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| 1. Messages that intend to alert people of upcoming events that may produce distress are called   |  |  |  | | --- | --- | --- | |  | a. | responses. | |  | b. | appraisals. | |  | c. | trigger warnings. | |  | d. | social stress. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 2. Researchers have found that trigger warnings   |  |  |  | | --- | --- | --- | |  | a. | are capable of preventing distress. | |  | b. | can substantially increase stress. | |  | c. | may be able to reduce stress. | |  | d. | do little to prevent distress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 3. The process by which we perceive and respond to events that threaten or challenge us is called   |  |  |  | | --- | --- | --- | |  | a. | stress. | |  | b. | psychoneuroimmunology. | |  | c. | catharsis. | |  | d. | the immune reaction. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 4. Ahmed is standing on the corner of a busy intersection when he notices a car speeding toward the sidewalk where he is standing. Ahmed’s perception of and response 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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| 5. A stressor is a(n)   |  |  |  | | --- | --- | --- | |  | a. | lower back muscle that frequently produces a feeling of physical tension. | |  | b. | environmental event that threatens or challenges us. | |  | c. | exercise program that increases one's ability to handle normal stress. | |  | d. | hormone released by the adrenal glands during periods of stress. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 6. A skateboarding contest that teenagers perceive as extremely challenging is best described as a(n)   |  |  |  | | --- | --- | --- | |  | a. | fight-or-flight situation. | |  | b. | macrophage. | |  | c. | Type A situation. | |  | d. | stressor. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 7. Grayson is on his way to visit a friend, who lives in another state. Grayson is driving on the highway when another car cuts in front of him. He slams on the brakes and is able to avoid an accident. His heart is racing, and he feels relief and anger simultaneously. In this instance, the stressor is   |  |  |  | | --- | --- | --- | |  | a. | the other car. | |  | b. | the highway. | |  | c. | Grayson’s pounding heart. | |  | d. | Grayson’s anger. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 8. Julian has just accepted a job in another state. He is excited to have the job of his dreams, but he realizes that he does not have enough money to secure a new apartment. He also cannot afford to hire a moving company or rent a truck to move his belongings. He begins to feel anxious and frustrated. Which of the following is the stressor?   |  |  |  | | --- | --- | --- | |  | a. | accepting a new job | |  | b. | having to move out of state | |  | c. | feeling anxious and frustrated | |  | d. | not having enough money for a successful move |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 9. Physical and emotional responses to threatening and challenging events are referred to as   |  |  |  | | --- | --- | --- | |  | a. | immune responses. | |  | b. | stress reactions. | |  | c. | carcinogens. | |  | d. | stressors. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 10. When she missed the train that took her to downtown Seattle, Amber’s heart raced and her breathing sped up. Her physical responses to missing the train were   |  |  |  | | --- | --- | --- | |  | a. | stressors. | |  | b. | stress appraisals. | |  | c. | stress reactions. | |  | d. | fight-or-flight responses. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. Estée's legs are paralyzed, but she is able to minimize the stress that the inability to walk might have caused by viewing this handicap as a challenge rather than a threat. This illustrates the importance of   |  |  |  | | --- | --- | --- | |  | a. | the immune system. | |  | b. | stress appraisal. | |  | c. | the general adaptation syndrome. | |  | d. | the Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 12. Primary appraisal is to \_\_\_\_\_\_\_\_ as secondary appraisal is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | appraising an event as a challenge; appraising an event as a threat | |  | b. | stress; arousal | |  | c. | appraising an event as a stressor; assessing your ability to respond to it | |  | d. | alarm reaction; resistance |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 13. Ireland is pregnant and has been under a great deal of stress during her entire pregnancy. Which of the following can be expected?   |  |  |  | | --- | --- | --- | |  | a. | She will have a shorter pregnancy. | |  | b. | She will have a longer pregnancy. | |  | c. | She will have a bigger baby. | |  | d. | She will have baby of normal weight. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 14. Catastrophes, significant life changes, and daily hassles are all types of   |  |  |  | | --- | --- | --- | |  | a. | stress reactions. | |  | b. | self-control situations. | |  | c. | stressors. | |  | d. | general adaptations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 15. In the four months after Hurricane Katrina, New Orleans' rate of \_\_\_\_\_\_\_\_ reportedly tripled.   |  |  |  | | --- | --- | --- | |  | a. | death by suicide | |  | b. | breast cancer | |  | c. | multiple sclerosis | |  | d. | upper respiratory infections |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 16. Grace, who moved to Florida in April, is now enduring the effects of her first major hurricane. The roof to her house was severely damaged, and she had to sleep on the cool tile floor because she had no air conditioning for weeks after the storm. Grace experienced a   |  |  |  | | --- | --- | --- | |  | a. | significant life change. | |  | b. | catastrophe. | |  | c. | social stress. | |  | d. | daily hassle. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 17. More than half of Americans responding to surveys taken in the three weeks after the 9/11 terrorist attacks reported experiencing heightened symptoms of \_\_\_\_\_\_\_\_ and anxiety.   |  |  |  | | --- | --- | --- | |  | a. | arousal | |  | b. | coronary heart disease | |  | c. | stomach ulcers | |  | d. | catharsis |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 18. Following the 2011 terrorist attacks in Norway, citizens of Norway experienced   |  |  |  | | --- | --- | --- | |  | a. | an increase in health issues, from heart problems to suicides. | |  | b. | an increase in sleep difficulties. | |  | c. | a decrease in physical health concerns. | |  | d. | a decrease in mental health concerns. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 19. Those who are forced by war and food shortages to relocate to a foreign country are most likely to experience   |  |  |  | | --- | --- | --- | |  | a. | catharsis. | |  | b. | elevated epinephrine levels. | |  | c. | acculturative stress. | |  | d. | increased lymphocyte production. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 20. Javier, who lived in Honduras when Hurricane Michael hit in 2018, was able to relocate his family to the United States. They were relieved and thankful to have escaped unharmed, but they are having difficulties adjusting to the new culture’s language and social norms. They are experiencing   |  |  |  | | --- | --- | --- | |  | a. | increased lymphocyte production. | |  | b. | acculturative stress. | |  | c. | catharsis. | |  | d. | a daily hassle. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 21. A significant life change such as losing a job is best described as a   |  |  |  | | --- | --- | --- | |  | a. | stressor. | |  | b. | carcinogen. | |  | c. | macrophage. | |  | d. | lymphocyte. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 22. Graduating from college with your bachelor’s degree is an example of a   |  |  |  | | --- | --- | --- | |  | a. | significant life change. | |  | b. | daily hassle. | |  | c. | social stress. | |  | d. | catastrophe. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 23. Who is experiencing a significant life change?   |  |  |  | | --- | --- | --- | |  | a. | Rafael, who was recently married | |  | b. | Ramona, who recently experienced an earthquake | |  | c. | Ian, who recently survived a hurricane | |  | d. | Ines, who had to leave her home because of a wildfire |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 24. A Canadian survey asked people to report whether they were “excellent or good” in their ability to handle unexpected and difficult problems. Which age group struggled the most?   |  |  |  | | --- | --- | --- | |  | a. | children | |  | b. | adolescents | |  | c. | middle-aged adults | |  | d. | retired senior citizens |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 25. Janice has always been very close to her grandmother. In fact, her grandmother helped raise her, and Janice would visit her several times each week. Her grandmother recently passed away and Janice is grieving. Janice is experiencing a(n)   |  |  |  | | --- | --- | --- | |  | a. | catastrophe. | |  | b. | daily hassle. | |  | c. | significant life change. | |  | d. | unpredictable event. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 26. Those who are recently divorced have been found to   |  |  |  | | --- | --- | --- | |  | a. | experience increased levels of B lymphocytes. | |  | b. | become less likely to use sleeping pill prescriptions. | |  | c. | experience lower-than-average blood pressure levels. | |  | d. | become more vulnerable to disease. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 27. Events don’t have to remake our lives to cause stress. Stress also comes from daily hassles, such as   |  |  |  | | --- | --- | --- | |  | a. | getting married. | |  | b. | experiencing an earthquake. | |  | c. | having too much to do. | |  | d. | losing a job. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 28. Eddy is feeling a bit of worker “burnout” at his job. This feeling is associated with all of the following EXCEPT feeling   |  |  |  | | --- | --- | --- | |  | a. | successful. | |  | b. | ineffective. | |  | c. | disconnected. | |  | d. | emotionally depleted. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 29. Lucia is extremely stressed at her job. These stressful feelings may   |  |  |  | | --- | --- | --- | |  | a. | harm her physical health. | |  | b. | improve her feelings of depression. | |  | c. | decrease her work-related anxiety. | |  | d. | lead to an alarm reaction. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 30. Those with same-sex sexual attractions who face frequent prejudice in their communities are more likely to die, on average, \_\_\_\_\_\_\_\_ than those who live in more accepting communities.   |  |  |  | | --- | --- | --- | |  | a. | 5 years earlier | |  | b. | 7 years later | |  | c. | 12 years earlier | |  | d. | 15 years later |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 31. Jerome is an African American male who experiences stress related to racial discrimination. This can lead to all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | unhealthy blood pressure. | |  | b. | increased insulin levels. | |  | c. | sleep deprivation. | |  | d. | reduced depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 32. With an approach-avoidance conflict, a person feels   |  |  |  | | --- | --- | --- | |  | a. | attracted and repelled by two different goals. | |  | b. | simultaneously attracted and repelled by a stimulus. | |  | c. | attracted by two incompatible goals. | |  | d. | simultaneously repelled by two goals. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. Xavier has been invited to go to a football game and out to dinner from two separate friends. He needs to make a decision on what he wants to do. This is an example of an   |  |  |  | | --- | --- | --- | |  | a. | avoidance-avoidance conflict. | |  | b. | approach-avoidance conflict. | |  | c. | aspect of resistance. | |  | d. | approach-approach conflict. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 34. When you like some things about your romantic partner and at the same time dislike other things about your partner, you are experiencing an   |  |  |  | | --- | --- | --- | |  | a. | avoidance-avoidance conflict. | |  | b. | approach-avoidance conflict. | |  | c. | aspect of resistance. | |  | d. | approach-approach conflict. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 35. Who observed that extreme cold, lack of oxygen, and emotion-arousing events all trigger the release of adrenal stress hormones, supporting the idea of a unified mind-body system?   |  |  |  | | --- | --- | --- | |  | a. | Ray Rosenman | |  | b. | Walter Cannon | |  | c. | Joey Traywick | |  | d. | Meyer Friedman |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 36. In response to various stressors, \_\_\_\_\_\_\_\_ increases your heart rate and respiration.   |  |  |  | | --- | --- | --- | |  | a. | epinephrine | |  | b. | the immune system | |  | c. | a Type B personality profile | |  | d. | the sympathetic nervous system |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 37. Stressful events trigger an outpouring of stress hormones from the   |  |  |  | | --- | --- | --- | |  | a. | NK cells. | |  | b. | macrophage cells. | |  | c. | lymphocytes. | |  | d. | adrenal glands. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 38. Andrew recently traveled from Florida, where it is very warm, to Alaska, where it is very cold, and is experiencing the effects of the temperature changes. Andrew is likely to experience a(n)   |  |  |  | | --- | --- | --- | |  | a. | reduction in stressors. | |  | b. | release of the adrenal stress hormones. | |  | c. | increase in daily hassles. | |  | d. | approach-approach conflict. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 39. After learning that her husband had been injured at work, Beth is likely to experience an outpouring of   |  |  |  | | --- | --- | --- | |  | a. | serotonin. | |  | b. | macrophages. | |  | c. | epinephrine. | |  | d. | lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 40. Walter Cannon perceived the stress response to be highly adaptive because it prepared the organism for   |  |  |  | | --- | --- | --- | |  | a. | acculturative stress. | |  | b. | the production of lymphocytes. | |  | c. | tend and befriend. | |  | d. | fight or flight. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 41. The increased heart rate and respiration triggered by the sympathetic nervous system's response to a stressful event prepares the body for   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control. | |  | b. | the production of lymphocytes. | |  | c. | increased sensitivity to pain. | |  | d. | fight or flight. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 42. Jake is awakened in the middle of the night by a strange sound at his front door. Thinking that it is a possible intruder, he immediately jumps up and runs to his front door, ready to attack the intruder. This situation demonstrates the   |  |  |  | | --- | --- | --- | |  | a. | tend-and-befriend response. | |  | b. | Type B personality. | |  | c. | fight-or-flight response. | |  | d. | essence of personal control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 43. After Georgiana learned that a tornado had destroyed her house, the core of her adrenal glands reacted by   |  |  |  | | --- | --- | --- | |  | a. | releasing testosterone. | |  | b. | producing androgens. | |  | c. | increasing the production of lymphocytes. | |  | d. | secreting epinephrine.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 44. The fight-or-flight response is to \_\_\_\_\_\_\_\_ as the general adaptation syndrome is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | Cannon; Friedman | |  | b. | Friedman; Selye | |  | c. | Selye; Cannon | |  | d. | Cannon; Selye |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 45. Hans Selye referred to the body's response to prolonged stress as   |  |  |  | | --- | --- | --- | |  | a. | the fight-or-flight response. | |  | b. | the general adaptation syndrome. | |  | c. | the tend-and-befriend response. | |  | d. | acculturative stress. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 46. The first phase of the general adaptation syndrome is   |  |  |  | | --- | --- | --- | |  | a. | stress appraisal. | |  | b. | resistance. | |  | c. | alarm. | |  | d. | adjustment. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 47. As a result of the stress from trying to complete his term paper by the next day, Jeff’s heart rate surged, and blood raced to his skeletal muscles. These physical reactions best characterize the   |  |  |  | | --- | --- | --- | |  | a. | first phase of the tend-and-befriend response. | |  | b. | first phase of the general adaptation syndrome. | |  | c. | third phase of the tend-and-befriend response. | |  | d. | third phase of the general adaptation syndrome. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 48. During which phase of the general adaptation syndrome are organisms best able to physically cope with stress?   |  |  |  | | --- | --- | --- | |  | a. | resistance | |  | b. | appraisal | |  | c. | adjustment | |  | d. | resolution |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 49. After recovering from the initial shock of having someone break into her home, Maggie dials 911 to report the crime and then questions her neighbors to find out what they saw or heard. At this point, Maggie is most likely in the \_\_\_\_\_\_\_\_ stage of the general adaptation syndrome.   |  |  |  | | --- | --- | --- | |  | a. | resistance | |  | b. | exhaustion | |  | c. | adjustment | |  | d. | stress appraisal |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 50. The phase of the GAS when your reserves begin to deplete is referred to as   |  |  |  | | --- | --- | --- | |  | a. | the alarm reaction. | |  | b. | resistance. | |  | c. | perceived stress. | |  | d. | exhaustion. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 51. Kristen has been working at a difficult and demanding job for several years, putting her under a great deal of stress. She finally gets the support needed to find a better job, but a few days after leaving her current job she comes down with the flu. This may be related to which phase of the general adaptation syndrome?   |  |  |  | | --- | --- | --- | |  | a. | alarm reaction | |  | b. | resistance | |  | c. | exhaustion | |  | d. | avoidance |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 52. Carolyn lives in an overcrowded neighborhood and struggles daily with having enough food to eat. She isn’t sure if she will be able to pay the rent this month and is short on the funds needed to pay her electric bill. Her financial struggle has been ongoing for years and she feels as though she is completely out of options and is just tired of trying. Which phase of the GAS is she currently in?   |  |  |  | | --- | --- | --- | |  | a. | the alarm reaction | |  | b. | resistance | |  | c. | perceived stress | |  | d. | exhaustion |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 53. One option for dealing with stress, which is more common among women than men, is   |  |  |  | | --- | --- | --- | |  | a. | withdrawal. | |  | b. | the fight-or-flight reaction. | |  | c. | the tend-and-befriend response. | |  | d. | the general adaptation syndrome. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 54. Calphus dealt with the stress of prostate cancer by giving support to and receiving support from other men who were also suffering from this disease. His behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the general adaption syndrome. | |  | b. | the tend-and-befriend response. | |  | c. | an avoidance motive. | |  | d. | a Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 55. During the COVID-19 pandemic, women were most likely to both give and receive support. This is known as   |  |  |  | | --- | --- | --- | |  | a. | the tend-and-befriend response. | |  | b. | the general adaptation syndrome. | |  | c. | an avoidance motive. | |  | d. | an approach motive. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 56. Black Americans who experience frequent racial discrimination develop a shortening of telomeres indicative of   |  |  |  | | --- | --- | --- | |  | a. | lung cancer. | |  | b. | heart disease. | |  | c. | a shorter life span. | |  | d. | an increased production of NK cells. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 57. To study how stress and healthy and unhealthy behaviors influence health and illness, psychologists and physicians created the interdisciplinary field of   |  |  |  | | --- | --- | --- | |  | a. | cognitive neuroscience. | |  | b. | behavioral medicine. | |  | c. | holistic medicine. | |  | d. | health psychology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 58. The interaction of behavioral and medical knowledge is a theme highlighted by   |  |  |  | | --- | --- | --- | |  | a. | behavioral medicine. | |  | b. | health psychology. | |  | c. | psychoneuroimmunology. | |  | d. | carcinogens. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 59. Which discipline of psychology provides psychology’s contribution to behavioral medicine?   |  |  |  | | --- | --- | --- | |  | a. | social psychology | |  | b. | health psychology | |  | c. | clinical psychology | |  | d. | developmental psychology |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 60. As a psychologist employed by a medical school, Dr. Straub specializes in research on the causes of stress and on the effectiveness of various techniques for coping with stress. Dr. Straub is most likely a(n) \_\_\_\_\_\_\_\_ psychologist.   |  |  |  | | --- | --- | --- | |  | a. | educational | |  | b. | behavioral | |  | c. | forensic | |  | d. | health |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. The study of how psychological, neural, and endocrine processes combine to affect our immune system and health is called   |  |  |  | | --- | --- | --- | |  | a. | evolutionary psychology. | |  | b. | health psychology. | |  | c. | cognitive psychology. | |  | d. | psychoneuroimmunology. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 62. Dr. Bigelow studies how age, nutrition, genetics, and stress level influence immune system activity. Dr. Bigelow’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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| 63. The white blood cells that fight bacterial infections and attack cancer cells and viruses are called   |  |  |  | | --- | --- | --- | |  | a. | lymphocytes. | |  | b. | macrophages. | |  | c. | carcinogens. | |  | d. | NK cells. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 64. Phyllis notices that her herpes infection is especially likely to flare up during the stressful occasions when she needs to work overtime hours in order to meet pressing deadlines. This is most likely to be caused by her body's   |  |  |  | | --- | --- | --- | |  | a. | reduced levels of serotonin. | |  | b. | increased levels of NK cells. | |  | c. | reduced levels of lymphocytes. | |  | d. | increased levels of epinephrine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 65. The immune system cells that fight bacterial infections are called   |  |  |  | | --- | --- | --- | |  | a. | B lymphocytes. | |  | b. | macrophage cells. | |  | c. | T lymphocytes. | |  | d. | NK cells. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 66. Makayla is sick and recently visited her doctor’s office. She was told she has a bacterial infection. Which of the following is likely to help fight the infection?   |  |  |  | | --- | --- | --- | |  | a. | B lymphocytes | |  | b. | T lymphocytes | |  | c. | macrophage cells | |  | d. | NK cells |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 67. The primary function of T lymphocytes is to attack   |  |  |  | | --- | --- | --- | |  | a. | natural killer cells. | |  | b. | bacterial infections. | |  | c. | stress hormones. | |  | d. | cancer cells. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 68. Alex has the flu. To help shorten her recovery time, the doctor recommends that Alex reduce her family stress, which would \_\_\_\_\_\_\_\_ her body’s levels of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | decrease; B lymphocytes | |  | b. | increase; T lymphocytes | |  | c. | decrease; T lymphocytes | |  | d. | increase; B lymphocytes |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 69. \_\_\_\_\_\_\_\_ fight viruses, and \_\_\_\_\_\_\_\_ fight bacterial infections.   |  |  |  | | --- | --- | --- | |  | a. | B lymphocytes; T lymphocytes | |  | b. | Type B personalities; Type A personalities | |  | c. | T lymphocytes; B lymphocytes | |  | d. | Type A personalities; Type B personalities |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 70. The type of immune system cell that is known as the \_\_\_\_\_\_\_\_ attacks harmful invaders and worn-out cells.   |  |  |  | | --- | --- | --- | |  | a. | B lymphocyte | |  | b. | macrophage cell | |  | c. | epinephrine | |  | d. | carcinogen |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 71. Shayna has contracted tuberculosis. In this instance, which immune system cells are likely to attack the harmful invaders?   |  |  |  | | --- | --- | --- | |  | a. | B lymphocytes | |  | b. | T lymphocytes | |  | c. | macrophage cells | |  | d. | NK cells |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 72. When the immune system is functioning properly, \_\_\_\_\_\_\_\_ attack diseased cells such as those infected by cancer.   |  |  |  | | --- | --- | --- | |  | a. | carcinogens | |  | b. | B lymphocytes | |  | c. | endorphins | |  | d. | NK cells |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 73. Bettina has just learned that she is in the early stages of breast cancer. She has been informed that her immune system is working as expected. This means that \_\_\_\_\_\_\_\_ are busy attacking the diseased cells.   |  |  |  | | --- | --- | --- | |  | a. | B lymphocytes | |  | b. | genes | |  | c. | macrophage cells | |  | d. | NK cells |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 74. All of the following influence your immune system's activity EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | stress level. | |  | b. | nutrition. | |  | c. | income. | |  | d. | age. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 75. By attacking the body's own tissues, an overreactive immune system is most likely to cause   |  |  |  | | --- | --- | --- | |  | a. | allergic reactions. | |  | b. | colon cancer. | |  | c. | pneumonia. | |  | d. | hypertension. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 76. Which of the following is NOT caused by on overreactive immune system?   |  |  |  | | --- | --- | --- | |  | a. | allergies | |  | b. | arthritis | |  | c. | lupus | |  | d. | bacterial infection |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 77. Michael is having a severe allergic reaction to pollen this year. It may be that his immune system is   |  |  |  | | --- | --- | --- | |  | a. | overreacting. | |  | b. | underreacting. | |  | c. | either overreacting or underreacting. | |  | d. | neither overreacting nor underreacting. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 78. Which of the following is NOT a self-attacking disease that may be caused by an overreacting immune system?   |  |  |  | | --- | --- | --- | |  | a. | carcinogens | |  | b. | lupus | |  | c. | multiple sclerosis | |  | d. | arthritis |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 79. Which of the following is NOT associated with an underreactive immune system?   |  |  |  | | --- | --- | --- | |  | a. | bacterial infection | |  | b. | eruption of a dormant herpes virus | |  | c. | multiplying cancer cells | |  | d. | allergies |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 80. Carla, who has breast cancer, has been told by her doctor that her cancer calls have begun to multiply. It may be that her immune system is   |  |  |  | | --- | --- | --- | |  | a. | overreacting. | |  | b. | underreacting. | |  | c. | either overreacting or underreacting. | |  | d. | neither overreacting nor underreacting. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 81. Which of the following has NOT been found regarding the relationship between stress and immune system functioning?   |  |  |  | | --- | --- | --- | |  | a. | Surgical wounds heal more slowly among stressed people. | |  | b. | Stress and anxiety can improve immune system functioning. | |  | c. | Stressed people are more vulnerable to colds. | |  | d. | Stress can hasten the course of a disease. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 82. Researchers who exposed people to a cold virus found that those who   |  |  |  | | --- | --- | --- | |  | a. | led relatively stress-free lives were more likely to develop a cold. | |  | b. | had an overactive immune system were more likely to develop a cold. | |  | c. | had an excess of worn-out cells were more likely to develop a cold. | |  | d. | experienced stressful life events were more likely to develop a cold. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 83. Lilia developed a bacterial infection in a bad skin wound that she experienced when her motorbike hit a tree and overturned. Facing extremely stressful course finals may slow Lilia’s recovery from her infection because of   |  |  |  | | --- | --- | --- | |  | a. | elevated epinephrine levels. | |  | b. | suppressed lymphocyte activity. | |  | c. | an elevated NK cell count. | |  | d. | diversion of blood from skeletal muscles to her internal organs. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 84. After the stress of losing his father, Eric came down with a severe respiratory infection. His infection may have spread very rapidly as a result of a(n) \_\_\_\_\_\_\_\_ in his body's production of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | decrease; norepinephrine | |  | b. | increase; NK cells | |  | c. | decrease; lymphocytes | |  | d. | increase; epinephrine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 85. The human immunodeficiency virus triggers   |  |  |  | | --- | --- | --- | |  | a. | rheumatoid arthritis. | |  | b. | multiple sclerosis. | |  | c. | malaria. | |  | d. | AIDS. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 86. AIDS is a disorder of the   |  |  |  | | --- | --- | --- | |  | a. | circulatory system. | |  | b. | immune system. | |  | c. | reproductive system. | |  | d. | endocrine system. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 87. A rapid progression from HIV infection to AIDS can be \_\_\_\_\_\_\_\_ by stressful experiences.   |  |  |  | | --- | --- | --- | |  | a. | repressed | |  | b. | subdued | |  | c. | inhibited | |  | d. | facilitated |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 88. Miguel has been diagnosed as having an HIV infection. He has been under a tremendous amount of stress as he has tried to explain his condition to family members who have some very negative stereotypes and views regarding the illness. Miguel is likely to   |  |  |  | | --- | --- | --- | |  | a. | transition from HIV to AIDS faster. | |  | b. | go into remission. | |  | c. | deal more effectively with the disease. | |  | d. | show reduced symptoms related to the illness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 89. An aroused fight-or-flight reaction   |  |  |  | | --- | --- | --- | |  | a. | decreases high blood pressure. | |  | b. | diverts blood flow from muscle tissue to the body's internal organs. | |  | c. | prevents arteries from clogging. | |  | d. | draws energy away from immune activity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 90. Marla and Carla are identical twins. Even so, Marla is generally happy with her life, whereas Carla is generally stressed. What can be expected about their life expectancy?   |  |  |  | | --- | --- | --- | |  | a. | Marla is more likely to die first. | |  | b. | Carla is more likely to die first. | |  | c. | Both women are likely to die at the same time. | |  | d. | A conclusion about their life expectancy can’t be drawn based on the information provided. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 91. The clogging of the vessels that nourish the heart muscle is known as   |  |  |  | | --- | --- | --- | |  | a. | the general adaptation syndrome. | |  | b. | coronary heart disease. | |  | c. | coronary aneurysm. | |  | d. | multiple sclerosis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 92. More than \_\_\_\_\_\_\_\_ Americans die annually from heart disease.   |  |  |  | | --- | --- | --- | |  | a. | 200,000 | |  | b. | 300,000 | |  | c. | 400,000 | |  | d. | 600,000 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 93. The United States’ leading cause of death today is   |  |  |  | | --- | --- | --- | |  | a. | AIDS. | |  | b. | strokes. | |  | c. | cancer. | |  | d. | heart disease. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 94. George's doctor told him that he is at an increased risk of developing heart disease. Which of the following is NOT a risk factor for George?   |  |  |  | | --- | --- | --- | |  | a. | a family history of heart disease | |  | b. | high blood pressure | |  | c. | obesity | |  | d. | a healthy diet |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 95. As college students approach final exams, they are especially likely to experience increased \_\_\_\_\_\_\_\_ levels.   |  |  |  | | --- | --- | --- | |  | a. | serotonin | |  | b. | dopamine | |  | c. | lymphocyte | |  | d. | blood pressure |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 96. Which of the following is NOT a preventable risk factor for heart disease?   |  |  |  | | --- | --- | --- | |  | a. | smoking | |  | b. | obesity | |  | c. | physical inactivity | |  | d. | family history of the disease |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 97. Steven is a long-time smoker. He is   |  |  |  | | --- | --- | --- | |  | a. | less likely to have high blood pressure. | |  | b. | at a reduced risk of depression. | |  | c. | at an increased risk of heart disease. | |  | d. | more likely to be obese. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 98. Who conducted a longitudinal study on the characteristics associated with an increased risk of stress-related coronary heart disease?   |  |  |  | | --- | --- | --- | |  | a. | Anderson | |  | b. | Moffitt | |  | c. | Newport and Pelham | |  | d. | Friedman and Rosenman |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 99. According to Friedman and Rosenman, one of the characteristics of people with a Type A personality is that they are   |  |  |  | | --- | --- | --- | |  | a. | competitive. | |  | b. | easygoing. | |  | c. | relaxed. | |  | d. | lazy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 100. Who is the best example of a Type A personality?   |  |  |  | | --- | --- | --- | |  | a. | Mara, an irritable, impatient teacher | |  | b. | Rashida, a highly intelligent, introverted librarian | |  | c. | Wilma, a friendly, altruistic social worker | |  | d. | Charisse, a fun-loving, self-indulgent university student |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 101. Friedman and Rosenman referred to relaxed and easygoing individuals as \_\_\_\_\_\_\_\_ personalities.   |  |  |  | | --- | --- | --- | |  | a. | Type A | |  | b. | Type B | |  | c. | cathartic | |  | d. | optimistic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 102. Who is the best example of a Type B personality?   |  |  |  | | --- | --- | --- | |  | a. | Tammy, an ambitious, self-confident waitress | |  | b. | Maurica, a relaxed, understanding social worker | |  | c. | Tena, a time-conscious, competitive lawyer | |  | d. | Juanita, an impatient, pessimistic librarian |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 103. Type B is to \_\_\_\_\_\_\_\_ as Type A is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | easygoing; impatient | |  | b. | competitive; anger-prone | |  | c. | verbally aggressive; relaxed | |  | d. | relaxed; easygoing |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 104. In their nine-year longitudinal study, Friedman, Rosenman, and colleagues found that Type A men are at a high risk for   |  |  |  | | --- | --- | --- | |  | a. | stomach ulcers. | |  | b. | cancer. | |  | c. | heart attacks. | |  | d. | lupus. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 105. The characteristic that most clearly contributes to the disease vulnerability of Type A personalities is their feelings of   |  |  |  | | --- | --- | --- | |  | a. | urgency. | |  | b. | competitiveness. | |  | c. | ambition. | |  | d. | anger. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 106. Who would be MOST susceptible to heart disease?   |  |  |  | | --- | --- | --- | |  | a. | Marvin, an impatient lawyer who often becomes irritated with family and friends over insignificant matters | |  | b. | Oswald, a purchasing agent who is very competitive and always wants to be a winner | |  | c. | Michael, a time-conscious banking executive who is always five minutes early for appointments because of his sense of urgency | |  | d. | Jozsef, a highly ambitious salesperson who is determined to become the manager of his company |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 107. Type B personalities have \_\_\_\_\_\_\_\_ risk of heart disease compared with Type A personalities.   |  |  |  | | --- | --- | --- | |  | a. | the same | |  | b. | an increased | |  | c. | no difference in | |  | d. | a decreased |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 108. In Western cultures, suppressing negative emotions has been associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increased depression. | |  | b. | relationship problems. | |  | c. | health risks. | |  | d. | decreased anxiety. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 109. Studying initially healthy men over a 10-year period, researchers found that pessimistic adult men were more than twice as likely as optimistic men to experience   |  |  |  | | --- | --- | --- | |  | a. | elevated lymphocyte levels. | |  | b. | coronary heart disease. | |  | c. | low blood sugar levels. | |  | d. | excessive weight loss. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 110. Melvin believes that no matter how hard he tries he will never succeed at anything. Melvin’s \_\_\_\_\_\_\_\_ increases his chances of having a heart attack.   |  |  |  | | --- | --- | --- | |  | a. | realism | |  | b. | pessimism | |  | c. | exhaustion | |  | d. | resistance |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 111. The risk of death from cardiovascular disease is substantially increased among those with   |  |  |  | | --- | --- | --- | |  | a. | symptoms of depression. | |  | b. | Type B personalities. | |  | c. | NK cells. | |  | d. | B lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 112. In one study, nearly 4000 English women and men (ages 52 to 79) provided mood reports from a single day. Compared with those in a good mood, those in a blue mood were twice as likely to experience \_\_\_\_\_\_\_\_ within the next five years.   |  |  |  | | --- | --- | --- | |  | a. | multiple sclerosis | |  | b. | lupus | |  | c. | elevated lymphocyte levels | |  | d. | death |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 113. The risk of heart disease increases when the body responds to constant stress with   |  |  |  | | --- | --- | --- | |  | a. | elevated epinephrine levels. | |  | b. | extensive tissue inflammation. | |  | c. | an elevated NK cell count. | |  | d. | increased production of T lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 114. The tissue inflammation that results from prolonged psychological trauma is activated by the release of   |  |  |  | | --- | --- | --- | |  | a. | telomeres. | |  | b. | T lymphocytes. | |  | c. | natural killer cells. | |  | d. | stress hormones. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 115. Although inflammation helps fight infections, persistent inflammation can lead to   |  |  |  | | --- | --- | --- | |  | a. | asthma. | |  | b. | clogged arteries. | |  | c. | worsening depression. | |  | d. | all of these problems. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 116. Which of the following best explains why persistent stress heightens one's vulnerability to illness?   |  |  |  | | --- | --- | --- | |  | a. | Stress hormones reduce the release of fat from the body's stored energy reserves. | |  | b. | Stress hormones suppress immune system activity. | |  | c. | Stress hormones trigger increased production of epinephrine. | |  | d. | Stress hormones divert blood from the skeletal muscles to the digestive system. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 117. Jeroen is constantly under stress because COVID-19 has caused him to close his business and his romantic partner has left him. His high level of stress is most likely to place him at a higher risk for   |  |  |  | | --- | --- | --- | |  | a. | allergies. | |  | b. | arthritis. | |  | c. | multiple sclerosis. | |  | d. | high blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 118. Catharsis refers to the idea that   |  |  |  | | --- | --- | --- | |  | a. | anger is always preceded by cognition. | |  | b. | humans tend to adapt to a given level of stimulation. | |  | c. | anger is reduced by aggressive action or fantasy. | |  | d. | anger raises our testosterone level. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 119. Cultures where people have a strong sense of \_\_\_\_\_\_\_\_ would be LEAST likely to advocate catharsis as a way to reduce anger?   |  |  |  | | --- | --- | --- | |  | a. | individualism | |  | b. | interdependence | |  | c. | independence | |  | d. | pessimism |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 120. A video games producer believes that violent games provide people an opportunity to reduce their own anger through fantasy. The producer appears to accept   |  |  |  | | --- | --- | --- | |  | a. | the Type A personality. | |  | b. | acculturative stress. | |  | c. | the general adaptation syndrome. | |  | d. | catharsis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 121. In one study, people who had been angered were asked to hit a punching bag while ruminating about the person who had angered them. The results of this study most clearly highlighted the dangers of   |  |  |  | | --- | --- | --- | |  | a. | elevated lymphocyte production. | |  | b. | the general adaptation syndrome. | |  | c. | an emotional catharsis. | |  | d. | a Type B personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 122. Expressing anger can be temporarily calming if it does not   |  |  |  | | --- | --- | --- | |  | a. | make us depressed. | |  | b. | leave us feeling guilty or anxious. | |  | c. | increase our pessimism. | |  | d. | distract us. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 123. Expressing anger can   |  |  |  | | --- | --- | --- | |  | a. | calm emotions and reduce anger. | |  | b. | become habitual if it successfully reduces anger. | |  | c. | increase immediate feelings of anger. | |  | d. | do any of these things. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 124. Experts suggest that an intensely angry person should   |  |  |  | | --- | --- | --- | |  | a. | avoid talking about their angry feelings. | |  | b. | release the anger through some aggressive action or fantasy. | |  | c. | take time to let the anger and emotional arousal subside. | |  | d. | mentally rehearse the exact reasons for the anger. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 125. Nina is angry with her friend because she was very late for their dinner out. She is likely to deal most effectively with her feelings of irritation toward her friend by telling her,   |  |  |  | | --- | --- | --- | |  | a. | “I'm really angry that I had to wait so long for you to get here.” | |  | b. | “From now on, I'll ask another friend to have dinner with me.” | |  | c. | “I'm dying of hunger! It's 7:45 and I haven't had dinner yet.” | |  | d. | “I was starting to worry that you had a car accident on your way to the restaurant.” |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 126. Marlene just realized that her roommate has been wearing her clothes. Marlene is angry about this and wants to confront her roommate. What can she do to make sure that the conversation does not escalate?   |  |  |  | | --- | --- | --- | |  | a. | wait until she is no longer angry about the situation | |  | b. | confront her roommate immediately | |  | c. | keep her thoughts to herself | |  | d. | never discuss the situation with her roommate |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 127. Joseph gets angry rather easily and wants to find a way to better control his anger. Which of the following would NOT be a good suggestion for Joseph?   |  |  |  | | --- | --- | --- | |  | a. | wait until his feelings of anger have passed before taking action | |  | b. | express his anger instantly | |  | c. | find a way to distract himself that is not related to his anger | |  | d. | remove himself from the situation that is making him angry |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 128. *Coping* is defined as   |  |  |  | | --- | --- | --- | |  | a. | our sense of controlling our environment rather than feeling helpless. | |  | b. | the perception that we control our own fate. | |  | c. | the ability to control impulses and delay short-term gratification for greater long-term rewards. | |  | d. | using emotional, behavioral, or cognitive methods to alleviate stress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 129. When you attempt to alleviate stress directly, for example, by changing the way you interact with the stressor, you are engaging in   |  |  |  | | --- | --- | --- | |  | a. | personal control. | |  | b. | problem-focused coping. | |  | c. | learned helplessness. | |  | d. | emotion-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 130. To reduce the stress of a work schedule that prevents him from being home with his children, Claude has asked his boss if he can work at home. Claude’s behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control. | |  | b. | a Type B personality. | |  | c. | problem-focused coping. | |  | d. | a Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 131. Jane and Harrison are married and recently had a fight. Jane wants to work out the issue and goes directly to Harrison to do so. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | personal control. | |  | b. | problem-focused coping. | |  | c. | learned helplessness. | |  | d. | emotion-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 132. Trying to reduce stress by avoiding or ignoring a stressor is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | emotion-focused coping. | |  | b. | personal control. | |  | c. | problem-focused coping. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 133. Jeremiah has stage 4 pancreatic cancer. He reacts to the stress of his oncoming death with feelings of gratitude to the people who have loved him. His response best illustrates   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | emotion-focused coping. | |  | c. | a Type A personality. | |  | d. | learned helplessness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 134. *Personal control* is defined as   |  |  |  | | --- | --- | --- | |  | a. | the passive resignation a person learns when unable to avoid repeated aversive events. | |  | b. | the ability to control impulses and delay short-term gratification. | |  | c. | our sense of controlling our environment rather than feeling helpless. | |  | d. | an attempt to alleviate stress by avoiding or ignoring a stressor and attending to emotional needs related to our stress reaction. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 135. Research has indicated that rats become more vulnerable to ulcers when exposed to \_\_\_\_\_\_\_\_ shocks.   |  |  |  | | --- | --- | --- | |  | a. | predictable | |  | b. | uncontrollable | |  | c. | low-intensity | |  | d. | repeated |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 136. When wheel-turning and helpless rats received simultaneous electric shocks, the \_\_\_\_\_\_\_\_ rat was subsequently more likely to develop \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | helpless; ulcers | |  | b. | wheel-turning; heart disease | |  | c. | wheel-turning; hypertension | |  | d. | helpless; immunity to disease |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 137. When vaccinations became available during the COVID-19 pandemic, Chacko, a health care provider, signed up to get a shot as a way of protecting himself and his family. Chacko 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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| 138. *Learned helplessness* is defined as   |  |  |  | | --- | --- | --- | |  | a. | the sense of controlling our environment. | |  | b. | the passive resignation that accompanies an inability to avoid repeated aversive events. | |  | c. | the ability to control impulses and delay short-term gratification for greater long-term rewards. | |  | d. | a method of alleviating stress using emotional, cognitive, or behavioral methods. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 139. Martin Seligman demonstrated that for some people, a series of uncontrollable events leads to   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | personal control. | |  | c. | problem-focused coping. | |  | d. | emotion-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 140. Dogs that had developed \_\_\_\_\_\_\_\_ after being strapped in a harness and given repeated shocks later did not try to escape when given the opportunity to do so.   |  |  |  | | --- | --- | --- | |  | a. | a Type B personality | |  | b. | an internal locus of control | |  | c. | learned helplessness | |  | d. | problem-focused coping |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 141. Nicole has struggled repeatedly with her high school math classes. She has studied and worked hard, only to receive Cs on her assignments and barely pass the class in the end. Now that she is in college and has to take a general education math class, she doesn’t even try. Nicole has 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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| 142. Learning to feel helpless minimizes   |  |  |  | | --- | --- | --- | |  | a. | coronary heart disease. | |  | b. | the adaptation-level phenomenon. | |  | c. | personal control. | |  | d. | stress reactions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 143. Researchers have observed that the experience of repeated uncontrollable aversive events contributes to   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | learned helplessness. | |  | c. | a Type B personality. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 144. Madelyn never gets promoted no matter how hard she works, so she has simply stopped exerting herself. Madelyn’s behavior most clearly illustrates   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | an internal locus of control. | |  | c. | a Type A personality. | |  | d. | problem-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 145. Which age group is the most susceptible to health problems and experiences the greatest loss of control?   |  |  |  | | --- | --- | --- | |  | a. | children | |  | b. | adolescents | |  | c. | those in middle adulthood | |  | d. | those in late adulthood |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 146. Who is most likely to perceive the greatest loss of control and thus be more susceptible to health problems?   |  |  |  | | --- | --- | --- | |  | a. | Juan, who is an adolescent | |  | b. | Jenny, who is elderly | |  | c. | Brandon, who is in middle adulthood | |  | d. | Carson, who is in early adulthood |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 147. In a famous study, 93 percent of nursing home patients became more alert, active, and happy when they were encouraged to increase their   |  |  |  | | --- | --- | --- | |  | a. | biofeedback training. | |  | b. | serotonin levels. | |  | c. | personal control. | |  | d. | mindfulness meditation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 148. Which of the following is NOT an advantage of increased wealth?   |  |  |  | | --- | --- | --- | |  | a. | reduced risk of violence | |  | b. | reduced risk of infant mortality | |  | c. | lower risk of heart disease | |  | d. | increased risk of respiratory illness |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 149. Across cultures, higher economic status correlates with greater health and longevity. In part, this is due to the fact that   |  |  |  | | --- | --- | --- | |  | a. | poverty entails less control of one's life. | |  | b. | diminished feelings of control lead to greater child mortality. | |  | c. | wealthier people are more likely to have Type A personalities. | |  | d. | those at higher socioeconomic levels are less likely to smoke. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 150. Thomas was recently moved to a new office and is a little stressed over the change. What is something he can do to reduce his stress?   |  |  |  | | --- | --- | --- | |  | a. | He can set up his office as he prefers. | |  | b. | He can play music while he works. | |  | c. | He can spend the day getting to know his neighbor co-workers instead of working. | |  | d. | He can ask to be moved back to his original office. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 151. Primates at the top of the social pecking order are less likely to contract cold-like viral infections than those with lower social status. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | emotion-focused coping. | |  | c. | the faith factor. | |  | d. | perceived control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 152. 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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| 153. Captive animals are more likely to be vulnerable to disease than are wild animals. This is best explained in terms of   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | relative deprivation. | |  | c. | reduced cortisol levels. | |  | d. | a perceived loss of control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 154. Among nurses who reported little personal control over their environment, the greater their workload, the higher their level of   |  |  |  | | --- | --- | --- | |  | a. | serotonin. | |  | b. | cortisol. | |  | c. | endorphins. | |  | d. | lymphocytes. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 155. Frank is on a tight budget, so he shares an apartment with three other men. The result is that Frank feels little control over his environment. Frank’s body is most likely to respond with   |  |  |  | | --- | --- | --- | |  | a. | a reduced blood cholesterol level. | |  | b. | elevated endorphin levels. | |  | c. | a decrease in blood-clotting speed. | |  | d. | elevated blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 156. Those who believe that being successful is a matter of luck rather than hard work illustrate   |  |  |  | | --- | --- | --- | |  | a. | a Type A personality. | |  | b. | a Type B personality. | |  | c. | an internal locus of control. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 157. In a study of more than 1200 Israeli individuals who had been exposed to missile attacks, those with a(n) \_\_\_\_\_\_\_\_ were more likely to experience posttraumatic stress symptoms.   |  |  |  | | --- | --- | --- | |  | a. | internal locus of control | |  | b. | external locus of control | |  | c. | increase in learned helplessness | |  | d. | emotion-focused coping style |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 158. Michelle contends that no matter how hard she works business corporations are so biased against women in managerial positions that she will never be promoted and therefore never be financially successful. Michelle’s thinking most clearly demonstrates   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | emotion-focused coping. | |  | c. | an external locus of control. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 159. Garth refuses to eat healthy foods and exercise because he believes good health is just a matter of luck. Garth’s attitude best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the faith factor. | |  | b. | an external locus of control. | |  | c. | emotion-focused coping. | |  | d. | a Type A personality. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 160. The perception that we can strongly influence the outcome and destiny of our own life illustrates   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation. | |  | b. | the adaptation-level phenomenon. | |  | c. | an internal locus of control. | |  | d. | a Type B personality. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 161. Audrey believes that by studying at least two hours a night, she will be able to earn an A in her sociology course. Audrey’s belief best illustrates   |  |  |  | | --- | --- | --- | |  | a. | emotion-focused coping. | |  | b. | the faith factor. | |  | c. | the adaptation-level phenomenon. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 162. Compared to those with an external locus of control, people who perceive an internal locus of control are   |  |  |  | | --- | --- | --- | |  | a. | more likely to experience low self-esteem. | |  | b. | more likely to experience relative deprivation. | |  | c. | likely to achieve more in school. | |  | d. | less able to delay gratification of their impulses. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 163. One study found that people exhibited less obesity, lower blood pressure, and less distress at age 30 if they had \_\_\_\_\_\_\_\_ at age 10.   |  |  |  | | --- | --- | --- | |  | a. | demonstrated a Type A personality | |  | b. | expressed a more internal locus of control | |  | c. | suffered relative deprivation | |  | d. | experienced mindfulness meditation |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 164. Compared with their parents' generation, a greater number of today's young Americans now express a more external locus of control. It has been suggested that this generational shift may help explain an associated increase in the rates of   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | unrealistic optimism. | |  | c. | mindfulness meditation. | |  | d. | subjective well-being. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 165. Serena believes that she has free will. Which of the following is LEAST likely to be correct about Serena?   |  |  |  | | --- | --- | --- | |  | a. | She enjoys making decisions. | |  | b. | She tends to favor behavior-restricting government regulations. | |  | c. | She behaves more helpfully. | |  | d. | She performs better at her job than those who do not believe that they have free will. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 166. Daniel believes that he has free will. He is likely to experience   |  |  |  | | --- | --- | --- | |  | a. | greater job satisfaction. | |  | b. | increased levels of depression. | |  | c. | relative deprivation. | |  | d. | the tend-and-befriend response. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 167. Self-control refers to the ability to   |  |  |  | | --- | --- | --- | |  | a. | avoid repeated aversive events. | |  | b. | control impulses and delay short-term gratification. | |  | c. | alleviate stress directly. | |  | d. | attend to the emotional needs related to our stress reaction. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 168. Nathan has excellent self-control. He is able to delay gratification and control his impulses. He is likely to experience all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | good health. | |  | b. | low personal control. | |  | c. | higher income. | |  | d. | better school performance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 169. In studies of American, Asian, and New Zealander children, \_\_\_\_\_\_\_\_ outdid intelligence test scores in predicting academic and life success.   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation | |  | b. | optimism | |  | c. | social support | |  | d. | self-control |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 170. Strengthened self-control has been found to relate to improved self-management of   |  |  |  | | --- | --- | --- | |  | a. | alcohol consumption. | |  | b. | anger. | |  | c. | diet. | |  | d. | daily exercise. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 171. Shortly after exercising \_\_\_\_\_\_\_\_, people abandoned a tedious task sooner than others.   |  |  |  | | --- | --- | --- | |  | a. | self-control | |  | b. | emotion-focused coping | |  | c. | biofeedback | |  | d. | mindfulness meditation |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 172. After smoking for 12 years, Dwayne is trying to quit. He is having a hard time controlling the urge to smoke. However, frequent practice of resisting the urge to smoke is actually   |  |  |  | | --- | --- | --- | |  | a. | increasing his self-control. | |  | b. | decreasing his self-esteem. | |  | c. | increasing his self-esteem. | |  | d. | decreasing his self-control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 173. Amit successfully resisted the urge to blame his younger brother for cutting the string on their kite. Later, Amit couldn’t stop himself from insulting his brother’s hairstyle. Amit’s inability to stop himself from insulting his brother best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | learned helplessness. | |  | c. | depleting self-control energy. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 174. In one famous experiment, hungry participants who had spent some of their willpower resisting cookies later abandoned a frustrating task sooner than others. This has been referred to as \_\_\_\_\_\_\_\_. Even so, the overall message is that an increased level of \_\_\_\_\_\_\_\_ is related to increased happiness and life satisfaction.   |  |  |  | | --- | --- | --- | |  | a. | pessimism; optimism | |  | b. | the internal locus of control; an external locus of control | |  | c. | learned helplessness; optimism | |  | d. | the depletion effect; self-control |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 175. After exercising self-control, people are \_\_\_\_\_\_\_\_ able to maintain self-control, but with repeated use it becomes \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | better; stronger | |  | b. | less; weaker | |  | c. | better; weaker | |  | d. | less; stronger |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 176. 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. | a Type B personality. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 177. A person who doubts that their goals will be achieved could be described as   |  |  |  | | --- | --- | --- | |  | a. | pessimistic. | |  | b. | optimistic. | |  | c. | having an internal locus of control. | |  | d. | having an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 178. Optimists are more likely than pessimists to experience   |  |  |  | | --- | --- | --- | |  | a. | high blood sugar levels. | |  | b. | an external locus of control. | |  | c. | perceived control. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 179. If we expect that our efforts will lead to good things, we are demonstrating   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control. | |  | b. | emotion-focused coping. | |  | c. | the faith factor. | |  | d. | optimism. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 180. Lucía, a first-year student, received a C on her first psychology test, but she’s not discouraged. She expects to do better on the next test by studying harder and longer. This most clearly demonstrates   |  |  |  | | --- | --- | --- | |  | a. | biofeedback. | |  | b. | the adaptation-level phenomenon. | |  | c. | an external locus of control. | |  | d. | optimism. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 181. Students who reported fewer coughs, aches, and pains near the end of the semester were those who had previously been identified as having   |  |  |  | | --- | --- | --- | |  | a. | an optimistic outlook. | |  | b. | a Type A personality. | |  | c. | an external locus of control. | |  | d. | low oxytocin levels. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 182. Beverly usually has an optimistic view of life. Which of the following is likely to be associated with her optimism?   |  |  |  | | --- | --- | --- | |  | a. | She responds to stress with larger increases in blood pressure. | |  | b. | She has a stronger immune system. | |  | c. | She has an increased risk of developing heart problems. | |  | d. | She generally is in a somewhat depressed mood. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 183. Jerome is generally optimistic. What types of effects are NOT likely to be associated with this characteristic?   |  |  |  | | --- | --- | --- | |  | a. | responding to conflict constructively | |  | b. | having a stronger immune system | |  | c. | having an increased risk of developing heart problems | |  | d. | generally being in a better mood than those who are not optimistic |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 184. When one research team followed more than 70,000 nurses over time, they found that those who scored in the top quarter on \_\_\_\_\_\_\_\_ were almost \_\_\_\_\_\_\_\_ percent less likely to have died than those scoring in the bottom quarter.   |  |  |  | | --- | --- | --- | |  | a. | optimism; 30 | |  | b. | pessimism; 50 | |  | c. | optimism; 20 | |  | d. | pessimism; 40 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 185. A famous study of 180 Catholic nuns found a positive relationship between \_\_\_\_\_\_\_\_ and life expectancy.   |  |  |  | | --- | --- | --- | |  | a. | optimism | |  | b. | a Type A personality | |  | c. | mindfulness meditation | |  | d. | an external locus of control |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 186. Shawn and Steven are identical twins. If Shawn is generally optimistic, what can be expected of Steven?   |  |  |  | | --- | --- | --- | |  | a. | He is likely to have an internal locus of control. | |  | b. | He is likely to have an external locus of control. | |  | c. | He is also likely to be optimistic. | |  | d. | He is likely to generally be pessimistic. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 187. Researchers have found that pessimists who learned ways of seeing the bright side of difficult situations reported lower levels of   |  |  |  | | --- | --- | --- | |  | a. | social support. | |  | b. | self-control. | |  | c. | depression. | |  | d. | problem-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 188. When researchers combined data from 70 studies of 3.4 million people worldwide, they found that compared to those with ample social connections, those who were socially isolated or lonely had   |  |  |  | | --- | --- | --- | |  | a. | a higher immunity to disease. | |  | b. | higher endorphin levels. | |  | c. | a greater internal locus of control. | |  | d. | a higher death rate. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 189. Stress is defused, pain is eased, and immune activity is strengthened by   |  |  |  | | --- | --- | --- | |  | a. | biofeedback. | |  | b. | humor. | |  | c. | sarcasm. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 190. Addison has several good friends and a close-knit family in whom she can confide. This social support predicts that Addison is likely to have all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | a happier life. | |  | b. | a longer life. | |  | c. | reduced blood pressure. | |  | d. | difficulty sleeping. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 191. In one analysis of 600 million people in 24 countries, those who were \_\_\_\_\_\_\_\_ were more likely to die early.   |  |  |  | | --- | --- | --- | |  | a. | Type B personalities | |  | b. | highly self-controlled | |  | c. | separated or divorced | |  | d. | religiously active |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 192. Margaret is in a long-term relationship in which she feels supported, loved, and encouraged by her partner. These feelings are associated with   |  |  |  | | --- | --- | --- | |  | a. | a longer life. | |  | b. | rumination. | |  | c. | increased social stress. | |  | d. | later depression. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 193. Social support helps to calm people’s response to threats by   |  |  |  | | --- | --- | --- | |  | a. | lowering blood pressure. | |  | b. | inhibiting immune system activity. | |  | c. | reducing the production of oxytocin. | |  | d. | redistributing blood flow from internal organs to skeletal muscles. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 194. Which of the following is most likely to calm people’s response to threats, which will lower blood pressure?   |  |  |  | | --- | --- | --- | |  | a. | increased epinephrine levels | |  | b. | social support | |  | c. | an external locus of control | |  | d. | a Type A personality |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 195. \_\_\_\_\_\_\_\_ reduces immune system functioning while \_\_\_\_\_\_\_\_ strengthen(s) it.   |  |  |  | | --- | --- | --- | |  | a. | Stress; anxiety | |  | b. | Stress; social connections | |  | c. | Social support; depression | |  | d. | Depression; anxiety |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 196. Feeling liked and encouraged by intimate friends and family has been found to promote   |  |  |  | | --- | --- | --- | |  | a. | reduced endorphin levels. | |  | b. | mindfulness meditation. | |  | c. | stronger immune functioning. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 197. Volunteer participants exposed to cold viruses were LEAST likely to catch a cold if they had   |  |  |  | | --- | --- | --- | |  | a. | positive social ties. | |  | b. | Type A personalities. | |  | c. | biofeedback. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 198. People have been found to suffer fewer health problems following the death of their spouse by suicide or in a car accident if they   |  |  |  | | --- | --- | --- | |  | a. | stay busy and avoid thinking about their loss. | |  | b. | share their grief with others. | |  | c. | spend time thinking about all the experiences they shared with their loved one. | |  | d. | quickly make plans for developing a new romantic relationship. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 199. Ophelia was able to reduce some of the stress related to her financial setbacks by talking about her problems with her loving family. This best illustrates the stress-relieving value of   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | mindfulness meditation. | |  | c. | self-disclosing. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. Talking with friends about our painful life experiences typically promotes   |  |  |  | | --- | --- | --- | |  | a. | learned helplessness. | |  | b. | an external locus of control. | |  | c. | information overload. | |  | d. | physical health. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 201. \_\_\_\_\_\_\_\_ is sustained physical activity that increases heart and lung fitness.   |  |  |  | | --- | --- | --- | |  | a. | Aerobic exercise | |  | b. | Relaxation | |  | c. | Meditation | |  | d. | Social support |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 202. Aerobic exercise is an effective way to   |  |  |  | | --- | --- | --- | |  | a. | reduce problem-focused coping. | |  | b. | reduce endorphin levels. | |  | c. | reduce serotonin activity in the brain. | |  | d. | lower the blood pressure reaction to stress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 203. Bella has been advised by her physician to engage in more exercise to help prevent heart disease. Exercise can help prevent heart disease by doing all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increasing blood flow. | |  | b. | increasing the production of stress hormones. | |  | c. | keeping blood vessels open. | |  | d. | lowering blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 204. Some studies suggest that for every hour of \_\_\_\_\_\_\_\_ people can increase their life by seven hours.   |  |  |  | | --- | --- | --- | |  | a. | meditation | |  | b. | relaxation | |  | c. | exercise | |  | d. | religious activity |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 205. Terrance has an extremely stressful job as a stockbroker, but he typically takes time to run in his neighborhood park for about 30 minutes a day. This practice will help him to reduce his   |  |  |  | | --- | --- | --- | |  | a. | problem-focused coping. | |  | b. | lymphocyte levels. | |  | c. | serotonin activity in the brain. | |  | d. | blood pressure reaction to stress. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 206. Which of the following is a stress-management practice that predicts reduced risk of neurocognitive disorder and Alzheimer's disease?   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation | |  | b. | aerobic exercise | |  | c. | relative deprivation | |  | d. | biofeedback |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 207. An analysis of 1.2 million Americans demonstrated that those who engage in exercise regularly experience \_\_\_\_\_\_\_\_ as compared with nonexercisers.   |  |  |  | | --- | --- | --- | |  | a. | decreased personal control | |  | b. | fewer days of poor mental health | |  | c. | more emotional-focused coping | |  | d. | more learned helplessness |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 208. Research has repeatedly demonstrated that aerobic exercise can help alleviate   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | anxiety. | |  | c. | both depression and anxiety. | |  | d. | neither depression nor anxiety. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 209. Aerobic exercise has been most closely linked to a decrease in   |  |  |  | | --- | --- | --- | |  | a. | emotion-focused coping. | |  | b. | the brain's serotonin activity. | |  | c. | the experience of anxiety. | |  | d. | endorphin levels. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 210. Elena, a college junior, is experiencing the stress of a heavy school workload and feels mildly depressed. The best advice for Elena is to   |  |  |  | | --- | --- | --- | |  | a. | start a program of regular aerobic exercise. | |  | b. | develop a more external locus of control. | |  | c. | modify her personality from Type B to Type A. | |  | d. | make use of biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 211. Aerobic exercise counteracts depression by boosting the availability of neurotransmitters such as   |  |  |  | | --- | --- | --- | |  | a. | serotonin. | |  | b. | acetylcholine. | |  | c. | cortisol. | |  | d. | dopamine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 212. Bradley suffers from depression. What is something that he can do to decrease his level of depression?   |  |  |  | | --- | --- | --- | |  | a. | exercise | |  | b. | eat chocolate | |  | c. | drink alcohol | |  | d. | get less sleep |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 213. In mice, exercise causes the brain to produce a molecule that stimulates the production of new, stress-resistant neurons. The process is called   |  |  |  | | --- | --- | --- | |  | a. | meditation. | |  | b. | neurogenesis. | |  | c. | locus of control. | |  | d. | problem-focused coping. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 214. Studies with mice have found that \_\_\_\_\_\_\_\_ causes the brain to produce a molecule that stimulates the production of new stress-resistant neurons.   |  |  |  | | --- | --- | --- | |  | a. | epinephrine | |  | b. | high blood pressure | |  | c. | physical exercise | |  | d. | learned helplessness |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 215. Biofeedback is a system for   |  |  |  | | --- | --- | --- | |  | a. | reducing stress by sharing your struggles with a supportive community. | |  | b. | recording, amplifying, and feeding back information about subtle physiological responses. | |  | c. | attending to current experiences in a nonjudgmental and accepting manner. | |  | d. | reducing activity in the amygdala, a brain region associated with fear. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 216. Which of the following can help relax both premature infants and those suffering pain?   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control | |  | b. | a Type A personality | |  | c. | mindfulness meditation | |  | d. | massage therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 217. Research has found that muscle relaxation and reduced depression were two benefits of   |  |  |  | | --- | --- | --- | |  | a. | an external locus of control. | |  | b. | a Type A personality. | |  | c. | reduced oxytocin levels. | |  | d. | massage therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 218. For those who may not be physically able to engage in regular aerobic exercise, which of the following can help both physical and mental health?   |  |  |  | | --- | --- | --- | |  | a. | external locus of control | |  | b. | mindfulness meditation | |  | c. | biofeedback | |  | d. | relaxation |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 219. In a study of Type A heart attack survivors, Meyer Friedman and his colleagues found that the most effective technique for preventing recurrent heart attacks among this group was   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation. | |  | b. | pain-control medication. | |  | c. | relaxation training. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 220. Patients who used recordings designed to \_\_\_\_\_\_\_\_ both before and after surgery reported better wound healing.   |  |  |  | | --- | --- | --- | |  | a. | increase heart rate and blood pressure | |  | b. | inhibit activity in the limbic system | |  | c. | reduce cortisol levels | |  | d. | encourage relaxation |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 221. Robin is a hard-driving Type A executive who had a heart attack several years ago. Based on the results of research by Friedman and Rosenman, her doctor has recommended that she undergo training in   |  |  |  | | --- | --- | --- | |  | a. | biofeedback. | |  | b. | relaxation. | |  | c. | aerobic exercise. | |  | d. | locus of control. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 222. Mindfulness meditation is a reflective practice in which people consciously attend to their \_\_\_\_\_\_\_\_ in a nonjudgmental and accepting manner.   |  |  |  | | --- | --- | --- | |  | a. | stressful memories | |  | b. | current experiences | |  | c. | goals for the future | |  | d. | fears about the future |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 223. Odie closes his eyes and mentally scans his body from head to toe, paying attention to his breathing and zooming in on certain body parts while remaining accepting and aware. Odie’s behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | biofeedback. | |  | b. | a Type A personality. | |  | c. | mindfulness meditation. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 224. Mindfulness meditation has been associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | increased happiness. | |  | b. | reduced anxiety. | |  | c. | increased headaches. | |  | d. | reduced depression. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 225. Alfredo has recently started practicing mindfulness meditation. This may be a good thing as this practice has been associated with all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | better sleep. | |  | b. | helpfulness. | |  | c. | improved immune system functioning. | |  | d. | increased risk of cancer. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 226. Joanne feels extremely stressed and overloaded. What is something that she can do to help herself relax and reduce stress?   |  |  |  | | --- | --- | --- | |  | a. | spend some time alone | |  | b. | go shopping | |  | c. | take a cold shower | |  | d. | get less sleep |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 227. Which of the following has been found to strengthen connections among brain regions associated with focusing attention and being reflectively aware of what we see and hear?   |  |  |  | | --- | --- | --- | |  | a. | the faith factor | |  | b. | mindfulness meditation | |  | c. | an external locus of control | |  | d. | massage therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 228. When labeling emotions during mindfulness meditation, people show \_\_\_\_\_\_\_\_ activation in the amygdala and \_\_\_\_\_\_\_\_ activation in the prefrontal cortex.   |  |  |  | | --- | --- | --- | |  | a. | less; more | |  | b. | more; less | |  | c. | less; less | |  | d. | more; more |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 229. A part of the prefrontal cortex involved in emotion regulation has been found to be more active than usual during   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation. | |  | b. | aerobic exercise. | |  | c. | massage therapy. | |  | d. | biofeedback training. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 230. During meditative relaxation, a part of the \_\_\_\_\_\_\_\_ involved in focused attention 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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| 231. Research indicates that religiously active people are more likely than those who are not religiously active to experience   |  |  |  | | --- | --- | --- | |  | a. | infectious diseases. | |  | b. | a longer life span. | |  | c. | an external locus of control. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 232. Martin and Rick attend church services at least twice a week and take part in all church-sponsored activities. What can you conclude about Martin and Rick?   |  |  |  | | --- | --- | --- | |  | a. | Martin will experience better health and an extended life expectancy but not Rick. | |  | b. | Rick will experience better health and an extended life expectancy but not Martin. | |  | c. | Both Martin and Rick will experience better health and an extended life expectancy. | |  | d. | No conclusions can be drawn for either Martin or Rick. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 233. Religiously active people have \_\_\_\_\_\_\_ socially supportive relationships and \_\_\_\_\_\_\_\_ lifestyles than those who are not religiously active.   |  |  |  | | --- | --- | --- | |  | a. | fewer; less healthy | |  | b. | fewer; healthier | |  | c. | more; less healthy | |  | d. | more; healthier |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 234. Falak, who attends church services regularly, has just celebrated her eighty-fifth birthday. Which of the following may be related to her long life?   |  |  |  | | --- | --- | --- | |  | a. | healthy behavior | |  | b. | social support | |  | c. | a stable, coherent worldview | |  | d. | All of these are factors related to her long life. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 235. Which of the following may contribute to the stress protection that has been associated with the faith factor?   |  |  |  | | --- | --- | --- | |  | a. | mindfulness meditation | |  | b. | a stable worldview | |  | c. | biofeedback | |  | d. | neurogenesis |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 236. It has been suggested that a coherent worldview may contribute to the stress protection associated with   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | an external locus of control. | |  | c. | the faith factor. | |  | d. | biofeedback. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 237. Compared with those who are unhappy, happy people are \_\_\_\_\_\_\_\_ likely to live healthy lives and they are \_\_\_\_\_\_\_\_ likely to perceive the world as safer.   |  |  |  | | --- | --- | --- | |  | a. | more; less | |  | b. | less; more | |  | c. | more; more | |  | d. | less; less |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 238. When researchers surveyed thousands of U.S. college students in 1976 and again when they were 37, happy students had gone on to earn \_\_\_\_\_\_\_\_ money than peers who were less happy -than average.   |  |  |  | | --- | --- | --- | |  | a. | 50 percent less | |  | b. | slightly more | |  | c. | no more | |  | d. | significantly more |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 239. People's tendency to be helpful when already in a positive mood is called   |  |  |  | | --- | --- | --- | |  | a. | the feel-good, do-good phenomenon. | |  | b. | emotion-focused coping. | |  | c. | biofeedback. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 240. Mr. Morgan asks his son, Chester, to help him wash the car. Chester is most likely to be willing to help his father after   |  |  |  | | --- | --- | --- | |  | a. | losing an important athletic contest. | |  | b. | bringing home a less-than-satisfactory report card from school. | |  | c. | discovering that his cell phone had been stolen. | |  | d. | receiving news that he has just won $1000 in a state lottery. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 241. After receiving a most valuable player award for his helping his team win the last football game, Alonso was easily persuaded to take his little brother to the park. This best illustrates the   |  |  |  | | --- | --- | --- | |  | a. | adaptation-level phenomenon. | |  | b. | feel-good, do-good phenomenon. | |  | c. | relative deprivation principle. | |  | d. | biofeedback effect. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 242. Riley’s subjective well-being increases after she donates money to support a local child-protection agency. Her experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the experience of flow. | |  | b. | relative deprivation. | |  | c. | the do-good, feel-good phenomenon. | |  | d. | the adaptation-level phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 243. Martin Seligman has sought to promote the development of human strengths and virtues by means of   |  |  |  | | --- | --- | --- | |  | a. | positive psychology. | |  | b. | mindfulness meditation. | |  | c. | the adaptation-level phenomenon. | |  | d. | aerobic exercise programs. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 244. Dr. Stevenson focuses on human flourishing in his private practice. He is   |  |  |  | | --- | --- | --- | |  | a. | practicing positive psychology. | |  | b. | adhering to the catharsis hypothesis. | |  | c. | ignoring subjective well-being. | |  | d. | demonstrating the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 245. What is subjective well-being?   |  |  |  | | --- | --- | --- | |  | a. | empathy | |  | b. | relative deprivation | |  | c. | life satisfaction | |  | d. | emotion-focused coping |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 246. A sense of satisfaction with life is known as   |  |  |  | | --- | --- | --- | |  | a. | the experience of flow. | |  | b. | the adaption-level phenomenon. | |  | c. | subjective well-being. | |  | d. | the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 247. Exploring the development of character strengths such as self-control, compassion, and courage is most clearly central to   |  |  |  | | --- | --- | --- | |  | a. | the experience of flow. | |  | b. | the adaptation-level phenomenon. | |  | c. | positive psychology. | |  | d. | an external locus of control. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 248. Professor Stott uses the scientific method to study human flourishing. She is most likely conducting research in   |  |  |  | | --- | --- | --- | |  | a. | coping mechanisms. | |  | b. | learned helplessness. | |  | c. | self-control. | |  | d. | positive psychology. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 249. The first pillar of the positive psychology movement focuses on the study of   |  |  |  | | --- | --- | --- | |  | a. | the experience of flow. | |  | b. | positive well-being. | |  | c. | the relaxation response. | |  | d. | emotional literacy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 250. The second pillar of positive psychology, positive traits, focuses on exploring and enhancing all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | creativity. | |  | b. | social ecology. | |  | c. | courage. | |  | d. | integrity. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 251. Which aspect of positive psychology is associated with a positive social ecology?   |  |  |  | | --- | --- | --- | |  | a. | positive well-being | |  | b. | positive traits | |  | c. | positive groups, communities, and cultures | |  | d. | positive creativity |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 252. Who said that “positive psychology is an umbrella term for the study of positive emotions, positive character traits, and enabling institutions”?   |  |  |  | | --- | --- | --- | |  | a. | Ellen Langer | |  | b. | Martin Seligman | |  | c. | Julian Rotter | |  | d. | Sonja Lyubomirsky |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 253. Since 1887, researchers have been more likely to study \_\_\_\_\_\_\_\_ than \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | depression; happiness | |  | b. | happiness; depression | |  | c. | resilience; deprivation | |  | d. | personal history; culture |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 254. Shelly uses social media to interact with friends and family online. When is she most likely to express a positive mood on social media?   |  |  |  | | --- | --- | --- | |  | a. | Thursdays | |  | b. | Fridays | |  | c. | Wednesdays | |  | d. | Sundays |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 255. People's positive emotions typically \_\_\_\_\_\_\_\_ between the early and middle hours of the day and typically \_\_\_\_\_\_\_\_ between the middle and late hours of the day.   |  |  |  | | --- | --- | --- | |  | a. | rise; rise further | |  | b. | fall; fall further | |  | c. | rise; fall | |  | d. | remain stable; fall |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 256. Ryan is a first-year student at the local college. He has a number of good friends, an active social life, and a high academic standing. Despite all the positive aspects of his life, Ryan’s moods are likely to vary over the course of a day. When is Ryan most likely to be happiest?   |  |  |  | | --- | --- | --- | |  | a. | early morning | |  | b. | late afternoon | |  | c. | early evening | |  | d. | late evening |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 257. People with an agreeable personality who must go on kidney dialysis \_\_\_\_\_\_\_\_ likely to recover near-normal levels of day-to-day happiness. Those who must have permanent colostomies \_\_\_\_\_\_\_\_ likely to recover near-normal levels of day-to-day happiness.   |  |  |  | | --- | --- | --- | |  | a. | are not; are not | |  | b. | are; are | |  | c. | are not; are | |  | d. | are; are not |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 258. Eighty-two percent of entering U.S. college students say that being very well off financially   |  |  |  | | --- | --- | --- | |  | a. | is very important. | |  | b. | is not so important. | |  | c. | might be nice but not necessary. | |  | d. | is definitely unnecessary. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 259. Research on the well-being of Americans indicates that the   |  |  |  | | --- | --- | --- | |  | a. | vast majority of Americans currently declare themselves to be very happy. | |  | b. | personal happiness of Americans has been increasing during the last half-century. | |  | c. | buying power of Americans has been decreasing during the last half-century. | |  | d. | increase in the buying power of Americans since the late 1950s has provided no apparent boost to Americans' personal happiness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 260. Which of the following statements is FALSE regarding wealth and well-being?   |  |  |  | | --- | --- | --- | |  | a. | Money can improve happiness for people during their midlife working years. | |  | b. | Those who live in countries where most people have a secure livelihood are happier than those in countries where this is not the case. | |  | c. | The power of more money to increase happiness is strongest at low incomes. | |  | d. | People feel as though they can never have enough money. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 261. In the United States, Europe, Canada, Australia, Japan, and China, buying power and living standards have increased in recent decades, and   |  |  |  | | --- | --- | --- | |  | a. | happiness has not. | |  | b. | life satisfaction has not. | |  | c. | happiness and life satisfaction have not. | |  | d. | both happiness and life satisfaction have risen. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 262. In communities with greater economic inequality, people with lower incomes tend to experience \_\_\_\_\_\_\_\_ ill health and \_\_\_\_\_\_\_\_ social problems.   |  |  |  | | --- | --- | --- | |  | a. | less; more | |  | b. | more; less | |  | c. | less; less | |  | d. | more; more |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 263. Our tendency to judge various stimuli relative to those we have previously experienced is called   |  |  |  | | --- | --- | --- | |  | a. | an internal locus of control. | |  | b. | the adaptation-level phenomenon. | |  | c. | the relative deprivation principle. | |  | d. | the feel-good, do-good phenomenon. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 264. Mr. Hodgson was thrilled when he first took possession of a new SUV. After a few weeks, however, he took the car for granted, and he felt no excitement about his new car. This change in his feelings can best be explained in terms of   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | relative deprivation. | |  | c. | the feel-good, do-good phenomenon. | |  | d. | an internal locus of control. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 265. Marvin and Denise were middle-class business owners who lost most of their life savings when they had to close up shop because of the COVID-19 pandemic. Which of the following best explains why after two years Marvin and Denise seem to have suffered no permanent loss of happiness?   |  |  |  | | --- | --- | --- | |  | a. | relative deprivation | |  | b. | the feel-good, do-good phenomenon | |  | c. | an external locus of control | |  | d. | the adaptation-level phenomenon  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 266. The concept of relative deprivation refers to the perception that   |  |  |  | | --- | --- | --- | |  | a. | yesterday's luxuries are today's necessities. | |  | b. | things are never quite as bad as they could be. | |  | c. | one is worse off than those with whom one compares oneself. | |  | d. | happiness can't last forever. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 267. Tabatha was delighted to get a C on a very difficult biology test until she learned that almost everyone else in the class received a B. This illustrates that one’s level of happiness is influenced by   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | relative deprivation. | |  | c. | the feel-good, do-good phenomenon. | |  | d. | mindfulness meditation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 268. When the city council voted in a pay increase for the city’s firefighters, many of the city’s police officers suddenly felt very depressed. The police officers’ unhappiness best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the adaptation-level phenomenon. | |  | b. | the do-good, feel-good phenomenon. | |  | c. | an internal locus of control. | |  | d. | relative deprivation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 269. When Nicole compares her life and accomplishments with Christine’s, she feels bad about her own life. Nicole is experiencing   |  |  |  | | --- | --- | --- | |  | 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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| 270. Which of the following best explains why communities with greater income inequality also tend to be communities with less happiness?   |  |  |  | | --- | --- | --- | |  | a. | the feel-good, do-good phenomenon | |  | b. | the adaptation-level phenomenon | |  | c. | the do-good, feel-good phenomenon | |  | d. | the relative deprivation principle |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 271. After imagining and then writing about various personal tragedies, university women expressed increased   |  |  |  | | --- | --- | --- | |  | a. | fear. | |  | b. | anger. | |  | c. | depression. | |  | d. | subjective well-being. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 272. Happiness has been found to relate to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | age | |  | b. | gender | |  | c. | physical attractiveness | |  | d. | social relationships |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 273. According to the research, happy people share many characteristics. One of these is that happy people tend to   |  |  |  | | --- | --- | --- | |  | a. | be well educated. | |  | b. | experience an external locus of control. | |  | c. | have close, positive, and lasting relationships. | |  | d. | be physically attractive. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 274. Which of the following is NOT a characteristic of happy people?   |  |  |  | | --- | --- | --- | |  | a. | high self-esteem | |  | b. | optimism | |  | c. | strong social relationships | |  | d. | physical attractiveness |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 275. Research has found that we feel happier when   |  |  |  | | --- | --- | --- | |  | a. | we focus on negative thoughts. | |  | b. | we focus on goals we have not achieved. | |  | c. | our life is absent of spiritual meaning. | |  | d. | our life has meaning and purpose. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 276. Nurturing our spiritual self has been associated with all of the following EXCEPT a(n)   |  |  |  | | --- | --- | --- | |  | a. | increased risk of disease. | |  | b. | supportive community. | |  | c. | sense of purpose. | |  | d. | reason to focus on others. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 277. People tend to \_\_\_\_\_\_\_\_ how much they can accomplish in any given day and they tend to \_\_\_\_\_\_\_\_ how much they can accomplish in a year.   |  |  |  | | --- | --- | --- | |  | a. | overestimate; overestimate | |  | b. | underestimate; underestimate | |  | c. | overestimate; underestimate | |  | d. | underestimate; overestimate |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 278. Research on the experience of flow suggests that people experience the most happiness when they are   |  |  |  | | --- | --- | --- | |  | a. | eating. | |  | b. | daydreaming. | |  | c. | highly self-aware. | |  | d. | absorbed in challenging activities. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 279. Margo is taking steps to improve her own level of happiness. According to the text, which of the following is NOT something that Margo should consider?   |  |  |  | | --- | --- | --- | |  | a. | She should act happy. | |  | b. | She should spend her money on shared experiences. | |  | c. | She should exercise regularly. | |  | d. | She should focus on herself. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 280. Britain’s Annual Population Survey is an attempt to   |  |  |  | | --- | --- | --- | |  | a. | measure their citizens’ well-being. | |  | b. | assess their citizens’ loyalty. | |  | c. | examine relative deprivation among citizens. | |  | d. | denounce subjective well-being. |  |  |  | | --- | --- | | *ANSWER:* | a | |