

Essay on marie is worried about her health which of the following would increase ...

[Business](#), [Management](#)



1. low LDL serum cholesterol
2. meditation
3. Type A behavior
4. aerobic exercise

People who are self-confident are

1. less likely to be disturbed by adverse events.
2. better able to function in spite of pain.
3. more likely to follow medical advice when they believe it will work.
4. all of the above

Which of the following focuses on muscle tension to reduce the state of arousal caused by stress?

1. meditation
2. progressive relaxation
3. ossification
4. Biofeedback

Gerald is a professional who studies stress management. This field is called

1. managerial training.
2. assertiveness training.

3. health psychology

4. transactional analysis.

Vinnie takes steroids (corticosteroids) prescribed by his doctor. These drugs

1. increase inflammation.

2. fight off viral agents only.

3. increase the immune response.

4. interfere with the production of antibodies

When people can laugh at their mistakes, they can cope with

1. more stress.

2. little stress.

3. less stress.

4. none of the above

Connie is overweight, has high serum cholesterol and hypertension. She is likely to experience ____.

1. a long life

2. HIV

3. none of the above

4. a heart attack

Dana is worried about developing cancer. Which of the following would lessen her risk of developing cancer?

1. drinking alcohol
2. smoking
3. overeating
4. stress management

Emily is on a diet. For lunch she has the choice of a salad with fat free dressing, or a fruit plate, neither of which she likes. What is this type of conflict called?

1. multiple approach-avoidance
2. none of the above
3. approach-avoidance
4. avoidance-avoidance

The idea that your past has influenced you immensely and must therefore continue to determine your feelings and behavior now is considered

1. an explanation for eustress.
2. an irrational belief.
3. a reasonable assumption.

4. a locus of control.

Moderators of stress include all of the following EXCEPT

1. sense of humor.
2. psychological hardiness.
3. predictability and control
4. personality type.

If a person tends to exaggerate the extent of a loss, which heightens his or her emotional reaction, this is called

1. conflictualizing.
2. delusional thinking.
3. catastrophizing.
4. none of the above

The general adaptation stage that involves coping with the stress is called the

1. exhaustion phase.
2. response stage.
3. resistance phase

4. alarm phase.

People with high self-efficacy expectations

1. are able to withstand stress.
2. have higher levels of adrenaline and noradrenaline in the bloodstream.
3. are more prone to be disturbed by adverse events.
4. all of the above.

The feeling of being pulled in two or more directions by opposing motives results in

1. conflict.
2. catastrophe.
3. controversy.
4. none of the above