Student name:\_\_\_\_\_\_\_\_\_\_

**1)** The approach to psychological research that, instead of studying mental illness, studies such things as happiness, character strengths, and healthy emotions is called

 A) positive thinking.
 B) positivism.
 C) positive health modeling.
 D) positive psychology.

**2)** Research on positive psychology has led scientists to identify six virtues that "enable human thriving." One of these is

 A) temperance.
 B) competitiveness.
 C) individualism.
 D) zeal.

**3)** The highest level of Maslow's needs hierarchy is characterized by

 A) constant self-absorption.
 B) a profound sense of unworthiness.
 C) a continuing drive to achieve more.
 D) a state of transcendence and well-being.

**4)** The basic premise of Maslow's hierarchy of needs theory is that people will pursue their highest potential when

 A) circumstances force them to do it.
 B) they model the behavior of other successful people.
 C) they can acknowledge all their psychological faults.
 D) their basic needs are met.

**5)** In the hierarchy of needs pyramid, the order of human needs progresses as follows:

 A) safety and security; physiological needs; self-esteem; love and belongingness; self-actualization.
 B) physiological needs; safety and security; love and belongingness; self-esteem; self-actualization.
 C) physiological needs; safety and security; self-actualization; self-esteem; love and belongingness.
 D) safety and security; love and belongingness; physiological needs; self-esteem; self-actualization.

**6)** Which of the following is most strongly associated with better mental health?

 A) isolation
 B) optimism
 C) intelligence
 D) self-employment

**7)** Which type of intelligence involves self-awareness and sensitivity to others?

 A) spatial
 B) general
 C) emotional
 D) interpersonal

**8)** Mentally healthy people tend to have

 A) high-paying jobs.
 B) high self-esteem.
 C) a high percentage of risk factors.
 D) a minimal support system.

**9)** Which of the following is a key to reducing stress and leading a mentally healthy life?

 A) going to a top-10 college
 B) getting married
 C) social support
 D) having children

**10)** You are demonstrating a sense of self-efficacy when you believe you are

 A) always right.
 B) a good person.
 C) more gifted than others.
 D) in control of your circumstances.

**11)** The ability to bounce back from an adverse event is known as

 A) realism.
 B) retribution.
 C) resilience.
 D) recognition.

**12)** Your brain is not fully developed until you reach your

 A) early twenties.
 B) teens.
 C) fifth birthday.
 D) fortieth birthday.

**13)** A person suffering from depression commonly experiences

 A) a lack of guilt.
 B) improved concentration.
 C) an unusual passion for hobbies.
 D) fatigue.

**14)** Jorge has always been a top student, but for the past couple of months he no longer enjoys school and can't concentrate, so his grades are far lower than they could be. With which of the following conditions is Jorge most likely to be diagnosed?

 A) bipolar disorder
 B) hypersomnia
 C) major depressive disorder
 D) panic disorder

**15)** Jenna sometimes "shops till she drops," meaning she shops on an exhilarating high until she crashes into a major depressive episode. Jenna's behavior is most common to which disorder?

 A) obsessive-compulsive
 B) major depressive
 C) bipolar
 D) generalized anxiety

**16)** Geoff showers four or five times during the course of a day and washes his hands almost every time he touches something. Geoff's behavior most closely resembles symptoms of

 A) agoraphobia.
 B) obsessive-compulsive disorder.
 C) a major depressive disorder.
 D) a psychosis.

**17)** Which of the following statements about schizophrenia is true?

 A) Brain scanning technologies reveal abnormalities in the brains of people with schizophrenia.
 B) There is no hereditary risk in the occurrence of schizophrenia.
 C) Behavioral therapies are the only available treatments.
 D) People who are schizophrenic always hear voices.

**18)** Scott, age 24, has withdrawn from most social contact and stopped dressing appropriately. When you speak with him, his conversation tends to make no sense. Of the following options, Scott is most likely to be diagnosed with

 A) a generalized anxiety disorder.
 B) a specific phobia.
 C) an addiction.
 D) schizophrenia.

**19)** Suicide is the \_\_\_\_\_\_\_\_ leading cause of death among college students.

 A) third
 B) first
 C) second
 D) fifth

**20)** Which of the following is a warning sign or event that often precedes a suicide attempt?

 A) acting normally
 B) social isolation
 C) decrease in risk-taking behaviors
 D) a constant desire for companionship

**21)** When a person with a physiological dependence on a substance needs higher and higher doses to achieve a high, that person is experiencing the characteristic signs of

 A) a compulsion.
 B) loss of interest.
 C) tolerance.
 D) withdrawal.

**22)** Which part of the brain activates the stress response?

 A) corticoid
 B) cerebral cortex
 C) parasympathetic nervous system
 D) hypothalamus

**23)** The stress response is a series of \_\_\_\_\_\_\_\_ that occur in the face of a threat.

 A) physiological changes
 B) trained behaviors
 C) threatening images
 D) irrational thoughts

**24)** Which system controls our involuntary, unconscious actions?

 A) autonomic nervous system
 B) sympathetic system
 C) limbic system
 D) autoimmune system

**25)** Of the following bodily changes, which is associated with the stress response?

 A) decreased blood pressure
 B) muscle relaxation
 C) slowed heart rate
 D) increased metabolism

**26)** Selye proposed the General Adaptation Syndrome (GAS) model to explain

 A) how organisms respond physiologically to stressors.
 B) how different people respond differently to stress.
 C) the difference between good and bad stress.
 D) the effects of stress on our health.

**27)** The \_\_\_\_\_\_\_\_ stage of the General Adaptation Syndrome is characterized by a reduction in immune system functioning that will be temporary if the stress is over quickly.

 A) exhaustion
 B) alarm
 C) fight-or-flight
 D) resistance

**28)** The body can no longer keep up with the demands of the stressor in the \_\_\_\_\_\_\_\_ stage of the General Adaptation Syndrome.

 A) alarm
 B) exhaustion
 C) fight-or-flight
 D) resistance

**29)** Long-term exposure to stress can damage the cardiovascular system by causing

 A) sudden, dangerous increases in the heart rate.
 B) excessive electrical activity in heart muscle.
 C) chronic high blood pressure.
 D) heart valve malfunction.

**30)** Iraq war veteran Mallory was diagnosed with post-traumatic stress disorder based on the fact that her symptoms were

 A) acute and disabling.
 B) irregular and nonspecific.
 C) hampering her readjustment to civilian life.
 D) not apparent until a year after she returned home.

**31)** In which of the following would a response to a stressor continue for a longer period than would normally be expected?

 A) acute stress disorder
 B) adjustment disorder
 C) bipolar disorder
 D) post-traumatic stress disorder

**32)** An achievement orientation is associated with which personality type?

 A) Type A
 B) Type B
 C) Type C
 D) Type D

**33)** Which of the following personality types describes people who are impulsive, need to get things done quickly, and live their lives on a time schedule?

 A) Type A
 B) Type B
 C) Type C
 D) Type X

**34)** Among Type A individuals, the trait that appears to be most harmful to health is

 A) hostility.
 B) infidelity.
 C) self-esteem.
 D) competitiveness.

**35)** Kristi's friends all describe her as cool and not easily frustrated. Kristi most likely has which type of personality type?

 A) Type A
 B) Type B
 C) Type C
 D) Type D

**36)** Which of the following statements displays "hardiness"?

 A) "I don't know what to do—all of my professors are so difficult!"
 B) "My new professor has it in for me. It will be easier just to drop the class."
 C) "This class is hard, so I'll just do the bare minimum to pass."
 D) "My new professor is difficult, but I know that if I work hard enough I'll learn a lot from her."

**37)** \_\_\_\_\_\_\_\_ is a style of coping with stress that features a positive outlook, a sense of commitment, and a sense of control.

 A) Distorted thinking
 B) Visualization
 C) Hardiness
 D) Realism

**38)** Holmes and Rahe created the Social Readjustment Scale to measure a person's

 A) ability to cope with stressors.
 B) recovery from an acute stress disorder.
 C) risk of developing stress-related illnesses.
 D) risk of encountering environmental stressors.

**39)** Daily hassles, such as arguments and car problems, can cause health problems when

 A) they coincide with a major stressful life event.
 B) you don't have a period of recovery.
 C) you forget to take an anti-anxiety medication.
 D) they occur infrequently.

**40)** Groups of conditions that often start before a child enters grade school and include limitations on learning and difficulty with behavior control and social skills are known as

 A) mood disorders.
 B) psychotic disorders.
 C) neurodevelopmental disorders.
 D) depressive disorders.

**41)** James is an impulsive 7-year-old who is constantly in motion and has an extreme inability to focus. After evaluation, he is diagnosed with a neurodevelopmental disorder. Of the following, which is the most likely diagnosis?

 A) autism spectrum disorder (ASD)
 B) bipolar disorder
 C) obsessive-compulsive disorder
 D) attention-deficit/hyperactivity disorder (ADHD)

**42)** The concept central to \_\_\_\_\_\_\_\_ is to calm the mind, cleanse the body, and raise awareness through activities involving posture, breathing, and body and mind awareness.

 A) yoga
 B) t'ai chi
 C) biofeedback
 D) affirmations

**43)** \_\_\_\_\_\_\_\_ are positive thoughts that one can write down or say to oneself to balance negative thoughts.

 A) Affirmations
 B) Distortions
 C) Biofeedbacks
 D) Achievements

**44)** Gathering information about your heart rate, breathing, and skin temperature in order to recognize stress response symptoms is a technique referred to as

 A) affirmation.
 B) regulation.
 C) biofeedback.
 D) yoga.

**45)** The concept central to \_\_\_\_\_\_\_\_ is to promote the flow of life energy throughout the body.

 A) affirmations
 B) biofeedback
 C) yoga
 D) t'ai chi

**46)** According to Kübler-Ross, when a person believes he or she is in the process of dying, the person passes through five stages. Which of the following is the linear order originally presented by Kübler-Ross?

 A) anger; denial and isolation; bargaining; depression; acceptance
 B) denial and isolation; bargaining; depression; anger; acceptance
 C) denial and isolation; anger; bargaining; depression; acceptance
 D) depression; bargaining; anger; denial and isolation; acceptance

**47)** Which of the following is NOT a symptom of grief?

 A) lethargy
 B) eustress
 C) headaches
 D) sleep disturbances

**48)** Kathleen's brother passed away six months ago. Recently, Kathleen has been imagining herself having conversations with her brother as if he were still alive. What phase of bereavement is she most likely experiencing?

 A) separation
 B) numbness and shock
 C) disorganization
 D) reorganization

**49)** It's been two years since Frank's mother passed away, but Frank still finds that he has trouble concentrating on anything for too long and often feels tired. What phase of bereavement is Frank most likely experiencing?

 A) numbness and shock
 B) separation
 C) disorganization
 D) reorganization

**50)** Which of the following is recommended for someone who has just lost a loved one?

 A) Set a timetable for grieving.
 B) Spend time alone, away from your social network.
 C) Eat well, exercise, and get plenty of rest.
 D) Focus on others rather than on your loss.

**51)** Bereavement typically involves four phases. Which of the following is NOT one of the four phases?

 A) numbness and shock
 B) depression
 C) separation
 D) reorganization

**52)** The psychological, emotional, cognitive, and spiritual aspects of our lives are known as our \_\_\_\_\_\_\_\_ health.

**53)** Daniel Goleman's term for a person's social competence, self-control, empathy, and motivation is \_\_\_\_\_\_\_\_ intelligence.

**54)** The ability to bounce back from a negative event is called \_\_\_\_\_\_\_\_.

**55)** Someone who tends to view problems as temporary and specific can be said to have a(n) \_\_\_\_\_\_\_\_ explanatory style.

**56)** If you possess self-\_\_\_\_\_\_\_\_, meaning you believe you have some control over a situation, you are much more likely to be successful.

**57)** Depressive and bipolar disorders are classified as \_\_\_\_\_\_\_\_ disorders.

**58)** Major depressive disorder is characterized by the experience of one or more episodes of depression lasting at least two \_\_\_\_\_\_\_\_.

**59)** The occurrence of manic episodes that alternate with depressive episodes is called \_\_\_\_\_\_\_\_ disorder.

**60)** Palpitations, sweating, shortness of breath, and/or chest pain typify the reaction known as a(n) \_\_\_\_\_\_\_\_.

**61)** \_\_\_\_\_\_\_\_ is the dependence on a substance or behavior.

**62)** A specific \_\_\_\_\_\_\_\_ is an intense fear of an activity, situation, or object.

**63)** A person with bipolar disorder experiences one or more \_\_\_\_\_\_\_\_ episodes, a distinct period during which the person has an abnormally elevated mood.

**64)** The severe mental disorder characterized by disorganized and disordered thinking and perceptions, bizarre ideas, hallucinations, and impaired functioning is called \_\_\_\_\_\_\_\_.

**65)** A(n) \_\_\_\_\_\_\_\_ is an agent that elicits a stress reaction.

**66)** Positive stress is also called \_\_\_\_\_\_\_\_.

**67)** The \_\_\_\_\_\_\_\_ response, or stress response, prepares us with a burst of energy to deal with threats or danger.

**68)** *Stress* may be defined as any challenge to the body's systems that challenges the body's ability to stay in balance, a condition called \_\_\_\_\_\_\_\_.

**69)** During the fight-or-flight response, the \_\_\_\_\_\_\_\_ branch of the autonomic nervous system is responsible for initiating a series of changes in the body, such as increasing heart rate.

**70)** Managing your \_\_\_\_\_\_\_\_ well by focusing on planning and prioritizing is a key to reducing stress.

**71)** Another name for adrenaline is \_\_\_\_\_\_\_\_.

**72)** The turning-off of the body's response to stress is called the \_\_\_\_\_\_\_\_ response.

**73)** The stress response itself can become damaging when people live in a state of \_\_\_\_\_\_\_\_ stress, in which the stressful conditions are ongoing and the stress response continues without resolution.

**74)** Selye's model for the physiological changes associated with the stress response is called the \_\_\_\_\_\_\_\_ (GAS).

**75)** People who tend to be impulsive, who need to get things done quickly, and who are sometimes considered hostile, competitive, or impatient, are Type \_\_\_\_\_\_\_\_ individuals.

**76)** Some people display a great deal of \_\_\_\_\_\_\_\_, which is defined as an ongoing accumulation of anger and irritation.

**77)** The technique for stress reduction that uses relaxing images to bring about a relaxation response is called \_\_\_\_\_\_\_\_, or visualization.

**78)** The ancient Hindu practice of \_\_\_\_\_\_\_\_ includes physical, mental, social, and spiritual components.

**79)** According to Kübler-Ross, the second stage that individuals pass through when they have been diagnosed with a terminal illness is \_\_\_\_\_\_\_\_.

**80)** In Kübler-Ross's view, the last stage people go through when they believe they are dying is \_\_\_\_\_\_\_\_.

**81)** The second phase people go through after the loss of a loved one is \_\_\_\_\_\_\_\_.

**82)** IQ is one of the best predictors of success and happiness in life.

 ⊚ true
 ⊚ false

**83)** The concept of self-actualization was developed by Abraham Lincoln in the 1960s as a model of human personality development.

 ⊚ true
 ⊚ false

**84)** Social support can help protect you against illness.

 ⊚ true
 ⊚ false

**85)** Pessimists view failure as temporary and limited.

 ⊚ true
 ⊚ false

**86)** Taking reasonable risks is part of being mentally healthy.

 ⊚ true
 ⊚ false

**87)** "Executive functions" of the brain, including planning and organizing, are not fully developed until the early- to mid-20s.

 ⊚ true
 ⊚ false

**88)** The brain is fully developed by the time a child reaches puberty.

 ⊚ true
 ⊚ false

**89)** In the United States today, it is unusual for people to live with undiagnosed mental disorders.

 ⊚ true
 ⊚ false

**90)** Approximately half of depressed individuals seek help.

 ⊚ true
 ⊚ false

**91)** Generalized anxiety disorder is characterized by behaviors such as repetitive hand washing.

 ⊚ true
 ⊚ false

**92)** The symptoms of schizophrenia most commonly manifest themselves in childhood.

 ⊚ true
 ⊚ false

**93)** Women usually develop schizophrenic symptoms earlier than men do.

 ⊚ true
 ⊚ false

**94)** People addicted to sex, Internet use, or shopping can experience euphoria similar to that experienced with drug use.

 ⊚ true
 ⊚ false

**95)** When a person stops using drugs, the uncomfortable symptoms that result are called tolerance.

 ⊚ true
 ⊚ false

**96)** Research has established that drugs cause addiction by operating on the "pleasure pathway" in the brain.

 ⊚ true
 ⊚ false

**97)** In the United States, firearms are used in 55-60 percent of all suicides.

 ⊚ true
 ⊚ false

**98)** Female use of firearms to commit suicide has decreased in recent years.

 ⊚ true
 ⊚ false

**99)** Alzheimer's, dementia, and amnesia are examples of cognitive disorders.

 ⊚ true
 ⊚ false

**100)** Drugs to treat mood disorders are among the most frequently prescribed medications in the United States.

 ⊚ true
 ⊚ false

**101)** Individuals who self-mutilate rarely have a history of physical abuse or substance use, thus making it difficult for scientists to identify the cause of self-inflicted harm.

 ⊚ true
 ⊚ false

**102)** Studies indicate that antidepressants can increase the risk of suicidal thoughts in young adults.

 ⊚ true
 ⊚ false

**103)** Humans are unique in that they are the only members of the animal kingdom that need sudden bursts of energy to fight or flee from situations perceived as dangerous.

 ⊚ true
 ⊚ false

**104)** Immunity breaks down in the resistance stage of the General Adaptation Syndrome.

 ⊚ true
 ⊚ false

**105)** It is not the stressor itself that creates health problems, but the body's natural responses to the stressor.

 ⊚ true
 ⊚ false

**106)** Introducing a relaxation response is one way to fight illness during moments of stress.

 ⊚ true
 ⊚ false

**107)** Symptoms of post-traumatic stress disorder usually appear immediately after the traumatic event.

 ⊚ true
 ⊚ false

**108)** Ulcers are more of a psychological problem than a biological problem.

 ⊚ true
 ⊚ false

**109)** Hostility is related to coronary heart disease and may contribute to premature death.

 ⊚ true
 ⊚ false

**110)** Major life events are more strongly related to illness and disease than are daily hassles.

 ⊚ true
 ⊚ false

**111)** Job pressure is a leading stressor for American adults.

 ⊚ true
 ⊚ false

**112)** Approximately 70 percent of Americans report that their financial situation is a cause of stress.

 ⊚ true
 ⊚ false

**113)** Acts of self-injurious behavior may include but are not limited to cutting, burning, scratching, branding, and hand banging.

 ⊚ true
 ⊚ false

**114)** In 1969, Elisabeth Kübler-Ross proposed a set of stages that people go through when they believe that they are in the process of dying. Studies have shown that these stages are experienced in a distinctly linear fashion; once a stage is completed, it is never revisited.

 ⊚ true
 ⊚ false

**115)** The separation stage of bereavement is characterized by the pain of loss and an intense yearning to be reunited with the person who passed away.

 ⊚ true
 ⊚ false

**116)** Studies suggest that people involved in religion at the end of life tend to be less anxious about death than those who are less religiously involved.

 ⊚ true
 ⊚ false

**117)** Grief can have a negative impact on immune system functioning.

 ⊚ true
 ⊚ false

**118)** Studies have shown that surviving spouses may have increased odds for heart disease, cancer, depression, alcoholism, and suicide.

 ⊚ true
 ⊚ false

**119)** Healthy grieving should last no longer than three months after the death of a loved one.

 ⊚ true
 ⊚ false

**Answer Key**Test name: Chapter 02 Mental Health and Stress

1) D

2) A

3) D

4) D

5) B

6) B

7) C

8) B

9) C

10) D

11) C

12) A

13) D

14) C

15) C

16) B

17) A

18) D

19) C

20) B

21) C

22) B

23) A

24) A

25) D

26) A

27) B

28) B

29) C

30) D

31) B

32) A

33) A

34) A

35) B

36) D

37) C

38) C

39) B

40) C

41) D

42) A

43) A

44) C

45) D

46) C

47) B

48) A

49) C

50) C

51) B

82) FALSE

83) FALSE

84) TRUE

85) FALSE

86) TRUE

87) TRUE

88) FALSE

89) FALSE

90) FALSE

91) FALSE

92) FALSE

93) FALSE

94) TRUE

95) FALSE

96) TRUE

97) TRUE

98) FALSE

99) TRUE

100) TRUE

101) FALSE

102) TRUE

103) FALSE

104) FALSE

105) TRUE

106) TRUE

107) FALSE

108) FALSE

109) TRUE

110) FALSE

111) TRUE

112) TRUE

113) TRUE

114) FALSE

115) TRUE

116) TRUE

117) TRUE

118) TRUE

119) FALSE