

ABNORMAL PSYCHOLOGY  
QUIZ 4 CH 5 DISORDERS OF TRAUMA AND STRESS

MULTIPLE CHOICE: Each Answer Worth 4 Points

1. Stress is a function of how people appraise their situations and how they rate their
  - a. resiliency
  - b. adjustment
  - c. temperament
  - d. ability to cope
  
2. Which of the following factors is most influential in determining whether an event is experienced as a stressor?
  - a. duration of the event
  - b. how sudden the onset is
  - c. predictability of the event
  - d. how the event is interpreted
  
3. A person's \_\_\_\_\_ is influenced by his or her coping skills, and the social support available.
  - a. primary appraisal
  - b. secondary appraisal
  - c. vulnerability to stress
  - d. task orientation
  
4. Stressors are
  - a. those chronic challenges that cause a reduction in a person's overall anxiety level.
  - b. the most important factor in dealing with violence-prone individuals.
  - c. negative emotional experiences which have little or no impact on a person's behavior.
  - d. the negative emotional events that can stimulate behavioral, biochemical, and physiological changes in an individual.

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5. Which of the following is **false** about using **coping techniques** when dealing with a stressful situation?
- Different coping strategies are effective in different types of situations.
  - What you don't know can't hurt you.**
  - Successful copers have a varied array of personal resources for coping with situations.
  - Successful copers have the ability to use humor to defuse a situation.
6. Which of the following is **not** considered to be a personal **resource** for **coping**?
- Considering alternatives
  - Keeping your concern to yourself**
  - Using humor
  - Redefining a situation
7. **Which** of the following **skills** **appears** to be **directly** related to a **decreased risk of illness**?
- Ability to remain inflexible in the face of change**
  - Ability to be "stoic" and suppress feelings
  - Ability to deny circumstances
  - Ability to form loving relationships
8. **Which** of the following **disorders** is likely to **begin** and **end** **abruptly**?
- Panic disorder**
  - Adjustment disorder
  - Dissociative disorder
  - Posttraumatic disorder
9. A pattern of anxiety, insomnia, depression, and flashbacks that persists for years after a horrible event is called:

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- a. hysteria
- b. acute stress disorder
- c. generalized anxiety disorder
- d. posttraumatic stress disorder

10. A person with PTSD who is having "flashbacks" is:

- a. re-experiencing the traumatic event
- b. experiencing avoidance
- c. experiencing reduced responsiveness
- d. experiencing increased anger, anxiety, and guilt

11. What is another name for multiple personality disorder?

- a. fugue state
- b. depersonalization
- c. adjustment disorder
- d. dissociative identity disorder

12. A diffuse, vague, very unpleasant feeling of fear and dread is characteristic of \_\_\_\_\_.

- a. a phobia
- b. anxiety
- c. motor tension
- d. hypervigilance

13. Which of the following is not characteristic of a self-description of anxiety?

- a. "My heart thumps often."
- b. "I'm under constant strain."
- c. "I tend to make quick decisions."
- d. "I always seem to be dreading something."

14. Today there is a growing recognition of the fact that

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- a. behavioral and biological factors interact to determine health.
- b. all psychological disorders have a clearly defined biological basis.
- c. cognitive factors determine the course of both psychological and biological disorders.
- d. it is unlikely we will ever be able to determine the causes of psychological disorders.

15. According to the text, the term "stress" will be used to refer to:

- a. those events in our lives that challenge us.
- b. any demand made on an organism.
- c. the effects of stressors.
- d. anything that makes us unhappy.

16. Eustress is:

- a. seen when a situation is ambiguous.
- b. a response to a happy life event.
- c. the same thing as distress.
- d. characterized by euphoria.

17. What do eustress and distress have in common?

- a. They usually last indefinitely.
- b. Both occur without warning.
- c. They have an equivalent potential for causing lasting damage.
- d. Both tax one's resources and coping skills.

18. The term crisis refers to:

- a. any time when a stressful situation exceeds one's ability to cope.
- b. encountering a number of stressors simultaneously.
- c. a period of especially acute stress.
- d. any encounter that requires a readjustment of self concept.

19. What is the difference between a stressor and a crisis?

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- a. There is no difference; these are just two words for the same thing.
- b. While all crises are stressors, not all stressors are crises.
- c. There is a biological response to stress, but not to crisis.
- d. A stressor is an unexpected crisis.

20. The development of new methods of coping:

- a. may be an outcome of a crisis.
- b. always occurs when adaptive capabilities are exceeded.
- c. increases the expectation of future failures.
- d. is continuously needed as we face new stressors on a daily basis.

21. Which of the following will lessen the impact of a stressful situation?

- a. Holding unrealistic expectations about the stressor.
- b. Minimizing the use of social support.
- c. Preparing for the stressor.
- d. Being uncertain as to how long the stressor will persist.

22. An individual with a high stress tolerance:

- a. can function well in the face of a high level of stress.
- b. is likely to be particularly vulnerable to slight frustration.
- c. may feel threatened more readily than those with low stress tolerance.
- d. is particularly vulnerable to acute stress disorder.

23. A risk factor is

- a. something about the nature of a stressor that makes it worse for most people.
- b. something in a person's history that makes them more vulnerable to stress.
- c. something in a person's learning experiences that makes them thrill seekers.

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- d. something in a person's genetic make-up that makes them respond well to stress.

24. Which of the following will lessen the impact of stress on a person?

- a. positive social and family relationships  
b. having family relationships, even if they are tense  
c. being single and alone, there is less for the person to cope with  
d. having a lot of extremely stressful experiences in the past

25. The "fight or flight" response

- a. is an adaptive reaction to the daily demands faced today.  
b. is the same thing as general adaptation syndrome.  
c. is made possible by the parasympathetic division of the autonomic nervous system.  
d. is made possible by the sympathetic division of the autonomic nervous system.

EXTRA CREDIT: SHORT ANSWER ESSAYS: Choose Only One Worth 5 points.

51. Briefly discuss two of the aspects of the nature of stressors that can cause them to be highly stressful.

52. What are two factors that can lessen the impact of a stressful situation? Explain.

- Reassessment can lessen the impact of stressful situations (taking a moment and asking if the stress is controllable or non-controllable and what position one plays in that situation.) Walking away from the stressor, taking calculated deep breaths or refocusing one's attention on something else as an attempt to not get consumed by that situation.
- Support: having positive outside side resources can lessen the lasting effects stressful situations can create. Ex: (Friends, Family, and therapy)

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53. Certain conditions make stress disorders more likely to occur. Briefly describe two factors from each of the following areas: biological/genetic, personality, childhood experiences, social support, and severity of the trauma that put people at greater risk for developing a stress disorder.