Quiz Chapter 5: Stress and Adjustment Disorders

Name______________________________

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question (20 points).

1) The general adaptation syndrome is
   A) the process of adaptation or achieving stability through change.
   B) the balanced state in which an organism finds itself when basic biological needs are met.
   C) a model that helps explain the course of biological decompensation under excessive stress.
   D) the reactions of bodily systems during short-term stress.

2) Which of the following will lower a soldier’s risk of developing PTSD?
   A) believing strongly in the goals of the combat
   B) whether they are in combat in a familiar country or not
   C) no prior experience in combat
   D) whether they talk about their experiences

3) Short-term crisis therapy:
   A) rarely involves family members or other medical personnel.
   B) is usually provided by a trained lay person.
   C) typically consists of six to ten sessions.
   D) begins with the assumption that the affected individual was functioning well before the current crisis.

4) Children who have been abused may have a diminished ability to deal with stress. This inability to cope effectively with stressors has been called:
   A) reflexive vulnerability.
   B) psychological deterioration.
   C) repressive vulnerability.
   D) psychological decompensation.

5) The psychotropic medications used in the treatment of PTSD:
   A) treat the symptoms the client is experiencing.
   B) are used to alter the stressful situation.
   C) provide the client with a temporary escape from the trauma.
   D) act to minimize the cognitive response to the stressor.

6) In what way do the responses to stranger rape and acquaintance rape rate differ?
   A) Age and life circumstances only modify the reaction to a rape when the rapist is a stranger.
   B) Acquaintance rape is less likely to be reported.
   C) Fear is only seen after a stranger rape.
   D) Symptoms of PTSD are more likely following acquaintance rape.
7) In the reconstitution phase of sexual assault, which of the following is common?
A) Victims often feel guilt about their reaction to the assault.
B) Victims use denial to cope with the experience.
C) Victims begin having nightmares and may develop phobias.
D) Victims may become incapable of moving.

8) A risk factor is
A) something in a person's history that makes them more vulnerable to stress.
B) something in a person's learning experiences that makes them thrill seekers.
C) something about the nature of a stressor that makes it worse for most people.
D) something in a person's genetic make-up that makes them respond well to stress.

9) Chad really wants to go to a party on Friday because he knows the person in whom he is very interested will be there and he may be able to get a date. Then a person Chad is somewhat interested in asks him out for Friday. This is an example of
A) an internal pressure. B) a double avoidance conflict.
C) a frustration. D) a double approach conflict.

10) Following a disaster, debriefing sessions:
A) tend to increase the anxiety felt by many victims.
B) are not necessary for experienced disaster workers.
C) should be conducted by professionals.
D) provide those involved with a chance to share their feelings and concerns.

11) Which of the following will lessen the impact of stress on a person?
A) being single and alone, there is less for the person to cope with
B) positive social and family relationships
C) having a lot of extremely stressful experiences in the past
D) having family relationships, even if they are tense

12) Acute stress disorder becomes PTSD when:
A) the trauma is an event out of the realm of normal life experience.
B) the symptoms last for more than 2 weeks.
C) the symptoms begin within 6 months of the trauma.
D) the symptoms last for more than 4 weeks.

13) In DSM-IV-TR, psychosocial stressors:
A) are not specified. B) are specified on Axis IV.
C) are specified on Axis II. D) are specified on Axis III.
14) A main symptom of PTSD is
   A) development of stress related diseases.
   B) depression.
   C) panic attacks when remembering the trauma.
   D) reexperiencing of the traumatic event.

15) All of the following involve psychological disturbances that occur in response to an identifiable experience EXCEPT:
   A) adjustment disorder.  
   B) post-traumatic stress disorder.  
   C) acute stress disorder.  
   D) depression.

16) Homeostasis is
   A) the process of adaptation or achieving stability through change.
   B) the constant activation of bodily systems during prolonged stress.
   C) the balanced state in which an organism finds itself when basic biological needs are met.
   D) the course of biological decompensation under excessive stress.

17) Arielle was in a terrible car accident where several people were killed. A few weeks later, she has begun to talk about what happened. She tells the story to anyone who will listen. This seems to be
   A) a sign that she is in the shock stage of disaster syndrome.
   B) a maladaptive coping response that will heighten her distress.
   C) a sign that she is beginning to develop PTSD.
   D) a way to reduce anxiety and desensitize herself to the experience.

18) Stress-inoculation training:
   A) involves learning new ways to think about an anticipated threat and then applying these techniques to several different types of threats.
   B) can be used to prepare for most any disaster.
   C) is a form of cognitive preparation that can be used to minimize the impact of any life challenge.
   D) prepares one to deal with a stressor by considering solutions to the problems that are likely to arise.

19) The term "crisis" refers to:
   A) a period of especially acute stress.
   B) any encounter that requires a readjustment of self concept.
   C) any time when a stressful situation exceeds one's ability to cope.
   D) encountering a number of stressors simultaneously.
20) Adjustment disorders

A) develop in response to normal life events.
B) do not lessen once the precipitating stressor is removed.
C) are not disorders, but a selection of symptoms seen in response to normal events that necessitate change.
D) occur within 6 months of a stressor.