Chapter 10: Stress, Health, and Sleep

What Is Stress?

1. According to studies done by Holmes, there is a positive correlation between stress and _____.
   a. positive life changes
   b. negative life changes
   c. low scores on the Scale
   d. major illness
   Answer d   % correct 50   a = 10 b = 35 c = 5 d = 50   *r* = .32

2. Which of the following is the better predictor of psychological and physical health, according to Lazarus?
   a. hassles
   b. uplifts
   c. life events
   d. negative attitudes
   Answer a   % correct 15   a = 15 b = 25 c = 40 d = 20   *r* = .43

3. Unpredictability is stressful because:
   a. we don't know when "uplifts" will occur.
   b. we must expect too much control.
   c. we cannot plan for random events.
   d. hassles cancel good effects of "uplifts."
   Answer c   % correct 85   a = 10 b = 0 c = 85 d = 5   *r* = .46

4. Overall, research has indicated that _____ influences the amount of stress that people experience.
   a. the seriousness of life events
   b. degree of control people have over their lives
   c. intelligence
   d. physical health
   Answer b   % correct 65   a = 15 b = 65 c = 5 d = 15   *r* = .29

5. Which of the following statements about stress is TRUE?
   a. It is an emotion.
   b. Stress necessarily involves negative events.
   c. Positive situations can lead to stress.
   d. Stress arises only from threatening events.
   Answer c   % correct 74   a = 12 b = 3 c = 74 d = 12   *r* = .71

To Sleep, Perchance to Dream

6. Our awareness of various mental processes such as making decisions, daydreaming, reflecting, and concentrating is called _____.
   a. intelligence
   b. consciousness
   c. self-awareness
   d. creativity
   Answer b   % correct 75   a = 5 b = 75 c = 0 d = 0   *r* = .48

7. Daydreaming, meditation, intoxication, sleep, and hypnosis are all types of _____.
   a. altered states of consciousness
   b. self-awareness
   c. waking consciousness
   d. self-absorption
   Answer a   % correct 100   a = 100 b = 0 c = 0 d = 0   *r* = .0

8. Researchers investigating sleep _____.
   a. have observed a decrease in protein synthesis while we sleep
   b. have identified a substance destroyed during sleep
   c. have found a substance created only during sleep
   d. have not been able to fully explain why we sleep
   Answer d   % correct 55   a = 10 b = 5 c = 30 d = 55   *r* = .58

9. Our sleeping-waking cycle follows a(n) _____ rhythm.
   a. infradian
   b. circadian
   c. diurnal
   d. ultradian
   Answer b   % correct 85   a = 0 b = 85 c = 15 d = 0   *r* = .59

10. The low-voltage brain waves produced during relaxed wakefulness or the twilight stage between waking and sleeping are called _____ waves.
    a. alpha
    b. beta
    c. delta
    d. theta
    Answer a   % correct 10   a = 10 b = 25 c = 65 d = 0   *r* = .35

11. The deepest stage of sleep is _____ sleep.
    a. Stage 1
    b. Stage 2
    c. REM
    d. Stage 4
    Answer d   % correct 80   a = 0 b = 0 c = 20 d = 80   *r* = .55

12. The stage of sleep marked by the production of very slow delta waves is _____ sleep.
    a. Stage 1
    b. Stage 2
    c. Stage 3
    d. Stage 4
    Answer d   % correct 55   a = 0 b = 25 c = 20 d = 55   *r* = .40