

SM 500- Introduction to Stress Management

Exam Instructions.

Thank you for enrolling into SM 500 - Introduction to Stress Management. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.
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If you have any questions, please contact us at: info@aihcp.org

Full Name:

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AH Number:

1. The fastest growing type of homicide is:

- A) Domestic murder
- B) Child murder
- C) work place murder
- D) teen murder

2. Which of the following regarding "stress" is TRUE?

- A) stress is non-cumulative
- B) there is no single definition of stress
- C) people respond similarly to the same stressors
- D) experts agree on the definition of stress

3. The greatest source of stress in the workplace results from:

- A) work overload
- B) poor management
- C) poor interpersonal relations
- D) low wages

4. In cases of prolonged over stimulation, the following occurs:

- A) tunnel vision
- B) loss of intergrating ability
- C) fragmentation of thought
- D) all of the above

5. Which of the following may be a stress warning sign:

- A) sweaty palms
- B) low T-cell count
- C) bloody stools
- D) slow heart rate

6. A Diastolic Blood Pressure above 115 mmHG is considered:

- A) normal
- B) severe hypertension
- C) moderate hypertension
- D) high blood pressure

7. Male smokers have an increase risk of developing:

- A) nonlymphocytic leukemia
- B) colon cancer
- C) cushings syndrome
- D) liver cancer

8. Which of the following is TRUE about Reactive Stress:

- A) underload of job stress
- B) type B personality
- C) overweight
- D) all of the above

9. Which of the following regarding Type A personality is/are TRUE:

- A) it is a personality disorder
- B) they likely overwork

- C) they are underachievers
- D) they do not set goals

10. Which of the following is a key personality variable in the link with coronary heart disease:

- A) sensitivity
- B) creativeness
- C) apathy
- D) hostility

11.

Which of the following regarding Self-Esteem is/are TRUE:

- A) it is related to anxiety
- B) it is an indication of a person's self-confidence
- C) it is related to expectations for success
- D) all of the above

12. Which of the following is indicative of low self-esteem:

- A) egotistical
- B) lacks self-confidence
- C) self-sufficient
- D) all of the above

13. Perfectionism is:

- A) a compulsive obsession
- B) having significant self-esteem
- C) a psychotic disorder
- D) a myth

14. Which of the following is/are characteristic of a Type A environment:

- A) tasks and underloading
- B) blocking of a career
- C) both 1 & 2
- D) none of the above

- 15.** Individuals who have responsibilities for people are more likely to suffer from this, compared to people that have responsibilities for things.
- A) migraine headaches
 - B) cancer
 - C) heart disease
 - D) depression
- 16.** What type of people have nearly twice the risk of early death, than do others:
- A) isolated people
 - B) negative people
 - C) both 1 & 2
 - D) none of the above
- 17.** What percentage of the general population is more extroverted than introverted:
- A) 75%
 - B) 50%
 - C) 60%
 - D) 40%
- 18.** Which of the following regarding intuitive people is/are TRUE:
- A) men are more intuitive than women
 - B) 75% of the population is more intuitive than sensing
 - C) the intuitive person wants and trusts facts
 - D) women are more intuitive than men
- 19.** Which of the following regarding conflict is/are TRUE:
- A) conflict is an opportunity to learn
 - B) conflict is not bad
 - C) it can be a healthy way of relating between individuals
 - D) all of the above
- 20.** Which of the following should be done to help deal with seemingly impossible situations:
- A) if you must say something, make a declarative statement
 - B) don't let difficult people control you

- C) discuss your feelings about untrusting people
- D) when in doubt about what to do with difficult people, confront them

21. Who is considered the "Father of Stress Management?"

- A) Jung
- B) Freud
- C) Seyle
- D) Huxley

22. During which stage of the Stress Response do certain organs adapt to respond to stress:

- A) resistance
- B) escalation
- C) alarm
- D) exhaustion

23. What percentage of hospital beds are occupied with people with psychological problems:

- A) 10%
- B) 15%
- C) 25%
- D) 30%

24. A person experiencing emotional exhaustion may exhibit which of the following:

- A) uncommunication
- B) excessive talking
- C) paranoia
- D) ability to understand feelings better

25. A person who says, "I wish I had more time to catch up," is likely expressing:

- A) task strain
- B) interpersonal strain
- C) emotional strain

26. The Burn-Out Syndrome is a response to:

- A) occasional stress
- B) chronic stress
- C) intermittent stress
- D) imagined stress

27. Which of the following is/are an effect(s) of prolonged over stimulation:

- A) alienation
- B) boredom
- C) fragmentation of thought
- D) all of the above

28. Highly specialized jobs tend to be:

- A) less motivating
- B) more complex
- C) more motivating
- D) less stressful

29. The Job Diagnostic Index describes:

- A) the potential for job burn-out
- B) the degree of job dissatisfaction
- C) the motivation potential of a job
- D) the degree of stress related to a job

30. Those who have minimal control of their job tasks, have a higher incidence of:

- A) ulcers
- B) absenteeism
- C) hypertension
- D) all of the above

31. The nature of work and its demand on workers is affected by:

- A) worker's expectations
- B) unionization

- C) work specialization
- D) all of the above

32. Stages of adulthood are characterized by:

- A) economic stressors
- B) social growth
- C) physical growth
- D) age transitions

33. The Life Event Scale gives which of the following the highest stress value:

- A) death of a close friend
- B) pregnancy
- C) sex difficulties
- D) personal injuries

34. The most important element in responding to a stressful incident is:

- A) the perception of the stress
- B) the way uncertainty is dealt with
- C) the personal meaning of the incident
- D) the magnitude of the incident

35. People who are more likely to deal effectively with the stressors around them:

- A) have a meaning and purpose in their life
- B) are those who are more optimistic
- C) are more spiritual
- D) have great ego strength

36. People who are effective in responding to stressors generally demonstrate:

- A) a lower incidence of physical illness
- B) a greater belief in God
- C) great ego dominance
- D) more willingness to talk to others

37. Noman Cousins, in "Anatomy of an Illness," showed that THIS reduced inflammation in his joints:

- A) vitamin E
- B) prayer
- C) laughter
- D) meditation

38. Which food has the highest risk of having high levels of toxic residues of agricultural chemicals:

- A) beans
- B) apples
- C) grapes
- D) wheat

39. Which of the following foods can exaggerate the stress response:

- A) milk
- B) salt
- C) pepper
- D) olive oil

40. Processed flour is associated with:

- A) Vitamin A deficiency
- B) Vitamin B depletion
- C) Vitamin K depletion
- D) Iodine deficiency

41. Hypoglycemia most often results from:

- A) the cumulative effects of eating refined sugars
- B) excessive dieting
- C) the rapid breakdown of carbohydrates
- D) the cumulative effects of sustained stress

42. Of the following fats, which is most healthy to eat:

- A) butter
- B) soybean oil

- C) olive oil
- D) coconut oil

43. The best oil to use for cooking is:

- A) lard
- B) olive oil
- C) safflower oil
- D) butter

44. Nicotine may cause which of the following:

- A) release of fatty acids into the blood
- B) a rapid reduction in blood glucose
- C) an abnormally slow heart rate
- D) a depletion of calcium in the bones

45. Smokers have an increased need for which nutrient:

- A) Vitamin B 12
- B) Magnesium
- C) Vitamin D
- D) Vitamin E

46. Moderate consumption of red wine may be associated with:

- A) lower levels of cholesterol
- B) impotency
- C) the development of diabetes
- D) increased risk of suicide

47. What is responsible for the reduction in basal metabolic rate that occurs after age 45:

- A) poor nutrition
- B) lack of proper sleep
- C) a decline in hormone levels
- D) reduced muscle mass

48. Poorly oxygenated blood contributes to:

- A) anxiety
- B) fatigue
- C) depression
- D) all of the above

49. The conscious monitoring of internal body states is:

- A) yoga
- B) biofeedback
- C) meditation
- D) self-hypnosis

50. A study by the National Cancer Institute revealed:

- A) only 6% of patients quit smoking when their doctors told them to quit
- B) only 50% of women do self-breast exams
- C) only 60% of children receive vaccinations
- D) all of the above

