

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 1) _____
 - 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? 2) _____
 - 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: 3) _____
 - 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: 4) _____
 - A) reflexive vulnerability.
 - B) psychological deterioration.
 - C) repressive vulnerability.
 - D) psychological decompensation.

- 5) The psychotropic medications used in the treatment of PTSD: 5) _____
 - 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 differ? 6) _____
 - 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? 7) _____
- 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 8) _____
- 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 9) _____
- A) an internal pressure.
 - B) a double avoidance conflict.
 - C) a frustration.
 - D) a double approach conflict.
- 10) Following a disaster, debriefing sessions: 10) _____
- 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? 11) _____
- 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: 12) _____
- 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: 13) _____
- 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 14) _____
- 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: 15) _____
- A) adjustment disorder.
 - B) post-traumatic stress disorder.
 - C) acute stress disorder.
 - D) depression.
- 16) Homeostasis is 16) _____
- 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 17) _____
- 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: 18) _____
- 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: 19) _____
- 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

20) _____

- 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.