

Name: _____ DL Site: _____

Health, Mind and Behavior

This program examines the relationship between mind and body, exploring some of the sources and consequences of stress. (Goes with pages 549-590 in your text, Chapter 14 on stress.)

<http://www.learner.org/discoveringpsychology/23/e23expand.html>

Watch, listen and circle the correct answers. Turn in for credit.

First scene: Zimbardo's introduction

Second scene: In the lab



1. What is the biopsychosocial model? Which is false?

- a. It's a holistic approach
- b. A substantial evidence base says the mind influences the body's health
- c. We are seen as a human system with the mental and physical interacting.
- d. There's no model that can incorporate all three ideas

2. Categories of mind/body ailments. Again, which is false?

- a. Some organic damage is psychogenic, caused by depression or anxiety like hypertension
- b. Headaches and exhaustion are symptoms of underlying problems of stress
- c. Psych factors are unrelated to the body's immune system
- d. psych factors can cause unhealthy behavior (1/2 of all deaths)

3. Nursing home residents were given greater power and physical health outcomes were measured. Which equation best explains the result?

- a. more power + more work = greater exhaustion
- b. Greater control = better health
- c. greater power = more stress

4. Judith Rodin studies couples with infertility. What does she conclude?

- a. unknown psychic factors are causing infertility
- b. Immune factors may be the cause of the rejection of the fertilized egg

Next Scene: Zimbardo hooks up to the biofeedback machine.

Mere thinking--- **biofeedback**----can influence bodily functions.

5. Which researcher discovered biofeedback, using animals?

- a. Philip Zimbardo
- b. Hans Selye
- c. Philip Miller
- d. Neal Miller

6. Stress is the:

- a. the field that integrates behavioral and medical knowledge
- b. Pattern of responses to events that disturb equilibrium, tax the ability to cope or exceed its ability to cope
- c. combination of events that cause psychic pain everyday

7. Life's little stressors are known as:

- a. obstacles
- b. psychic pain
- c. daily hassles
- d. actually none of these is correct

8. Why is change, whether positive or negative, always stressful?

- a. we don't like change
- b. it demands a response to the new circumstances

9. Hans Selye, the earliest researcher on stress, organized the General Adaptation Syndrome into three stages. What's the correct order? See p. 604, text.

- a. Alarm reaction, exhaustion, resistance
- b. Exhaustion, alarm, resistance
- c. Resistance, alarm, exhaustion
- d. Alarm, resistance, exhaustion

10. According to Richard Lazarus, the process by which we evaluate stress events personally has been termed:

- a. cognitive appraisal
- b. cognitive consistency

11. In 1900, infections were top cause of death. Today it's:

- a. global warming
- b. war
- c. lifestyle habits and accidents

12. Thomas Coates studies AIDS as primarily a behavioral illness. He says in order to stop the epidemic we need to:

- a. learn the epidemiology of the disease
- b. understand how and why they engage in the activities that spread the disease.

13. The psychologist intervenes at several levels regarding AIDS. What's the best approach?

- a. use scare tactics in advertising to frighten people encouraging them to change
- b. use enough threat to arouse emotions but not so much that they deny it or avoid it.

