. | Type B personalities. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 171. Those who perceive an internal locus of control believe that   |  |  |  | | --- | --- | --- | |  | a. | world events are largely controlled by a few powerful people. | |  | b. | personal freedom decreases life satisfaction. | |  | c. | individuals can influence their own outcomes in life. | |  | d. | self-control grows permanently weaker with exercise. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 172. Bella is sure that her new arts and crafts store will be successful if she works hard and selects only the best products. Her belief most clearly illustrates   |  |  |  | | --- | --- | --- | |  | a. | a Type B personality. | |  | b. | the faith factor. | |  | c. | emotion-focused coping. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 173. Those with an internal locus of control act \_\_\_\_\_\_\_\_ independently and feel \_\_\_\_\_\_\_\_ depressed than those with an external locus of control.   |  |  |  | | --- | --- | --- | |  | a. | more; more | |  | b. | less; less | |  | c. | more; less | |  | d. | less; more |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 174. Those who had expressed a more internal locus of control at age 10 experienced all of the following at age 30 EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increased depression. | |  | b. | less obesity. | |  | c. | lower blood pressure. | |  | d. | less distress. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 175. Compared to those with an external locus of control, people who perceive an internal locus of control are more likely to   |  |  |  | | --- | --- | --- | |  | a. | be shy personalities. | |  | b. | suffer high blood pressure. | |  | c. | conform to social pressure. | |  | d. | cope effectively with stress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 176. A belief in free will is most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | the faith factor. | |  | b. | mindfulness meditation. | |  | c. | an internal locus of control. | |  | d. | a Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 177. Rodrigo has worked very hard at perfecting his skills and so was just hired for the job of his dreams. Rodrigo believes he is in control of his life, which is another way of saying that he believes in   |  |  |  | | --- | --- | --- | |  | a. | an optimistic explanatory style. | |  | b. | the faith factor. | |  | c. | free will. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 178. Our ability to control impulses and delay short-term gratification for greater long-term rewards best illustrates   |  |  |  | | --- | --- | --- | |  | a. | self-control. | |  | b. | the adaptation-level phenomenon. | |  | c. | an external locus of control. | |  | d. | the faith factor. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 179. Research has connected all of the following with high levels of self-control EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | good health. | |  | b. | low personal control. | |  | c. | higher income. | |  | d. | better school performance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 180. Research has found that strengthened self-control is related to improved self-management of anger, smoking, impulsive spending, and   |  |  |  | | --- | --- | --- | |  | a. | alcohol consumption. | |  | b. | dishonesty. | |  | c. | free will. | |  | d. | intelligence. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 181. Hungry people who had resisted the temptation to eat chocolate chip cookies then abandoned a tedious task sooner than did others. This illustrated that self-control momentarily weakens following the   |  |  |  | | --- | --- | --- | |  | a. | the exercise of willpower. | |  | b. | relative deprivation. | |  | c. | an external locus of control. | |  | d. | mindfulness meditation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 182. Joshua was able to resist the temptation to ask for a second helping of mashed potatoes; he later was unable to resist the temptation to have a large piece of apple pie for dessert. Joshua’s overeating of dessert best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation. | |  | b. | a Type B personality. | |  | c. | learned helplessness. | |  | d. | using up self-control energy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 183. Marge is trying to stop biting her nails. Based on information from the text, which of the following actions would be best to help Marge quit biting her nails?   |  |  |  | | --- | --- | --- | |  | a. | frequently practice overcoming the urge to bite her nails | |  | b. | put hot sauce on her fingertips | |  | c. | sit on her hands | |  | d. | join a support group for nail biters |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 184. People who typically anticipate that their outcomes in life will be negative best illustrate   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | the Type A personality. | |  | c. | pessimism. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 185. Eshana expects that her latest romantic relationship will turn out as badly as the last one did. What can we say about Eshana?   |  |  |  | | --- | --- | --- | |  | a. | She has an internal locus of control. | |  | b. | She is a pessimist. | |  | c. | She is using emotion-focused coping. | |  | d. | She is using the adaptation-level phenomenon to explain her situation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 186. Those who attribute their poor performance to a lack of ability or to situations beyond their control demonstrate   |  |  |  | | --- | --- | --- | |  | a. | pessimism. | |  | b. | problem-focused coping. | |  | c. | subjective well-being. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 187. Emilia believes that she will never get into the college of her choice because she is just not smart enough. Emilia is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | pessimism. | |  | b. | problem-focused coping. | |  | c. | subjective well-being. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 188. Learned helplessness is most likely to promote   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | an internal locus of control. | |  | c. | mindfulness meditation. | |  | d. | pessimism. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 189. People who expect things to go well and who expect more control over their life illustrate   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | emotion-focused coping. | |  | c. | optimism. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 190. Nilesh rarely feels stressed because he expects that everything he does will work out well. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | a Type A personality. | |  | b. | an external locus of control. | |  | c. | optimism. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 191. People who doubt their goals can be achieved are described as \_\_\_\_\_\_\_\_; people who believe their goals are achievable are described as \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | having an external locus of control; having an internal locus of control | |  | b. | pessimistic; optimistic | |  | c. | having an internal locus of control; having an external locus of control | |  | d. | optimistic; pessimistic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 192. Charmaine wants to be an architect but feels that her goals are likely out of reach. Jazmine wants to be an elementary school teacher and believes that she will accomplish her goals within the next few years. Charmaine could be described as \_\_\_\_\_\_\_\_, and Jazmine could be described as \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | having an external locus of control; having an internal locus of control | |  | b. | pessimistic; optimistic | |  | c. | having an internal locus of control; having an external locus of control | |  | d. | optimistic; pessimistic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 193. During the first few weeks of law school, students were observed to enjoy better moods and have stronger immune systems if they   |  |  |  | | --- | --- | --- | |  | a. | exhibited an external locus of control. | |  | b. | were optimistic. | |  | c. | had high blood sugar levels. | |  | d. | utilized biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 194. When romantic partners wrestle with conflicts, those with a(n) \_\_\_\_\_\_\_\_ tend to see each other as engaging constructively.   |  |  |  | | --- | --- | --- | |  | a. | Type A personality | |  | b. | external locus of control | |  | c. | low serotonin level | |  | d. | optimistic outlook |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 195. In long-term studies of nurses and veterans, those who were more optimistic were \_\_\_\_\_\_\_\_ percent more likely than pessimists to live beyond 85.   |  |  |  | | --- | --- | --- | |  | a. | 30 | |  | b. | 40 to 50 | |  | c. | 60 to 80 | |  | d. | 50 to 70 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 196. Margaret is approaching the end of her life but feels more life satisfaction. This likely means that Margaret is   |  |  |  | | --- | --- | --- | |  | a. | optimistic. | |  | b. | pessimistic. | |  | c. | demonstrating self-control. | |  | d. | demonstrating an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 197. Compared with pessimists, optimists have \_\_\_\_\_\_\_\_ life expectancy, and they approach death with a feeling of \_\_\_\_\_\_\_\_ life satisfaction.   |  |  |  | | --- | --- | --- | |  | a. | about the same; greater | |  | b. | about the same; less | |  | c. | a longer; greater | |  | d. | a longer; less |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 198. Katie and Anna are identical twins. Anna tends to be very optimistic. What does this tell you about Katie?   |  |  |  | | --- | --- | --- | |  | a. | She is likely to be optimistic. | |  | b. | She is not likely to have self-control. | |  | c. | She is likely to be pessimistic. | |  | d. | She has less social support. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 199. Compared with pessimists who simply kept diaries of their daily activities, pessimists in a skill-building group reported   |  |  |  | | --- | --- | --- | |  | a. | increased outpouring of cortisol. | |  | b. | more active lymphocytes. | |  | c. | lower levels of depression. | |  | d. | lower levels of epinephrine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. Mary feels that she is liked by her closest friends and family members. She also feels encouraged by them. This is likely to   |  |  |  | | --- | --- | --- | |  | a. | increase her optimism. | |  | b. | improve her emotion-focused coping. | |  | c. | reduce the amount of control she has. | |  | d. | promote both happiness and health. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 201. People who laugh a lot have exhibited a lower incidence of   |  |  |  | | --- | --- | --- | |  | a. | cancer. | |  | b. | emotion-focused coping. | |  | c. | heart disease. | |  | d. | problem-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 202. Close relationships have predicted \_\_\_\_\_\_\_\_ in both individualist and collectivist cultures.   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation | |  | b. | an internal locus of control | |  | c. | reduced self-control | |  | d. | health and happiness |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 203. Which of the following is true regarding social support and culture?   |  |  |  | | --- | --- | --- | |  | a. | Individualists have less social support because they are more independent. | |  | b. | Collectivists have more social support because they are more interdependent. | |  | c. | Social support is related to increased happiness and health in both individualist and collectivist cultures. | |  | d. | Social support is related to increased happiness and health only if the people are in a romantic relationship. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 204. One 7-decade-long study found that at age 50, healthy aging was better predicted by \_\_\_\_\_\_\_\_ than by a low cholesterol level.   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control | |  | b. | mindfulness meditation | |  | c. | a good marriage | |  | d. | a type A personality |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 205. Compared with divorced people, people in a quality marriage are more likely to   |  |  |  | | --- | --- | --- | |  | a. | live longer. | |  | b. | engage in stress appraisal. | |  | c. | experience elevated blood sugar. | |  | d. | practice mindfulness meditation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 206. Which of the following is most important regarding the relationship between marriage and longevity?   |  |  |  | | --- | --- | --- | |  | a. | marital status | |  | b. | length of marriage | |  | c. | quality of the marriage | |  | d. | number of marriages |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 207. Social support helps to promote cardiovascular health by   |  |  |  | | --- | --- | --- | |  | a. | reducing blood pressure. | |  | b. | inhibiting immune system activity. | |  | c. | reducing the production of macrophage cells. | |  | d. | redistributing blood flow from internal organs to skeletal muscles. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 208. Social support can lead to all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increased happiness. | |  | b. | increased level of anxiety. | |  | c. | improved health. | |  | d. | improved sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 209. Daniel was supported by a large group of friends after suffering a serious personal loss. Research suggests that this social support was likely to improve Daniel’s health by reducing his   |  |  |  | | --- | --- | --- | |  | a. | blood pressure. | |  | b. | immune functioning. | |  | c. | endorphin levels. | |  | d. | internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 210. Which of the following is NOT true regarding social support and stress?   |  |  |  | | --- | --- | --- | |  | a. | Coping with stress calms us and reduces blood pressure and stress hormones. | |  | b. | Coping with stress fosters stronger immune functioning. | |  | c. | Close relationships provide an opportunity to confide painful feelings. | |  | d. | Coping with stress is associated with increased negativity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 211. Barbara and Steve are happily married, and their oldest child is about to leave home to head off to college. For Barbara, this is a stressful event that she has been dreading. What can she do to help her reduce the stress she feels about this event?   |  |  |  | | --- | --- | --- | |  | a. | She can hold her breath. | |  | b. | She can convince the child not to go to college. | |  | c. | She can hold Steve’s hand. | |  | d. | She can move closer to the college campus. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 212. Which of the following is most likely to foster stronger immune functioning?   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control | |  | b. | social support | |  | c. | a Type A personality | |  | d. | increased cortisol levels |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 213. The short-term effect of confiding painful feelings may be arousal, but in the long term, talking about painful stress-producing experiences   |  |  |  | | --- | --- | --- | |  | a. | reduces subjective well-being. | |  | b. | uses up our self-control energy. | |  | c. | improves overall health. | |  | d. | redistributes blood flow from internal organs to the skeletal muscles. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 214. Undergraduate women who had experienced a traumatic sexual experience as children were especially likely to report health problems if they had   |  |  |  | | --- | --- | --- | |  | a. | grown up in a religious family. | |  | b. | kept the experience a secret. | |  | c. | been victimized before age 5. | |  | d. | been victimized by a stranger rather than by a close relative. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 215. Which of the following has NOT been associated with pet ownership?   |  |  |  | | --- | --- | --- | |  | a. | increasing coronary risk factors | |  | b. | increasing the chances of survival after a heart attack | |  | c. | reducing depression among those with AIDS | |  | d. | lowering blood pressure |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 216. George now lives alone as all of his children are grown and have families of their own. His daughter recently surprised him with a new dog. For George, having a dog is likely to   |  |  |  | | --- | --- | --- | |  | a. | decrease his self-control. | |  | b. | limit his external locus of control. | |  | c. | decrease the amount of exercise he gets. | |  | d. | give him a companion and increase his social support. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 217. Activities such as jogging or swimming are forms of   |  |  |  | | --- | --- | --- | |  | a. | mindfulness training. | |  | b. | relaxation. | |  | c. | aerobic exercise. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 218. \_\_\_\_\_\_\_\_ increases heart and lung fitness and helps alleviate depression and anxiety.   |  |  |  | | --- | --- | --- | |  | a. | Aerobic exercise | |  | b. | Biofeedback | |  | c. | Meditation | |  | d. | Social support |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 219. Aria has a reduced risk of having a heart attack. Which of the following may be responsible for strengthening Aria’s heart, increasing blood flow, keeping blood vessels open, and lowering her blood pressure; all of which reduce the risk of having a heart attack?   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control | |  | b. | elevated cortisol levels | |  | c. | biofeedback | |  | d. | aerobic exercise |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 220. Which of the following can increase both heart and lung fitness?   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control | |  | b. | elevated cortisol levels | |  | c. | biofeedback | |  | d. | aerobic exercise |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 221. Jeff wants to improve his heart and lung fitness while also reducing his depression and anxiety over problems at home. Jeff is most likely to engage in   |  |  |  | | --- | --- | --- | |  | a. | emotion-focused coping. | |  | b. | self-control. | |  | c. | biofeedback. | |  | d. | aerobic exercise. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 222. Aerobic exercise has been associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increased self-confidence. | |  | b. | increased energy. | |  | c. | increased risk for obesity. | |  | d. | toned muscles. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 223. Aerobic exercise has been most closely linked to a decrease in   |  |  |  | | --- | --- | --- | |  | a. | endorphin production. | |  | b. | depression. | |  | c. | problem-focused coping. | |  | d. | serotonin. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 224. Mildly depressed female college students assigned to a program of \_\_\_\_\_\_\_\_ reported a greater decrease in depression than those assigned to a program of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping; emotion-focused coping | |  | b. | biofeedback; meditation | |  | c. | aerobic exercise; relaxation exercises | |  | d. | dietary restriction; cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 225. Marletta has not been happy with the way things are going in her life, so she has decided to make some changes. For one thing, she has started jogging three times a week for at least 30 minutes each time. She is most likely to experience   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control. | |  | b. | elevated cortisol levels. | |  | c. | a decrease in depression. | |  | d. | an inability to sleep after exercising. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 226. Natalie is feeling stressed and depressed. Which of the following would increase the activity of the neurotransmitters norepinephrine, serotonin, and the endorphins and thus improve her mood?   |  |  |  | | --- | --- | --- | |  | a. | biofeedback | |  | b. | relaxation training | |  | c. | mindfulness meditation | |  | d. | aerobic exercise |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 227. Aerobic exercise has been associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | muscle relaxation. | |  | b. | sound sleep. | |  | c. | biofeedback. | |  | d. | toned muscles. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 228. Which of the following is a stress-management technique that counteracts depression by increasing arousal and increasing the brain's serotonin activity?   |  |  |  | | --- | --- | --- | |  | a. | biofeedback | |  | b. | relaxation | |  | c. | mindfulness meditation | |  | d. | aerobic exercise |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 229. Aerobic exercise is associated with   |  |  |  | | --- | --- | --- | |  | a. | increased levels of serotonin and decreased levels of the endorphins. | |  | b. | decreased levels of serotonin and increased levels of the endorphins. | |  | c. | increased levels of serotonin and increased levels of the endorphins. | |  | d. | decreased levels of serotonin and decreased levels of the endorphins. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 230. Evidence suggests that \_\_\_\_\_\_\_\_ may foster neurogenesis.   |  |  |  | | --- | --- | --- | |  | a. | meditation | |  | b. | optimism | |  | c. | social support | |  | d. | aerobic exercise |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 231. Which of the following is a system of recording, amplifying, and feeding back information about subtle psychological responses?   |  |  |  | | --- | --- | --- | |  | a. | external locus of control | |  | b. | mindfulness meditation | |  | c. | biofeedback | |  | d. | aerobic exercise |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 232. Marlene’s baby was born prematurely. According to the research, \_\_\_\_\_\_\_\_ will help the baby relax.   |  |  |  | | --- | --- | --- | |  | a. | biofeedback | |  | b. | meditation | |  | c. | massage | |  | d. | social support |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 233. Margo has been extremely stressed and upset. However, after \_\_\_\_\_\_\_\_ she now feels relaxed and is no longer feeling stressed and upset.   |  |  |  | | --- | --- | --- | |  | a. | developing an external locus of control | |  | b. | learning how to manage her Type A personality | |  | c. | taking medication to reduce her serotonin levels | |  | d. | getting a massage |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 234. Relaxation procedures have been found to reduce   |  |  |  | | --- | --- | --- | |  | a. | adaptation levels. | |  | b. | immune system functioning. | |  | c. | depression levels. | |  | d. | endorphin levels. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 235. Angus, a 45-year-old financial consultant and Type A personality, is in the hospital after experiencing a heart attack. To prevent having another heart attack, Angus would probably benefit most from   |  |  |  | | --- | --- | --- | |  | a. | massage therapy. | |  | b. | early retirement. | |  | c. | relaxation training. | |  | d. | pain-control medication. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 236. Who tested the idea that being taught to modify your lifestyle as well as being provided with standard advice about medication, exercise, and diet reduces the risk of having a second heart attack?   |  |  |  | | --- | --- | --- | |  | a. | Walter Cannon | |  | b. | Ben Carpenter | |  | c. | Hans Selye | |  | d. | Meyer Friedman |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 237. After surviving a massive heart attack, Marco has learned to relax by walking, talking, and eating more slowly. Whose research confirmed the value of relaxation?   |  |  |  | | --- | --- | --- | |  | a. | Jeremy Morris | |  | b. | Bill Bryson | |  | c. | Meyer Friedman and Ray Rosenman | |  | d. | Martin Seligman |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 238. Based on the work of Friedman, Rosenman, and their colleagues, a key determinant in reducing the risk of a heart attack is   |  |  |  | | --- | --- | --- | |  | a. | being informed of needed lifestyle changes. | |  | b. | learning how to change your lifestyle. | |  | c. | engaging in aerobic exercise daily. | |  | d. | medication. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 239. Researchers used \_\_\_\_\_\_\_\_ to help Type A heart attack survivors reduce their risk of future attacks.   |  |  |  | | --- | --- | --- | |  | a. | aerobic exercise | |  | b. | relaxation | |  | c. | endorphins | |  | d. | mindfulness meditation |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 240. Friedman and Rosenman’s research was designed to help hard-driving Type A heart attack survivors. Based on that research, which of the following people is LESS likely to have a second heart attack?   |  |  |  | | --- | --- | --- | |  | a. | Jiman, who has maintained his competitive lifestyle | |  | b. | Carlos, who has learned to admit his mistakes and take time to enjoy life | |  | c. | Kahlila, who exercises only when the mood strikes her | |  | d. | Melissa, who continues to be impatient with others' slowness |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 241. Attending closely to our immediate experiences in a nonjudgmental and accepting manner is most clearly central to   |  |  |  | | --- | --- | --- | |  | a. | an internal locus of control. | |  | b. | the adaptation-level phenomenon. | |  | c. | mindfulness meditation. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 242. Kinsley is sitting alone, silently attending to her inner state, without judging it, and mentally scanning her body. Kinsley’s behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | self-control. | |  | b. | an external locus of control. | |  | c. | the faith factor. | |  | d. | mindfulness meditation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 243. Mindfulness meditation has been found to reduce   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | endorphin levels. | |  | c. | personal control. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 244. Mindfulness meditation practices have been shown to   |  |  |  | | --- | --- | --- | |  | a. | improve sleep. | |  | b. | reduce endorphin production. | |  | c. | increase alcohol abuse. | |  | d. | increase an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 245. Practicing mindfulness meditation has been associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increased happiness. | |  | b. | increased sadness. | |  | c. | reduced anxiety. | |  | d. | reduced depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 246. In one experiment, Korean participants were asked to think about their own mortality. Those who \_\_\_\_\_\_\_\_ were less anxious when reminded of their own inevitable death.   |  |  |  | | --- | --- | --- | |  | a. | meditated | |  | b. | exercised | |  | c. | relaxed | |  | d. | slept |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 247. Jennifer engages in mindfulness meditation regularly. Which of the following is something she should NOT expect?   |  |  |  | | --- | --- | --- | |  | a. | improved sleep | |  | b. | better immune system functioning | |  | c. | increased helpfulness | |  | d. | decreased intelligence |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 248. Experimental participants did not show strong differences in brain activation whether watching a sad or a neutral movie if they   |  |  |  | | --- | --- | --- | |  | a. | were Type A personalities. | |  | b. | perceived an external locus of control. | |  | c. | had been trained in mindfulness meditation. | |  | d. | experienced weakened immune functioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 249. During mindfulness meditation, a part of the \_\_\_\_\_\_\_\_ involved in emotion regulation is \_\_\_\_\_\_\_\_ active than usual.   |  |  |  | | --- | --- | --- | |  | a. | prefrontal cortex; less | |  | b. | parietal lobe; less | |  | c. | prefrontal cortex; more | |  | d. | parietal lobe; more |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 250. When labeling emotions, mindful people show less activation in the   |  |  |  | | --- | --- | --- | |  | a. | prefrontal cortex. | |  | b. | telomeres. | |  | c. | amygdala. | |  | d. | parietal lobe. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 251. Which of the following is NOT taking place in the brain as one practices mindfulness?   |  |  |  | | --- | --- | --- | |  | a. | Connections among brain regions are strengthened. | |  | b. | Brain regions associated with reflective awareness are activated. | |  | c. | Blood flow in brain regions is decreased. | |  | d. | Brain activation in emotional situations is calmed. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 252. Mortimer practices mindfulness meditation. Correlational and experimental research offer an explanation for the effectiveness of meditation in reducing stress. Which of the following is NOT one of their explanations?   |  |  |  | | --- | --- | --- | |  | a. | Mindfulness calms brain activation in emotional situations. | |  | b. | Mindfulness increases activation of the amygdala. | |  | c. | Mindfulness strengthens connections among brain regions. | |  | d. | Mindfulness activates regions associated with more reflective awareness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 253. The correlation between religious involvement and life expectancy best illustrates the health value of   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | an external locus of control. | |  | c. | a Type A personality. | |  | d. | the faith factor. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 254. Israelis living in nonreligious collective settlements were observed to have \_\_\_\_\_\_\_\_ than those living in religiously orthodox collective settlements.   |  |  |  | | --- | --- | --- | |  | a. | higher rates of death | |  | b. | better emotion-focused coping skills | |  | c. | better self-control | |  | d. | better problem-focused coping skills |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 255. It has been speculated that having a religious affiliation is associated with \_\_\_\_\_\_\_\_ of additional life.   |  |  |  | | --- | --- | --- | |  | a. | 2 years | |  | b. | 5.5 years | |  | c. | 7.5 years | |  | d. | 10 years |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 256. Which of the following statements is FALSE?   |  |  |  | | --- | --- | --- | |  | a. | Religious involvement is related to greater life expectancy, but only for women. | |  | b. | Religious involvement is related to greater life expectancy for both men and women. | |  | c. | Religious involvement is a predictor of health and longevity. | |  | d. | Religiously active people live longer than those who are not religiously active. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 257. The correlation between religious involvement and life expectancy is \_\_\_\_\_\_\_\_ among women and \_\_\_\_\_\_\_\_ among men.   |  |  |  | | --- | --- | --- | |  | a. | positive; negative | |  | b. | negative; positive | |  | c. | positive; positive | |  | d. | negative; negative |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 258. Horace and Abigail are both religious people who attend church services at least twice a week. What can we say about Horace and Abigail?   |  |  |  | | --- | --- | --- | |  | a. | Horace is likely to live longer than Abigail because he is healthier. | |  | b. | Abigail is likely to outlive Horace because women have a stronger immune system. | |  | c. | They are both likely to live longer than those with no religious affiliation. | |  | d. | Both will live about the same number of years as those with no religious affiliation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 259. Which of the following is NOT associated with religiously active people?   |  |  |  | | --- | --- | --- | |  | a. | healthier immune system functioning | |  | b. | fewer hospital admissions | |  | c. | longer survival for those suffering from AIDS | |  | d. | reduction in social support |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 260. One of the factors that might account for the association of religious involvement and life expectancy is   |  |  |  | | --- | --- | --- | |  | a. | a pessimistic explanatory style. | |  | b. | self-control. | |  | c. | an external locus of control. | |  | d. | immune suppression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 261. Most of the adults living in Stuart, Florida, attend weekly religious services; most of the adults in nearby West Palm Beach do not. Compared with the residents of West Palm Beach, the adults living in Stuart are more likely to   |  |  |  | | --- | --- | --- | |  | a. | have elevated levels of cortisol. | |  | b. | develop an external locus of control. | |  | c. | have a physically healthy lifestyle. | |  | d. | experience the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 262. One possible explanation for the longer life expectancy of religiously active people is that   |  |  |  | | --- | --- | --- | |  | a. | they respond to stress with higher blood pressure. | |  | b. | they have Type A personalities. | |  | c. | their nervous system responds to stress with greater arousal. | |  | d. | they receive more social support. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 263. Research that has controlled for numerous factors related to well-being has found that those who are \_\_\_\_\_\_\_\_ have a stable, coherent worldview, which may be related to their \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | atheist; general positive emotions | |  | b. | religiously active; positive emotions | |  | c. | spiritual but not religious; external locus of control | |  | d. | atheist; external locus of control |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 264. Elissa is 85 years old and still in fairly good health. She attends church regularly and participates in most of the church’s activities. Which of the following is probably NOT true of Elissa?   |  |  |  | | --- | --- | --- | |  | a. | She has a stable, coherent worldview. | |  | b. | She has healthier immune functioning. | |  | c. | She smokes at least a pack of cigarettes every day. | |  | d. | She has a strong support network. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 265. Compared with those who are unhappy, happy people are \_\_\_\_\_\_\_\_ decisive and \_\_\_\_\_\_\_\_ cooperative.   |  |  |  | | --- | --- | --- | |  | a. | less; less | |  | b. | more; more | |  | c. | less; more | |  | d. | more; less |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 266. Which of the following is NOT associated with increased feelings of happiness?   |  |  |  | | --- | --- | --- | |  | a. | generosity | |  | b. | life satisfaction | |  | c. | improved overall health | |  | d. | less career advancement |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 267. Jerome is generally a very happy person. He rarely feels down about daily stresses and seems to see the bright side of everything. Which of the following is NOT something that would be attributed to Jerome?   |  |  |  | | --- | --- | --- | |  | a. | generosity | |  | b. | decreased intelligence | |  | c. | increased career success | |  | d. | increased cooperativeness |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 268. One study surveyed thousands of U.S. college students in 1976 and restudied them at age 37. College students who were \_\_\_\_\_\_\_\_ had gone on to earn significantly more money than their less-happy-than-average peers.   |  |  |  | | --- | --- | --- | |  | a. | angry | |  | b. | sad | |  | c. | fearful | |  | d. | happy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 269. The feel-good, do-good phenomenon refers to the fact that when people feel happy, they   |  |  |  | | --- | --- | --- | |  | a. | are more willing to help others. | |  | b. | make decisions more effectively. | |  | c. | experience a more positive self-image. | |  | d. | report greater satisfaction with their whole lives. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 270. Yannis wants his friend Werner to help him repair the handlebar on his bike. Werner is most likely to be willing to help Yannis after he has   |  |  |  | | --- | --- | --- | |  | a. | unsuccessfully tried to repair a flat tire on his car. | |  | b. | received an A on his psychology test. | |  | c. | heard that a friend was involved in an automobile accident. | |  | d. | been caught cheating on a math test. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 271. Which example is the best illustration of the idea that doing good makes us feel good?   |  |  |  | | --- | --- | --- | |  | a. | Finding money makes people more likely to give money. | |  | b. | People are more likely to volunteer their time to help others after they succeed on a challenging task. | |  | c. | Donating a kidney to another person increases the donor's subjective well-being. | |  | d. | Picking up someone's dropped papers is more likely after people recall a happy event. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 272. In one experiment, helping others caused Spanish workers to experience   |  |  |  | | --- | --- | --- | |  | a. | greater well-being. | |  | b. | depression. | |  | c. | anxiety. | |  | d. | more mental health problems. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 273. Research has shown that even people who donated a kidney, despite the pain, felt good afterward. This supports the   |  |  |  | | --- | --- | --- | |  | a. | feel-good, do-good phenomenon. | |  | b. | relative deprivation principle. | |  | c. | idea of subjective well-being. | |  | d. | do-good, feel-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 274. Bryson volunteers at his local community center regularly. How is he likely to feel on the days he volunteers?   |  |  |  | | --- | --- | --- | |  | a. | angry | |  | b. | sad | |  | c. | fearful | |  | d. | happy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 275. One reason that doing good feels so good is that it   |  |  |  | | --- | --- | --- | |  | a. | promotes self-control. | |  | b. | provides us with a stable, coherent worldview. | |  | c. | strengthens our social relationships. | |  | d. | increases our resilience. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 276. The study of positive well-being, desirable character traits, and enabling institutions is central to the subfield known as   |  |  |  | | --- | --- | --- | |  | a. | cognitive psychology. | |  | b. | behaviorism. | |  | c. | positive psychology. | |  | d. | humanistic psychology. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 277. Dr. Bigelow is using scientific methods to study human flourishing in an effort to discover and promote strengths and virtues that help individuals and communities to thrive. Dr. Bigelow’s area of interest is   |  |  |  | | --- | --- | --- | |  | a. | cognitive psychology. | |  | b. | positive psychology. | |  | c. | behaviorism. | |  | d. | humanistic psychology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 278. Which of the following psychologists has played the greatest leadership role in the development of positive psychology?   |  |  |  | | --- | --- | --- | |  | a. | Meyer Friedman | |  | b. | Julian Rotter | |  | c. | James Pennebaker | |  | d. | Martin Seligman |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 279. Subjective well-being refers to   |  |  |  | | --- | --- | --- | |  | a. | empathy. | |  | b. | relative deprivation. | |  | c. | self-perceived happiness. | |  | d. | emotion-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 280. Professor Magidio adheres to ideals associated with positive psychology and so is examining the ratio of positive to negative feelings among research participants. The professor is assessing their   |  |  |  | | --- | --- | --- | |  | a. | subjective well-being. | |  | b. | relative mood change. | |  | c. | relative deprivation. | |  | d. | adaption level. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 281. Isla strives hard for intimacy, personal growth, and community contribution. Which of the following can be expected of Isla?   |  |  |  | | --- | --- | --- | |  | a. | She will live with higher subjective well-being. | |  | b. | She will be more likely to meditate three times a week. | |  | c. | She has an external locus of control. | |  | d. | She will be less likely to experience the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 282. Satisfaction with the past, happiness with the present, and optimism about the future define   |  |  |  | | --- | --- | --- | |  | a. | the adaptation level phenomenon. | |  | b. | the feel-good, do-good phenomenon. | |  | c. | the do-good, feel-good phenomenon. | |  | d. | positive well-being. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 283. Bruno feels that life is good. He is satisfied with his past, happy with the present, and looking forward to a productive future. According to Martin Seligman, this first pillar of positive psychology is all about   |  |  |  | | --- | --- | --- | |  | a. | positive well-being. | |  | b. | positive traits. | |  | c. | positive groups. | |  | d. | positive communities. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 284. The second pillar of the positive psychology movement focuses on   |  |  |  | | --- | --- | --- | |  | a. | aerobic exercise. | |  | b. | character strengths. | |  | c. | mindfulness meditation. | |  | d. | the relaxation response. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 285. Amanda is focusing on exploring and enhancing her creativity. According to Martin Seligman, this second pillar of positive psychology is all about   |  |  |  | | --- | --- | --- | |  | a. | positive well-being. | |  | b. | positive traits. | |  | c. | positive groups. | |  | d. | positive communities. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 286. The third pillar of positive psychology seeks to foster a positive   |  |  |  | | --- | --- | --- | |  | a. | social ecology. | |  | b. | emotional literacy. | |  | c. | happiness set point. | |  | d. | adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 287. Arjun spends all of his time outside of work with his family, making sure that they have all they need to thrive. According to Martin Seligman, this third pillar of positive psychology is all about   |  |  |  | | --- | --- | --- | |  | a. | positive well-being. | |  | b. | positive traits. | |  | c. | positive groups. | |  | d. | subjective well-being. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 288. The frequency of positive and negative emotion words used by U.S. Facebook users indicates that their most positive moods were expressed on   |  |  |  | | --- | --- | --- | |  | a. | Thursdays. | |  | b. | Fridays. | |  | c. | Wednesdays. | |  | d. | Sundays. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 289. Krisha keeps in touch with her cruise friends via social media, making sure to post information about important events in-between cruises. According to research by Adam Kramer, a person reviewing Krisha’s posts would be able to sense that she is happiest on   |  |  |  | | --- | --- | --- | |  | a. | Monday. | |  | b. | Wednesday. | |  | c. | Friday. | |  | d. | Sunday. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 290. Like most of us, when is Pedro likely to experience positive emotions?   |  |  |  | | --- | --- | --- | |  | a. | in the early morning | |  | b. | during the early to middle part of the day | |  | c. | after lunch | |  | d. | in the evening |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 291. People with an agreeable personality who become blind usually \_\_\_\_\_\_\_\_ recover near-normal levels of day-to-day happiness. Those who become paralyzed usually \_\_\_\_\_\_\_\_ recover near-normal levels of day-to-day happiness.   |  |  |  | | --- | --- | --- | |  | a. | do; do not | |  | b. | do not; do | |  | c. | do; do | |  | d. | do not; do not |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 292. After receiving very bad news, people \_\_\_\_\_\_\_\_ the duration of their negative emotions.   |  |  |  | | --- | --- | --- | |  | a. | overestimate | |  | b. | accurately estimate | |  | c. | slightly underestimate | |  | d. | radically underestimate |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 293. Overall, we tend to \_\_\_\_\_\_\_\_ the duration of our emotions and \_\_\_\_\_\_\_\_ our own levels of resilience.   |  |  |  | | --- | --- | --- | |  | a. | overestimate; underestimate | |  | b. | underestimate; overestimate | |  | c. | externalize; internalize | |  | d. | internalize; externalize |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 294. People in countries where most people have a secure livelihood tend to be \_\_\_\_\_\_\_\_ than those in poor countries. Over time, a rising economic tide \_\_\_\_\_\_\_\_ produced increased happiness.   |  |  |  | | --- | --- | --- | |  | a. | happier; has not | |  | b. | happier; has | |  | c. | less happy; has not | |  | d. | less happy; has |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 295. Within most countries, the power of more money to increase happiness is strongest at   |  |  |  | | --- | --- | --- | |  | a. | low incomes. | |  | b. | middle incomes. | |  | c. | high incomes. | |  | d. | no incomes. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 296. A wage increase of $3000 per year is most likely to increase the subjective well-being of people who currently earn \_\_\_\_\_\_\_\_ per year.   |  |  |  | | --- | --- | --- | |  | a. | $12,000 | |  | b. | $25,000 | |  | c. | $40,000 | |  | d. | $75,000 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 297. Since the late 1950s, the average U.S. citizen’s buying power has \_\_\_\_\_\_\_\_ and their self-reported personal happiness has \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | remained almost unchanged; decreased | |  | b. | increased; remained almost unchanged | |  | c. | remained almost unchanged; increased | |  | d. | remained almost unchanged; remained almost unchanged |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 298. In states with larger income inequality, lower income people tend to experience all of the following EXCEPT more   |  |  |  | | --- | --- | --- | |  | a. | health problems. | |  | b. | happiness. | |  | c. | social problems. | |  | d. | mental disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 299. Which of the following best explains why, for those who are not poor, more money buys little more than a temporary surge of happiness?   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation | |  | b. | subjective well-being | |  | c. | the adaptation-level phenomenon | |  | d. | the do-good, feel-good phenomenon |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 300. The adaptation-level phenomenon refers to the   |  |  |  | | --- | --- | --- | |  | a. | perception that one is worse off than those with whom one compares oneself. | |  | b. | tendency for standards of judgment to be heavily influenced by previous experiences. | |  | c. | temporary depletion of self-control energy following the exercise of willpower. | |  | d. | survival of organisms that adapt best to their environment. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 301. Generally, our feelings are based on   |  |  |  | | --- | --- | --- | |  | a. | our experiences. | |  | b. | our expectations. | |  | c. | both our experiences and expectations. | |  | d. | neither our experiences nor our expectations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 302. The feeling that we are worse off than others with whom we compare ourselves is called   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation. | |  | b. | subjective well-being. | |  | c. | the feel-good, do-good phenomenon. | |  | d. | the adaption-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 303. Relative deprivation refers to the tendency for our personal happiness to be heavily influenced by   |  |  |  | | --- | --- | --- | |  | a. | genetics. | |  | b. | previous experiences. | |  | c. | the faith factor. | |  | d. | others' success. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 304. When we believe that we are worse off than those with whom we are comparing ourselves, we experience   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation. | |  | b. | resilience. | |  | c. | pessimism. | |  | d. | subjective well-being. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 305. One analysis of 2.4 million participants in 357 studies found that happiness depended less on actual financial success than on how participants compared themselves financially to their peers. This is called   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | relative deprivation. | |  | c. | the faith factor. | |  | d. | the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 306. Nicole’s mother bought her a used skateboard for her thirteenth birthday. She was excited until she learned that the girl next door received a brand-new skateboard for Christmas. Nicole’s declining satisfaction illustrates   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation. | |  | b. | the adaptation-level phenomenon. | |  | c. | learned helplessness. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 307. Colton has a very negative academic self-concept because most of his classmates are more academically advanced than he is. Colton’s experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | the concept of flow. | |  | c. | relative deprivation. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 308. Emma is from a low-income family. Lydia is from a middle-class family. If Emma compares herself to Lydia, she is likely to experience   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation. | |  | b. | subjective well-being. | |  | c. | the feel-good, do-good phenomenon. | |  | d. | the adaption-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 309. Patrick is the owner of a failing business who is extremely unhappy with his life. To increase his subjective well-being, Patrick should   |  |  |  | | --- | --- | --- | |  | a. | imagine what his own life might be like if he became rich and famous. | |  | b. | compare himself with friends who became rich and successful. | |  | c. | recall past moments when his life was much more pleasant than it is now. | |  | d. | think about what his life might be like if he were suffering from a fatal disease. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 310. Studies of identical and fraternal twins indicate that about \_\_\_\_\_\_\_\_ percent of the difference among people's happiness ratings is heritable.   |  |  |  | | --- | --- | --- | |  | a. | 12 | |  | b. | 24 | |  | c. | 36 | |  | d. | 70 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 311. Researchers looking for specific genes that influence happiness have concluded that   |  |  |  | | --- | --- | --- | |  | a. | there are no genetic influences on happiness. | |  | b. | happiness is a trait that is influenced by many genes having small effects. | |  | c. | happiness is a feeling that is only influenced by environment and context. | |  | d. | one gene is responsible for people feeling happy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 312. Which of the following factors has been found to be clearly related to feelings of general happiness or life satisfaction?   |  |  |  | | --- | --- | --- | |  | a. | being well educated | |  | b. | being younger than 50 | |  | c. | having an active religious faith | |  | d. | being physically attractive |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 313. Self-esteem is especially likely to be a predictor of happiness in cultures that value   |  |  |  | | --- | --- | --- | |  | a. | the experience of flow. | |  | b. | relative deprivation. | |  | c. | individualism. | |  | d. | the feel-good; do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 314. June is in emerging adulthood and is generally a happy person. Which of the following characteristics is associated with people who are happy?   |  |  |  | | --- | --- | --- | |  | a. | gender | |  | b. | physically attraction | |  | c. | youth | |  | d. | high self-esteem |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 315. Based on research on the predictors of happiness, which of the following individuals is likely to experience the highest levels of subjective well-being?   |  |  |  | | --- | --- | --- | |  | a. | Michelle, who is young and physically attractive | |  | b. | Sara, who has an active religious faith | |  | c. | Donna, who seldom delays immediately satisfying her impulses | |  | d. | Kelsey, who is 70 years old |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 316. Level of happiness tends to fluctuate around   |  |  |  | | --- | --- | --- | |  | a. | a happiness set point. | |  | b. | predictable levels. | |  | c. | heritable levels. | |  | d. | relative deprivation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 317. Which of the following is NOT something you should do to increase your level of happiness?   |  |  |  | | --- | --- | --- | |  | a. | Take control of your time. | |  | b. | Get enough sleep. | |  | c. | Engage in aerobic exercise. | |  | d. | Focus on you. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 318. Work activities are most likely to foster happiness when they promote   |  |  |  | | --- | --- | --- | |  | a. | rumination. | |  | b. | an external locus of control. | |  | c. | the experience of flow. | |  | d. | relative deprivation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 319. One way for people to improve their own subjective well-being is to   |  |  |  | | --- | --- | --- | |  | a. | focus more attention on themselves. | |  | b. | participate in regular aerobic exercise. | |  | c. | overestimate how much they can accomplish. | |  | d. | do all of these things. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 320. As a result of the COVID-19 pandemic, Seth has been quarantined at home with his wife and three kids for six months. To maintain some level of happiness, Seth should   |  |  |  | | --- | --- | --- | |  | a. | nurture his family relationships. | |  | b. | try to exercise a little each day. | |  | c. | get enough sleep. | |  | d. | do all of these things. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 321. Research suggests that subjective well-being is fostered by keeping a \_\_\_\_\_\_\_\_ journal.   |  |  |  | | --- | --- | --- | |  | a. | happiness set point | |  | b. | relative deprivation | |  | c. | heritability | |  | d. | gratitude |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 322. The idea that individual happiness can lead to an improved society for all is demonstrated by the fact that   |  |  |  | | --- | --- | --- | |  | a. | many nations focus their efforts on pushing national priorities. | |  | b. | some nations have a clear goal of monitoring and controlling their populace. | |  | c. | some nations focus on developing national pride and honor among their citizens. | |  | d. | many nations measure their citizens’ well-being and provide interventions to increase national well-being. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 323. In considering the impact of public policies such as tax rates or divorce laws, many psychologists believe that assessments of \_\_\_\_\_\_\_\_ would be the most useful for guiding nations toward policies that foster human flourishing.   |  |  |  | | --- | --- | --- | |  | a. | self-control | |  | b. | relative deprivation | |  | c. | subjective well-being | |  | d. | the adaptation-level phenomenon |  |  |  | | --- | --- | | *ANSWER:* | c | |