

ABNORMAL PSYCHOLOGY
QUIZ 4 CH 5 DISORDERS OF TRAUMA AND STRESS

SHORT ANSWER ESSAYS:

1. Briefly discuss two of the aspects of the nature of stressors that can cause them to be highly stressful.
2. List one stressor for each of the following categories: Biological, Psychological, Social, Spiritual. Give an example of each describing why it is a stressor.
3. List and describe two factors that can lessen the impact of a stressful situation?
4. Certain conditions make stress disorders more likely to occur. Briefly describe one factor 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. (Refer to the lecture on Risk Factors from 10/20.)