

# SM 530-Clinical Stress Management I

## Exam Instructions.

**Thank you for enrolling into SM 530 - Clinical Stress Management I. 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

If you have any questions, please contact us at: [info@aihcp.org](mailto:info@aihcp.org)

Full Name:

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Email:

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AH Number:

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**1.** The first person to describe the body's reaction to stress was Herbert Benson.

- A) True
- B) False

**2.** Hans Selye described the General Adaption Syndrome.

- A) True
- B) False

**3.** Auto hypnotic Relaxation is now known as the Relaxation Response.

- A) True
- B) False

**4.** Meditation results in a hyper-metabolic state.

- A) True
- B) False

**5.** An example of a symbolic stressor is work overload.

- A) True
- B) False

**6.** Regardless of the stressor, the body's reaction will be the same.

- A) True
- B) False

**7.** Our goal is to eliminate all stress in our lives.

- A) True
- B) False

**8.** The author defines stress as a combination of a stressor and stress reactivity.

- A) True
- B) False

**9.** The medulla oblongata of the brain regulates sleep.

- A) True
- B) False

**10.** The Reticular Activating System is the connection between mind and body.

- A) True
- B) False

**11.** The Thalamus is where emotion evolves.

- A) True
- B) False

**12.** Thyrotropic Hormone Releasing Factor stimulates the thyroid gland to secrete oxytocin.

- A) True
- B) False

**13.** Prolonged stress can damage the cells of the hippocampus.

- A) True
- B) False

**14.** The pineal gland is NOT considered part of the endocrine system.

- A) True
- B) False

**15.** The purpose of Aldosterone is to increase blood pressure.

- A) True
- B) False

**16.** Diastolic blood pressure is the pressure of blood against the walls of the arteries when the heart pumps blood.

- A) True
- B) False

**17.** Cortisol is the primary glucocorticoid hormone.

- A) True
- B) False

**18.** The adrenal gland secretes only one major hormone.

- A) True
- B) False

**19.** Nor-Adrenalin will decrease oxygen consumption.

- A) True
- B) False

**20.** Thyroxin increases anxiety.

- A) True
- B) False

**21.** The Sympathetic Nervous System is activated by the hypothalamus.

- A) True
- B) False

**22.** The Sympathetic Nervous System causes increased heart rate and constricts arterioles in skeletal muscles.

- A) True
- B) False

**23.** Visceral organs are innervated with fibers from the sympathetic and parasympathetic divisions.

- A) True
- B) False

**24.** The sympathetic and parasympathetic systems are generally counteractive.

- A) True
- B) False

**25.** Oxytocin and Vasopressin cause constriction in blood vessel walls.

- A) True
- B) False

**26.** Pancreatitis has been associated with stress.

- A) True
- B) False

**27.** Our smooth muscles are attached to bones.

- A) True
- B) False

**28.** The temperature of the skin is NOT affected by the stress response.

- A) True
- B) False

**29.** Psychosomatic disease is a disease of the mind.

- A) True
- B) False

**30.** Psychosomatic disease can NOT be diagnosed.

- A) True
- B) False

**31.** College students who watch humorous video tapes were found to have strengthened immune responses.

- A) True
- B) False

**32.** Helper T-Cells stimulate the multiplication of Suppressor T-Cells.

- A) True
- B) False

**33.** A Systolic Blood Pressure over 150 and a Diastolic Blood pressure between 90 and 110, is considered to signify hypertension.

- A) True
- B) False

**34.** Over 90% of cases of hypertension are due to poor nutrition.

- A) True
- B) False

**35.** Emotional stress is regarded as a minor factor in hypertension.

- A) True
- B) False

**36.** A typical migraine headache sufferer is ambitious.

- A) True
- B) False

**37.** The number of T-Lymphocytes is increased during stress.

- A) True
- B) False

**38.** Stress has NOT been associated with the common cold.

- A) True
- B) False

**39.** The Stress Model is used to explain positive and negative consequences of stress.

- A) True
- B) False

**40.** For there to be a Stress Response, a situation has to be perceived and cognitively appreciated as distressing.

- A) True
- B) False

**41.** Eustress involves NO change or adaptation.

- A) True
- B) False

**42.** Obesity increases the risk of uterine cancer, but NOT breast cancer.

- A) True
- B) False

**43.** Chronic stress depletes vitamin C.

- A) True
- B) False

**44.** In Hypoglycemia, the blood sugar is low, and then increases.

- A) True
- B) False

**45.** Life change does NOT, in and of itself, lead to poor health.

- A) True
- B) False

**46.** Spiritual health can be defined as the adherence to doctrine as prescribed by a religion.

- A) True
- B) False

**47.** Assertion theory is based upon the premise that every person has certain basic rights.

- A) True
- B) False

**48.** An example of legitimate right is: 'you have a right NOT to take responsibility for someone else problems.'

- A) True
- B) False

**49.** To improve communication, you should avoid using "I" statements.

- A) True
- B) False

**50.** Type A personalities are MORE likely to have a second heart attack, than are type B's.

- A) True
- B) False

**51.** Type A's are more likely to survive a heart attack than are type B's.

- A) True
- B) False

**52.** Type A behavior is genetically transmitted.

- A) True
- B) False

**53.** Self-Esteem is learned.

- A) True
- B) False

**54.** Locus of control is internal only.

- A) True
- B) False

**55.** Anxiety is an unrealistic fear resulting in psychological arousal.

- A) True
- B) False

**56.** Trait anxiety is a generalized sense of anxiousness.

- A) True
- B) False

**57.** Clients who have Diabetes should obtain medical permission to begin relaxation training.

- A) True
- B) False

**58.** Meditation is a mental exercise that has NO affect on the body processes.

- A) True
- B) False

**59.** Tests of Galvanic Skin Response have demonstrated NO differences between mediators and non-mediators.

- A) True
- B) False

**60.** For meditation to be effective, you must consciously alter your breathing.

- A) True
- B) False



**61.** With Autogenic Training there is a decrease in alpha brain waves.

- A) True
- B) False

**62.** Autogenic Training results in the trophotropic response.

- A) True
- B) False

**63.** Progressive Relaxation produces a hypnotic state.

- A) True
- B) False

**64.** Relaxation techniques can elicit anxiety.

- A) True
- B) False

**65.** EMG biofeedback has been effective in treating cerebral palsy.

- A) True
- B) False

**66.** The most healthiest form of breathing is called thoracic breathing.

- A) True
- B) False

**67.** Mindfulness is effective for treating chronic pain, but NOT anxiety disorders.

- A) True
- B) False

**68.** Cardio-respiratory endurance is based on the proportion of lean body mass to the percentage of body fat.

- A) True
- B) False

**69.** Endorphin is the only chemical the body secretes during exercise.

- A) True
- B) False

**70.** Never stretch a muscle that has not been warmed up.

- A) True
- B) False

**71.** Aerobic exercise requires more oxygen than one can take in.

- A) True
- B) False

**72.** Self-monitoring facilitates an increased awareness of behavior.

- A) True
- B) False

**73.** Self-contracting means that you administer your own rewards.

- A) True
- B) False

**74.** A contract with a significant other is less effective than a self-contract in changing your behavior.

- A) True
- B) False

**75.** Women are at a high risk for psychosocial stress reactions.

- A) True
- B) False

**76.** More African-Americans die of heart disease than do White Americans.

- A) True
- B) False

- 77.** School age boys develop more self-confidence regarding their academic abilities, than do school age girls.
- A) True
  - B) False
- 78.** Studies have found that men are MORE likely to consult a physician than women are.
- A) True
  - B) False
- 79.** The infant mortality rate is highest for Hispanics.
- A) True
  - B) False
- 80.** An example of a Source of Stress (work) that is intrinsic to the job is lack of job security.
- A) True
  - B) False
- 81.** Physiological arousal accompanies occupational stress.
- A) True
  - B) False
- 82.** Studies show that more heart attacks occur on Friday than any other day of the week.
- A) True
  - B) False
- 83.** People who experience "burn-out" tend to have a "trapped" feeling.
- A) True
  - B) False
- 84.** Auto assembly workers are particularly prone to occupational stress.
- A) True
  - B) False

**85.** Self-Disclosure is a vital ingredient of friendship.

- A) True
- B) False

**86.** AIDS is a sexually transmitted disease and cannot be transmitted any other way.

- A) True
- B) False

**87.** Anytime sex is forced on someone, it is legally defined as rape.

- A) True
- B) False

**88.** Minority college students face the same stressors as other students, no more, no less.

- A) True
- B) False

**89.** A nuclear family involves relatives other than spouses and children.

- A) True
- B) False

**90.** Effective families deal with trouble quickly and openly.

- A) True
- B) False

**91.** Of children living with one parent in 1995, the largest proportion lived with a parent who had never been married.

- A) True
- B) False

**92.** The age at which people are getting married is declining.

- A) True
- B) False

**93.** Cohabitation is exclusive to young adults.

- A) True
- B) False

**94.** During the bonding years children learn independence.

- A) True
- B) False

**95.** More people today are choosing to remain single.

- A) True
- B) False

**96.** A family is a unique set of non-intimate relationships.

- A) True
- B) False

**97.** Family stressors include separation from extended families.

- A) True
- B) False

**98.** 50% of all people die in institutions.

- A) True
- B) False

**99.** Studies show that the disease resulting in increased deaths among widowers is heart disease.

- A) True
- B) False

**100.** The death of a spouse has been found to cause poor health and even death in the surviving partner; and the operative physiological mechanism is suspected of being a suppression of lymphocyte stimulation which decreases the effectiveness of the immunological system.

- A) True
- B) False

