Chapter 14
Health Psychology: Stress, Coping, and Well-Being

Multiple Choice Questions

1. *(p. 486)* Which of the following statements best expresses the position of most health psychologists with regard to the mind-body issue?
A. The mind and the body are separate entities.
B. The mind and the body are one and the same.
C. The mind and the body are clearly linked.
D. Health psychologists are concerned only with the body.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-1

2. *(p. 486)* Dr. Alastair examines the relationship among psychological factors, the immune system, and the brain. Dr. Alastair is a:
A. psychoimmunologist.
B. psychoneuroimmunologist.
C. psychoneurologist.
D. neuroimmunologist.

APA Goal Outcome: 1.2, 10.1
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 43-1

3. *(p. 487)* Which of the following sequences best captures the "stress cycle," from the beginning to the end of one cycle?
A. Stressor → stress → coping → adaptation
B. Stress → stressor → coping → adaptation
C. Stress → stressor → adaptation → coping
D. Stressor → adaptation → stress → coping

APA Goal Outcome: 1.2
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

4. *(p. 487)* Which of the following is true of stress?
A. Although adaptation is often major, it requires minimal effort when stress is very severe or long lasting.
B. Stress is a very personal thing.
C. Positive events never produce stress.
D. Our attempts to overcome stress may produce biological and psychological responses that improve our overall health.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Understand
Difficulty: Easy
Learning Outcome: 43-2

5. *(p. 488)* Which of the following are strong stressors that occur suddenly and typically affect many people at once?
A. Personal stressors
B. Cataclysmic events
C. Background stressors
D. Daily hassles

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 43-2

6. *(p. 488)* Which of the following would qualify as an example of a cataclysmic event?
A. Being stranded in an earthquake affected area
B. Getting ready for the first day at work
C. Getting irritated due to slow Internet connection at work
D. Suffering from a severe headache

APA Goal Outcome: 1.2, 4.2, 4.4
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 43-2

7. *(p. 488)* Which category of stressor is correctly matched with an example?
A. Background stressor—the 2010 BP oil spill in the Gulf of Mexico
B. Personal stressor—being fired
C. Cataclysmic event—spending time on hold on the phone
D. Personal stressor—realizing that there is no fuel in your car when you have to rush to work

APA Goal Outcome: 1.2, 4.2, 4.4
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 43-2

8. *(p. 488)* Which of the following is an example of a personal stressor?
A. Getting stuck in a severe traffic jam
B. Waiting in a restaurant for a long duration for an order to be taken
C. Being informed about a suicide bomb attack
D. Giving birth to a baby

APA Goal Outcome: 1.2, 4.2, 4.4
Bloom's Taxonomy: Understand
Difficulty: Easy
Learning Outcome: 43-2

9. *(p. 488)* PTSD may result from:
A. cataclysmic events and severe personal stressors.
B. personal stressors only.
C. cataclysmic events only.
D. any type of stressor.

10. *(p. 488-489)* The suicide rate for veterans of the Iraq and Afghanistan wars is ____ the general population.
A. twice as high as
B. the same as
C. less than half
D. three times as high as

11. *(p. 489)* Approximately how many soldiers returning from Iraq show symptoms of PTSD?
A. 50%
B. 25%
C. 20%
D. 15%

12. *(p. 489)* Which of the following statements best captures the relationship between background stressors and daily hassles?
A. Background stressors are less severe than are daily hassles.
B. Background stressors and daily hassles are the same thing.
C. Daily hassles are less severe than background stressors.
D. Daily hassles are a type of background stressor.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

13. *(p. 489)* Misplacing one's keys illustrates a:
A. personal stressor.
B. background stressor.
C. cataclysmic event.
D. catastrophic event.

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 43-2

14. *(p. 489)* Sally was irritated as her cell phone got switched off due to low battery. This is an example of a _____.
A. personal stressor
B. background stressor
C. cataclysmic event
D. catastrophic event

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 43-2

15. *(p. 489)* Which of the following would qualify as an example of a background stressor?
A. Losing one's sibling in a train accident
B. Getting married to one's childhood crush
C. Getting irritated as one's headphones are not working
D. Losing an eye during a bomb blast

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 43-2

16. *(p. 489)* The number of hassles people experience is _____ correlated with the frequency of such problems as the flu, a sore throat, and backaches. The number of uplifts people experience is _____ correlated with the frequency of these sorts of problems.
A. not; not
B. not; negatively
C. positively; not
D. positively; negatively

APA Goal Outcome: 1.2, 2.3, 4.2, 4.4
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

17. *(p. 489)* Which of the following is true of stress?
A. The greater the number of uplifts we experience, the fewer the psychological symptoms we report later.
B. Stress increases the immune system response.
C. Stress is very helpful to the immune system as it overstimulates the system.
D. Stress is a universal phenomenon and not a personal thing.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

18. *(p. 489)* Which of the following is true of the consequences of stress?
A. Only negative stressors affect you physiologically.
B. Stress produces both biological and psychological consequences.
C. Stress does not have direct physiological results
D. Stress increases the immune system response.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

19. *(p. 490-491)* Susan has been working tirelessly for the past few weeks due to tight deadlines. She is also being pressurized by her parents to get married and settle in life. Susan is stressed and has been detected with high blood pressure, skin rashes, and fatigue. She is in a helpless state and thinks her life is messed up. Susan is suffering from a(n) _____.
A. emotional insulation
B. defense mechanism
C. psychophysiological disorder
D. general adaptation syndrome

APA Goal Outcome: 1.2
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 43-2

20. *(p. 492)* In the psychology of health and stress, Hans Selye is associated with the study of:
A. the hardy personality.
B. coping strategies.
C. the general adaptation syndrome.
D. Type A and Type B personalities.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 43-2

21. *(p. 492)* Which of the following sequences correctly orders the stages of the general adaptation syndrome, from first to last?
A. Alarm exhaustion resistance
B. Alarm resistance exhaustion
C. Resistance alarm exhaustion
D. Exhaustion resistance alarm

22. *(p. 492)* Which of the following is true about the general adaptation syndrome?
A. In the mobilization stage, people use a variety of means to cope with the stressor— sometimes successfully but at a cost of some degree of physical or psychological well-being.
B. In the alarm stage, the sympathetic nervous system becomes weak due to the sudden onset of stress.
C. The first stage of the general adaptation syndrome is known as the alarm and mobilization stage.
D. If exhaustion is inadequate, people enter the resistance stage to cope with stress.

23. *(p. 492)* During the _____ stage of the general adaptation syndrome, the body is actively fighting the stressor on a biological level.
A. exhaustion
B. resistance
C. alarm
D. mobilization

24. *(p. 492)* People enter the last stage of the general adaptation syndrome, exhaustion, when:
A. resistance is inadequate.
B. they just become aware of the presence of a stressor.
C. their sympathetic nervous system starts to become energized.
D. they attempt to cope with the stressor.

25. *(p. 492)* At which stage of Selye's general adaptation model (GAS) are individuals the most likely to show negative consequences of stress?
A. Exhaustion
B. Resistance
C. Alarm
D. Mobilization

26. *(p. 492)* Which stage of the general adaptation syndrome model is correctly matched with an example?
A. Alarm—drinking coffee and energy drinks to stay up late each night, writing that political science paper
B. Resistance—realizing that a major term paper is due in 2 weeks in your political science course
C. Exhaustion—coming down with a bad cold the day after you hand in that political science paper
D. Alarm—visiting the library daily to do reference and research work to write that political science paper

27. *(p. 492)* Which of the following is true of the exhaustion stage of the general adaptation syndrome?
A. During exhaustion, the sympathetic nervous system becomes energized, which helps a person cope initially with the stressor.
B. During the exhaustion stage, a person's ability to fight the stressor is highest.
C. In some cases, exhaustion allows people to escape a stressor.
D. During the exhaustion stage, the body is actively fighting the stressor on a biological level.

28. *(p. 493)* Some health psychologists have criticized the general adaptation syndrome because:
A. it suggests that one's physiological reaction to stress is rapidly changing, which may not be true.
B. it does not take into account how an individual interprets or appraises a stressful event.
C. they believe people's biological responses are not specific to the way they appraise a stressful event.
D. they believe that the physiological response to stress follows the same set pattern regardless of the cause of stress.

29. *(p. 493)* Stress may impair our production of disease-fighting white blood cells called:
A. leukocytes.
B. lymphocytes.
C. monocytes.
D. hemocytes.

30. *(p. 494)* Efforts to control, reduce, or learn to tolerate the threats that lead to stress are termed:
A. coping.
B. adaptation.
C. resistance.
D. reactance.

31. *(p. 494)* Eve was stressed as she had got transferred to Italy. She decided to look at the brighter side of her relocation by telling herself that it will be a new experience, that she will be able to meet different people, and see new places. Eve is observing _____ coping.
A. emotion-focused
B. proactive
C. avoidant
D. defensive

32. *(p. 494)* Following an ugly confrontation with a coworker, Simon seeks sympathy from his friends. Simon is practicing _____ coping.
A. problem-focused
B. emotion-focused
C. avoidant
D. proactive

33. *(p. 494)* Faced with overlapping, unrealistic deadlines at work, Ivan recruits his friends to perform some of the routine clerical tasks associated with the projects. Ivan is engaged in _____ coping.
A. problem-focused
B. emotion-focused
C. avoidant
D. proactive

34. *(p. 494)* Which of the following is true regarding emotion-focused coping?
A. In emotion-focused coping, a person may use wishful thinking to reduce stress or use more direct escape routes.
B. Taking time-out from stress by creating positive events is a type of emotion-focused coping.
C. Emotion-focused coping may be more effective than problem-focused coping when the situation is uncontrollable.
D. Emotion-focused coping attempts to modify the source of stress.

35. *(p. 494)* Which of the following is true about problem-focused coping?
A. Problem-focused coping leads to changes in behavior or to the development of a plan of action to deal with stress.
B. People use problem-focused strategies more frequently when they perceive circumstances as being unchangeable.
C. Problem-focused coping includes strategies such as accepting sympathy from others and looking at the bright side of a situation.
D. In problem-focused coping, a person may use wishful thinking to reduce stress or use more direct escape routes.

36. *(p. 494)* Wishful thinking and the use of drugs exemplify the use of _____ coping.
A. problem-focused
B. emotion-focused
C. avoidant
D. proactive

APA Goal Outcome: 1.2, 4.2, 4.4, 9.2, 9.3
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

37. *(p. 494)* Steve gets himself a couple of drinks at his favorite pub, every day after work, in order to reduce his stress. Steve is engaging himself in _____ coping.
A. problem-focused
B. emotion-focused
C. proactive
D. avoidant

APA Goal Outcome: 1.2, 4.2, 4.4, 9.2, 9.3
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 43-2

38. *(p. 494)* Which of the following is found to be the least successful coping method for dealing with stress?
A. Avoidant coping
B. Proactive coping
C. Emotion-focused coping
D. Problem-focused coping

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 43-2

39. *(p. 494)* Which of the following refer to unconscious strategies that people use to reduce anxiety by concealing the source from themselves and others?
A. Subjective well-being tactics
B. Defense mechanisms
C. Cataclysmic events
D. Type B behavior patterns

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 43-2

40. *(p. 494)* Which of the following is true of defense mechanisms?
A. Defense mechanisms deal with reality.
B. Defense mechanisms are personality characteristics associated with a lower rate of stress-related illness.
C. Defense mechanisms permit people to avoid stress by acting as if the stress were not even there.
D. People who practice defense mechanisms are generally optimistic, good-natured, and have good social skills.

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 43-2

41. *(p. 494)* A study conducted by Lehman and Taylor reports that California students living in dormitories unlikely to withstand an earthquake were more likely to doubt earthquake predictions than were students living in safer structures. This example best illustrates:
A. avoidant coping.
B. a projection.
C. emotion-based coping.
D. a defense mechanism.

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Understand
Difficulty: Difficult
Learning Outcome: 43-2

42. *(p. 496)* Agreeing with the statement: "Sometimes I feel like I can't do anything about my life" would reflect which of the following?
A. Learned helplessness
B. Emotion-focused coping
C. Emotional insulation
D. Problem-focused coping

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

43. *(p. 496)* People sometimes stop even trying to cope with stress if they feel that they have no control over the bad things that happen to them; that is, people might experience:
A. emotional insulation.
B. learned helplessness.
C. avoidant reactance.
D. denial.

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

44. *(p. 496)* "Don't wait for the storm to pass—learn to dance in the rain," exhorts an inspirational poster you notice in an office. This quote most directly relates to the _____ component of hardiness.
A. commitment
B. challenge
C. control
D. coping

APA Goal Outcome: 1.2, 4.4, 9.2, 9.3
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 43-2

45. *(p. 496)* Which of the following refers to the ability to withstand, overcome, and actually thrive after profound adversity?
A. Emotional insulation
B. Avoidant coping
C. Hostility
D. Luck

46. *(p. 496)* Despite growing up in an environment characterized by unemployment, violence, drug abuse, and poverty, Geoff finished college and is successful and thriving today. Geoff is:
A. hostile.
B. hardy.
C. luck.
D. fortunate.

47. *(p. 496)* Which of the following is true of resilience?
A. Resilient people are not able to work with what they have and tend to complain about whatever situation they find themselves in.
B. Resilient people conclude that there is no link between the responses they make and the outcomes that occur.
C. Resilience occurs when people conclude that unpleasant or aversive stimuli cannot be controlled.
D. Resilience results in the release of the hormone cortisol which is helpful in responding to challenges, although too much can produce damage.

48. *(p. 498)* Which of the following should be followed to cope with a stressful situation?
A. One should stick to one's goals.
B. One should change one's appraisal of the situation.
C. One should avoid taking physical action.
D. One should try to turn a challenge into a threat.

49. *(p. 498)* The strategy of preparing for stress before it happens is termed _____ coping.
A. anticipatory
B. proactive
C. preventive
D. reactive

50. *(p. 500)* The _____ behavior pattern is a cluster of behaviors involving hostility, competitiveness, time urgency, and feeling driven.
A. Type B
B. Type D
C. Type C
D. Type A

51. *(p. 500)* Vivian always makes sure that he submits his class assignments before anybody else does. Also, he aims at getting the highest score among his classmates. Vivian has a _____ behavior pattern.
A. Type C
B. Type B
C. Type A
D. Type D

52. *(p. 500)* Katie was very excited about the athletics event to be held in her school. She got injured just a few days before the event and was asked by her physician to take rest for one full day. She was very frustrated and worried that she might be replaced by her friend, Elaine, if she misses her daily practice. She ignored her physician's advice, went ahead with her practice, and worsened the injury. Katie is most likely a _____ personality.
A. Type B
B. Type A
C. Type C
D. Type D

53. *(p. 500)* Annie is a Type A individual. She would be characterized by _____ behavior.
A. hostile
B. patient
C. cooperative
D. noncompetitive

54. *(p. 500)* Eric has a Type A behavior pattern. Which of the following characteristics would be observed in Eric?
A. Patience
B. Time urgency
C. Lack of stress
D. Cooperation

55. *(p. 501)* The _____ behavior pattern is characterized by a patient and nonaggressive manner.
A. Type A
B. Type B
C. Type C
D. Type D

56. *(p. 501)* Martha has a Type B behavior pattern. Which of the following characteristics would be observed in Martha?
A. Hostility
B. Time urgency
C. Competitiveness
D. Cooperation

57. *(p. 500-501)* Kim is aggressive, competitive, and ambitious; Lonnie is relaxed, cooperative, and patient; and Morrie is anxious, tense, and pessimistic. Which individual is correctly paired with the behavior pattern he or she reflects?
A. Lonnie - Type B
B. Morrie - Type A
C. Kim - Type D
D. Kim - Type C

APA Goal Outcome: 1.2
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 44-1

58. *(p. 501)* Which of the following behavior types is correctly matched with an adjective?
A. Type A: insecure
B. Type B: cooperative
C. Type D: hostile
D. Type A: noncompetitive

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

59. *(p. 501)* Patrick is a typical Type B personality. Patrick would be characterized by _____ behavior.
A. hostile
B. competitive
C. insecure
D. nonaggressive

APA Goal Outcome: 1.2
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 44-1

60. *(p. 501)* Jane is a calm and composed person, who believes in working patiently. She hates the idea of employees working aggressively to win more incentives than their coworkers. She is cooperative with her coworkers and helps them whenever they are in need. Jane is a _____ individual.
A. Type C
B. Type A
C. Type B
D. Type D

61. *(p. 501)* Neil, a team lead in an advertising firm, is a harmonious person who provides constant support to his teammates without any hassles. Neil is most likely a _____ personality.
A. Type D
B. Type A
C. Type C
D. Type B

62. *(p. 501)* Owen is a Type B personality. Owen would be characterized by _____ behavior.
A. noncompetitive
B. stressful
C. hostile
D. panicky

63. *(p. 501)* The Type A and Type B behavior patterns are best seen as:
A. distinct categories.
B. overlapping categories.
C. ends of a continuum.
D. orthogonal dimensions.

64. *(p. 501)* Mick is a dedicated basketball player who believes in cultivating his sports skills by competing with others. He always feels driven to practice and improve his techniques of shooting, passing, and rebounding. Also, he is extremely patient and cooperative when he teaches the technique to his teammates. Mick's behavior:
A. has a Type B behavior pattern.
B. falls between Type A and Type B behavior patterns.
C. has a combination of Type C and Type D behavior patterns.
D. represents insecurity, anxiety, and hostility.

65. *(p. 501)* The component of the Type A pattern most strongly linked to coronary heart disease is that of:
A. hostility.
B. competitiveness.
C. time urgency.
D. ambitiousness.

66. *(p. 501)* Which of the following is true of the Type A behavior pattern?
A. Men who display the Type A behavior pattern suffer significantly less fatal heart attacks than those classified as having the Type B pattern.
B. Patience is the key component of the Type A behavior pattern which is related to non-aggressiveness.
C. The importance of the Type A behavior pattern lies in its links to coronary heart disease.
D. The Type A behavior pattern is characterized by a patient, cooperative, noncompetitive, and nonaggressive manner.

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 44-1

67. *(p. 501)* The key component of the Type A behavior pattern, hostility, is highly toxic because it:
A. produces excessive physiological arousal in stressful situations.
B. affects the course of cancer through links to the immune system.
C. decreases heart rate and blood pressure.
D. results in decreased production of the hormones epinephrine and norepinephrine.

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

68. *(p. 501)* Insecure, negative, and anxious personality traits are characteristics of which personality style?
A. Type A
B. Type B
C. Type D
D. Type C

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

69. *(p. 501)* Which of the following is true of cancer?
A. Development of cancer is directly related to the Type A behavior pattern.
B. Cancer is a disease which cannot be cured even if detected early.
C. Cancer spreads when certain cells in the body become altered and multiply rapidly in an uncontrolled fashion.
D. Conclusive evidence suggests that cancer patients are less emotionally reactive, suppress anger, and lack outlets for emotional release.

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

70. *(p. 502)* Smoking is the number _____ preventable cause of death in the United States; one in _____ deaths in the United States is/are caused by smoking.
A. one; five
B. one; four
C. two; five
D. two; four

APA Goal Outcome: 4.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

71. *(p. 502)* Approximately what percentage of current smokers report that they would like to quit?
A. 90%
B. 75%
C. 65%
D. 50%

APA Goal Outcome: 1.2, 4.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

72. *(p. 502)* The rate of lung cancer among African-American smokers is _____ than it is among white smokers.
A. 75% lower
B. 25% higher
C. 50% higher
D. 50% lower

73. *(p. 503)* Overall, about _____ of those who try to quit smoking actually succeed over the longer term.
A. 25%
B. 15%
C. 5%
D. 1%

74. *(p. 503)* The average smoker tries to quit about _____ times before being successful.
A. 3-4
B. 5-6
C. 8-10
D. 12-15

75. *(p. 503)* After a year of avoiding cigarettes, the probability of relapse is:
A. 10%.
B. 25%.
C. 35%.
D. 50%.

76. *(p. 504)* Which of the following is supposed to be the most successful method of quitting smoking?
A. Using the patch or nicotine replacement gum
B. Going cold turkey
C. Attending counseling, along with using nicotine replacement patches or gums
D. Using Zyban or similar drugs

77. *(p. 504)* In the long term, the most effective means of reducing smoking may be:
A. using the patch or nicotine replacement gum.
B. going cold turkey.
C. changes in societal norms and attitudes toward the habit.
D. using Zyban or similar drugs.

78. *(p. 504)* Approximately _____% of high school students are active cigarette smokers by the time they graduate.
A. 10
B. 15
C. 25
D. 35

79. *(p. 505)* According to the World Health Organization, about what percentage of the world's population will die as a result of smoking?
A. 2%
B. 5%
C. 10%
D. 20%

80. *(p. 507)* Blythe takes the medication prescribed by her doctor. However, she takes an increased dose and combines the drug with other medications based on her past experience. Blythe is practicing:
A. reactance.
B. creative nonadherence.
C. modified compliance.
D. hardiness.

81. *(p. 507)* Linda was suffering from an eye infection. Her doctor prescribed her eye drops that she had to use 4 times a day, and advised her to apply warm compresses 5 times every day. The doctor also asked her to avoid using eye makeup. However, Linda used the solution only once a day and rarely applied warm compresses to her eye. She also continued to use eye makeup. Linda is practicing:
A. reactance.
B. modified compliance.
C. creative nonadherence.
D. hardiness.

APA Goal Outcome: 1.2, 4.2, 4.4
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 45-1

82. *(p. 508)* What proportion of patients cannot say how long they are supposed to continue a course of prescribed medication?
A. 10%
B. 20%
C. 35%
D. 50%

APA Goal Outcome: 1.2, 4.2, 4.4
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 45-1

83. *(p. 508)* What proportion of patients cannot state the purpose of the medication prescribed for them?
A. 10%
B. 25%
C. 35%
D. 50%

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 45-1

84. *(p. 508)* Which of the following is true of physicians' communication with their patients?
A. There is no relation between the amount of physician-patient communication and the sex of a physician and patient.
B. Overall, male primary care physicians provide more patient-centered communications than do male primary care physicians.
C. Cultural values and expectations do not contribute to communication barriers between patients and their physicians as medical practices are similar are similar across all cultures.
D. Patient-physician communication difficulties can occur because the material that must be communicated is too technical for patients.

85. *(p. 508)* Which of the following is true of physicians' communication with their patients?
A. Patients often prefer an interview with questions of a technical nature.
B. Patients often prefer opposite-sex physicians.
C. Patients may be reluctant to volunteer information that might cast them in a bad light.
D. Patients prefer physicians choosing specific treatment that they favor without consulting the patients.

86. *(p. 508)* Which of the following statements is true regarding male and female physicians' communication with their patients?
A. Female physicians provide more patient-centered communication than do male physicians.
B. Female physicians provide less patient-centered communication than do male physicians.
C. Female and male physicians provide equivalent amounts of patient-centered communication.
D. Male physicians provide more information regarding the diagnosis and the prescribed treatment than do their female counterparts.

87. *(p. 508-509)* Which of the following statements is true regarding patients' preference for male or female physicians?
A. Patients prefer female physicians.
B. Patients prefer male physicians.
C. Patients prefer same-sex physicians.
D. Patients prefer opposite-sex physicians.

88. *(p. 510)* Andrew was told by his physician that he would be able to control his diabetes if he controls his diet and avoids the use of sugar in his diet. Andrew was given a(n) _____ framed health message by his physician.
A. positively
B. neutrally
C. negatively
D. ambiguously

89. *(p. 510)* The Surgeon General is developing new warning labels for cigarette packages. A certain label states, "Quitting smoking now will improve respiratory and cardiovascular health." Label A is a(n) _____ framed health message.
A. positively
B. neutrally
C. negatively
D. ambiguously

90. *(p. 510)* Preventive health behavior is best motivated by _____ framed messages; behavior leading to the detection of a disease is best motivated by _____.
A. negatively; positively framed messages
B. positively; negatively framed messages
C. negatively; negatively framed messages as well
D. positively; positively framed messages as well

91. *(p. 510)* Which of the following messages is most likely to motivate the maintenance of an exercise program?
A. "If you exercise, you'll feel more energetic and look more attractive."
B. "If you don't exercise, you'll gain weight and feel sluggish."
C. "If you sit at home all day without any exercise, you will become obese."
D. "If you do not exercise, you will start looking ugly."

92. *(p. 510)* "If you don't drink at least one full glass of water each day, you're going to get kidney stones," admonishes your friend. This is a(n) _____ framed health message.
A. negatively
B. neutrally
C. positively
D. invasively

93. *(p. 510)* Tim was told by his doctor that if he did not stop eating fast foods, he would turn diabetic and obese. This is an example of a _____ health message.
A. neutrally
B. positively
C. ambiguously
D. negatively

94. *(p. 511)* Happy people:
A. are realistic.
B. are modest.
C. hold moderately inflated views of themselves.
D. hold greatly inflated views of themselves.

95. *(p. 511)* Which of the following is true of happy people?
A. Happy people see themselves as less intelligent.
B. Happy people feel they are the pawns of others.
C. Happy people enjoy more as they have a less firm sense of control.
D. Happy people have high self-esteem.

96. *(p. 511)* Identify the correct statement relating to happy people.
A. Men and women are always made happy by the same sorts of activities.
B. Happy people like to be around other people.
C. Happy people do not see themselves as more intelligent than the average person.
D. Happy people enjoy more as they have a less firm sense of control.

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 45-2

97. *(p. 511)* With respect to gender differences in happiness, which of the following statements is most accurate?
A. Men and women are made happy by most of the same things.
B. Men and women are made happy by the same things.
C. Men and women are made happy by few of the same things.
D. Men and women are made happy by different things.

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 45-2

98. *(p. 511)* Oliver is a happy person most of the time. Which of the following characteristics would be observed in Oliver?
A. Emotional insulation
B. Lethargy
C. Defense mechanism
D. Optimism

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Apply
Difficulty: Easy
Learning Outcome: 45-2

99. *(p. 511)* The level of subjective well-being is very stable because:
A. people prefer very few changes in their lives.
B. people are part of the same social system.
C. people have a general set point for happiness.
D. people have mundane life styles.

100. *(p. 511)* Research shows that winning the lottery usually leads to:
A. a long-term rise in happiness.
B. an initial surge in happiness, followed by a slow return to previous levels.
C. an initial surge in happiness, followed by a slide into deep depression.
D. no change in happiness levels, even in the short-term.

101. *(p. 511)* Dewey just won the lottery—big-time. One year from now, he will be:
A. ecstatic.
B. broke.
C. depressed.
D. about as happy as he was before he won the lottery.

102. *(p. 511-512)* Overall, the set point for happiness is _____ and it is determined:
A. relatively high; at least partly by genetics
B. rather low; at least partly by genetics
C. relatively high; almost wholly by the environment
D. rather low; almost wholly by the environment

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 45-2

103. *(p. 512)* Most individuals in the United States would rate themselves as:
A. unhappy.
B. pretty happy.
C. neither happy nor unhappy.
D. either happy or unhappy, depending on the time of day.

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 45-2

104. *(p. 512)* Most people think that they are _____ famous people like Oprah Winfrey.
A. somewhat less happy than
B. just as happy as
C. happier than
D. much less happy than

APA Goal Outcome: 1.2, 9.2, 9.3
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 45-2

105. *(p. 512)* Which of the following statements is true about happiness?
A. Men and women report being equally happy.
B. African Americans are much less happy than whites.
C. People in poor countries are much less happy than we are in the West.
D. Countries that are not economically prosperous do not have happy residents.

106. *(p. 512)* Identify the correct statement with regard to happiness of people.
A. It is a universally accepted feature that money buys happiness for everybody.
B. Men are generally happier than women across all cultures.
C. The level of subjective well-being is highly unstable.
D. Few differences exist between members of different demographic groups.

107. *(p. 512)* Which of the following is true about happiness?
A. Generally, money does not buy happiness.
B. Countries that are not economically prosperous do not have happy residents.
C. Women are generally happier than men across all cultures.
D. There is no relation between people's set points and genetic factors.

Fill in the Blank Questions

108. *(p. 486)* The branch of psychology that investigates the psychological factors related to wellness and illness, including the prevention, diagnosis, and treatment of medical problems is called _____.
health psychology

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: Introduction

109. *(p. 487)* Events representing a threat to our well-being—like that calculus midterm next week—are called _____.
stressors

APA Goal Outcome: 1.2, 4.4
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 43-2

110. *(p. 488)* Based on the categories of stressors, one would consider Hurricane Katrina in 2005 to be a(n) _____ for the residents of New Orleans.
cataclysmic event

APA Goal Outcome: 1.2, 4.2
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 43-2

111. *(p. 489)* When Nell prays at night, she tries to be grateful for the small positive experiences of the day, no matter how mundane they may seem. Health psychologists call these gratifying day-to-day experiences _____.
uplifts

APA Goal Outcome: 1.2, 4.4, 9.2, 9.3
Bloom's Taxonomy: Apply
Difficulty: Medium
Learning Outcome: 43-2

112. *(p. 490-491)* Medical problems influenced by an interaction of psychological, emotional, and physical difficulties are called _____ disorders.
psychophysiological

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 43-2

113. *(p. 492)* The pioneering stress theorist _____ proposed the general adaptation syndrome to describe the body's response to stressors.
Hans Selye

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 43-2

114. *(p. 492)* The _____ suggests that a person's response to a stressor consists of three stages: alarm and mobilization, resistance, and exhaustion.
general adaptation syndrome

APA Goal Outcome: 1.2
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 43-2

115. *(p. 494)* Bruce prays for the serenity to remain calm, even-tempered, and flexible no matter what stressors he may encounter. Bruce is engaged in _____ coping.
emotion-focused

116. *(p. 494)* Jermaine remains impassive and emotionless in the face of both positive and negative events in his life. Jermaine appears to cope with stress through _____.
emotional insulation

117. *(p. 496)* Kay seems to have given up; she believes she has no control over what happens, so she doesn't even try to deal with the drama. Kay seems listless and depressed, a victim of _____.
learned helplessness

118. *(p. 496)* Commitment, challenge, and control are the three Cs of _____.
hardiness

119. *(p. 498)* Brandy is making sure she gets a full night's sleep tonight, so she'll be well-rested in advance of her mother-in-law's visit—a visit which will surely be trying. She is practicing _____ coping.
proactive

120. *(p. 501)* Joan is gentle, friendly, laid-back, and cooperative; she displays a(n) _____ behavior pattern.
Type B

121. *(p. 501)* The component of the Type A pattern linked to heart disease is _____.
hostility

122. *(p. 501)* Hostility may trigger the release of such hormones as _____, which may ultimately elevate the risk of heart disease.
epinephrine/norepinephrine

123. *(p. 502)* One in _____ U.S. deaths is attributable to smoking cigarettes.
five

124. *(p. 507)* Rosalynne takes 45 mg of Adderall each day, rather than the 30 mg that is prescribed; she asserts that her ADHD is severe and that her semester is exceptionally demanding. Rosalynne is practicing _____.
creative nonadherence

125. *(p. 510)* Prevention is to _____ as positively framed health messages are to negatively framed health messages.
detection

126. *(p. 511)* Chantal believes she is better at her job than she really is. Chantal's inflated view of her competence reflects what psychologists term a(n) _____.
positive illusion

127. *(p. 510)* _____ refers to one's overall evaluation of one's life in terms of both one's thoughts and feelings.
<u>Subjective well-being</u>

Essay Questions

128. *(p. 488-489)* Distinguish between cataclysmic events, personal stressors, and background stressors. Discuss the various effects on stress and well-being associated with these different types of events. Illustrate your answer with references to specific events you have experienced.

Students' answers may vary.

The answer should include the following points:

<u>Cataclysmic events</u>. These are strong stressors that occur suddenly and affect many people at once. Disasters such as tornadoes and plane crashes as well as terrorist attacks are examples of cataclysmic events that can affect hundreds or thousands of people simultaneously.
<u>Personal stressors</u>. These are major life events, such as going off to college, losing a job, getting married, or experiencing the death of a family member. The stressors produce a major immediate reaction that soon tapers off.
<u>Background stressors</u>. Sometimes called daily hassles, these are the minor irritations of life that we all face all the time. Waiting in line at the supermarket is one example of a background stressor. These stressors do not usually require much in the way of coping, but the negative emotions associated with them tend to add up. The more hassles a person experiences, the more psychological and health problems they experience.

129. *(p. 488)* Define and describe PTSD. What are its symptoms? Review the prevalence of PTSD among veterans of the Iraq wars and among New York City residents experiencing the 9/11 attacks.

The answer should mention the following:

PTSD is posttraumatic stress disorder subsequent to the experience of a traumatic event. PTSD may include vivid flashbacks or dreams in which the event is re-experienced. Emotional numbing, sleep difficulties, interpersonal problems, substance abuse, and even suicide are associated with PTSD. About 16% of soldiers returning from Iraq show symptoms of PTSD; 11% of New Yorkers had some form of PTSD in the months following the 9/11 attacks.

130. *(p. 492)* Describe the three phases of the general adaptation syndrome.

The general adaptation syndrome has three phases.
The first stage—alarm and mobilization—occurs when people become aware of the presence of a stressor. On a biological level, the sympathetic nervous system becomes energized, which helps a person cope initially with the stressor.
However, if the stressor persists, people move into the second response stage: resistance. During this stage, the body is actively fighting the stressor on a biological level. During resistance, people use a variety of means to cope with the stressor—sometimes successfully but at a cost of some degree of physical or psychological well-being.
If resistance is inadequate, people enter the last stage of the GAS: exhaustion. During the exhaustion stage, a person's ability to fight the stressor declines to the point where negative consequences of stress appear: physical illness and psychological symptoms in the form of an inability to concentrate, heightened irritability, or, in severe cases, disorientation and a loss of touch with reality.

131. *(p. 493)* Stress has many direct and indirect consequences resulting in potential declines. Identify two such effects. Select one of these effects and describe in as much detail as you can how you would investigate it empirically using correlational or experimental research techniques.

Focusing on the outcomes of stress, contemporary health psychologists have identified three main consequences of it.

First, stress has direct physiological results, including an increase in blood pressure, an increase in hormonal activity, and an overall decline in the functioning of the immune system. Second, stress leads people to engage in behaviors that are harmful to their health, including increased nicotine, drug, and alcohol use; poor eating habits; and decreased sleep. Finally, stress produces indirect consequences that result in declines in health: a reduction in the likelihood of obtaining health care and decreased compliance with medical advice when it is sought.

132. *(p. 494-498)* Define emotion-focused, problem-focused, avoidant, and proactive coping. Briefly describe your responses to two stressors this past year; classify your responses as one of the coping types mentioned above.

Students' answers may vary.

The answer should contain the following ideas:

Emotion-focused coping—attempts to manage one's emotions in the face of stress, such as trying to look at the bright side of a problem, accepting sympathy from others, and so on.
Problem-focused coping—attempts to modify the stressor itself, such as seeking tutoring for a difficult required class. Problem-focused strategies lead to changes in behavior or to the development of a plan of action to deal with stress.
Avoidant coping—In avoidant coping, a person may use wishful thinking or escapist tactics such as substance use. Getting drunk after a bad fight with a friend is one example.
Proactive coping—Proactive coping includes anticipating and preparing for stress before it happens.

Following these definitions, students should correctly classify their responses to two different stressors. Following a low test grade, for example, one student might binge drink, an example of avoidant coping. Facing an anxiety-provoking oral presentation, a student might practice the speech again and again ahead of time to make the presentation easier, an example of proactive coping.

133. *(p. 497)* Write a note on coping stress through social support.

Our relationships with others also help us cope with stress. Researchers have found that social support, the knowledge that we are part of a mutual network of caring, interested others, enables us to experience lower levels of stress and better cope with the stress we do undergo.
The social and emotional support people provide each other helps in dealing with stress in several ways. For instance, such support demonstrates that a person is an important and valued member of a social network. Similarly, other people can provide information and advice about appropriate ways of dealing with stress. Finally, people who are part of a social support network can provide actual goods and services to help others in stressful situations. For instance, they can supply temporary living quarters to a person whose house has burned down, or they can offer study help to a student who is experiencing stress because of poor academic performance.

134. *(p. 496)* Describe the hardy personality and define resilience. Explain how hardiness and resilience help individuals cope with stress and potentially reduce the likelihood of stress-related illness.

The answer should include the following points:

The hardy personality - Hardiness consists of three components: commitment, or the tendency to immerse oneself fully in one's activities, believing that what one is doing is important and meaningful; challenge, or the tendency to view change as an opportunity rather than a threat; and control, the sense that one can influence the events in one's life. Hardiness helps one cope with stress because it is associated with optimism and the tendency to take direct action when dealing with stressors.
Resilience - the ability to withstand, overcome, and thrive after profound adversity. Resilient people are generally easygoing and independent. They usually have good social skills. Like hardiness, it serves as a buffer against the effects of stress because it is associated with a perception of control over one's life.

135. *(p. 500-501)* Describe hypothetical individuals displaying Type A, Type B, and Type D behavior patterns. Discuss the association of Type A and Type D behavior patterns with negative health consequences.

Students' answers may vary.

The answer should be similar to the following:

<u>Type A</u>. Keira is always in a hurry. She is impatient, hates waiting on line, and is always trying desperately to multitask so that she can get more done. She tends to be somewhat hostile and she gets angry easily.
<u>Type B</u>. Tristan goes with the flow. He is more a team player than a lone shark. He is friendly, pleasant, and cooperative; he rarely gets stressed about anything.
<u>Type D</u>. Dominic tends to be pessimistic. He is always worried and tied up in knots about one thing or another. He is insecure and anxious.
Men with the Type A pattern are twice as likely as Type B men to develop coronary heart disease, and they suffer more fatal heart attacks than do Type B men. The hostility component of the Type A pattern is mainly responsible for the link with heart diseases. Hostility appears to produce excessive arousal in stressful situations, increasing production of epinephrine and norepinephrine, which increases heart rate and blood pressure.
The Type D pattern, characterized by neuroticism, appears linked to the risk for repeated heart attacks.

APA Goal Outcome: 1.2, 4.2
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 44-1

136. *(p. 501-502)* Explain the psychological aspects of cancer.

Most people think of cancer in terms of lingering pain, and being diagnosed with the disease is typically viewed as receiving a death sentence. Certain cells in the body become altered and multiply rapidly in an uncontrolled fashion. As those cells grow, they form tumors; if left unchecked, the tumors suck nutrients from healthy cells and body tissue and ultimately destroy the body's ability to function properly.

Although the processes involved in the spread of cancer are basically physiological, some research suggests that the emotional responses of cancer patients to their disease may affect its course. For example, some findings show that a "fighting spirit" leads to better coping. On the other hand, there is little evidence that long-term survival rates are better than for patients with a less positive attitude. Despite conflicting evidence, health psychologists believe that patients' emotions may at least partially determine the course of their disease. In the case of cancer, it is possible that positive emotional responses may help generate specialized "killer" cells that help control the size and spread of cancerous tumors. Conversely, negative emotions may suppress the ability of those cells to fight tumors.

It is clear that certain types of psychological therapy have the potential for improving quality of life and even extending the lives of cancer patients. For example, the results of one study showed that women with breast cancer who received psychological treatment lived at least a year and a half longer and experienced less anxiety and pain than women who did not participate in therapy.

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Understand
Difficulty: Medium
Learning Outcome: 44-1

137. *(p. 502)* Why do people smoke? Explain.

The answer should mention the following points:
Heredity seems to determine, in part, whether people will become smokers, how much they will smoke, and how easily they can quit. Genetics also influences how susceptible people are to the harmful effects of smoking. However, although genetics plays a role in smoking, most research suggests that environmental factors are the primary cause of the habit. Smoking at first may be seen as "cool" or sophisticated, as a rebellious act, or as facilitating calm performance in stressful situations. Greater exposure to smoking in media such as film also leads to a higher risk of becoming an established smoker. In addition, smoking a cigarette is sometimes viewed as a "rite of passage" for adolescents undertaken at the urging of friends and viewed as a sign of growing up.

138. *(p. 504)* Describe some of the effective tools for ending the habit of smoking.

Among the most effective tools for ending the smoking habit are drugs that replace the nicotine found in cigarettes. Whether in the form of gum, patches, nasal sprays, or inhalers, these products provide a dose of nicotine that reduces dependence on cigarettes. Another approach is exemplified by the drugs Zyban and Chantix; rather than replacing nicotine, they reduce the pleasure from smoking and suppress withdrawal symptoms that smokers experience when they try to stop.

Behavioral strategies, which view smoking as a learned habit and concentrate on changing the smoking response, can also be effective. Initial "cure" rates of 60% have been reported, and 1 year after treatment more than half of those who quit have not resumed smoking. Individual or group counseling also increases the rate of success in breaking the habit. The best treatment seems to be a combination of nicotine replacement and counseling.

In the long term, the most effective means of reducing smoking may be changes in societal norms and attitudes toward the habit. For instance, many cities and towns have made smoking in public places illegal; legislation based on strong popular sentiment that bans smoking in places such as college classrooms and buildings is being passed with increasing frequency. In addition, smokers are more likely to quit when their friends are quitting, so the social support of others quitting is helpful.

APA Goal Outcome: 1.2, 4.2, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 44-1

139. *(p. 508-509)* Discuss some of the barriers to communication between health-care practitioners and their clients. Review some of the strategies clients might adopt to improve communication with health-care practitioners.

The answer should mention several of the following <u>impediments</u> to effective communication between health-care practitioners and their clients:

- Physicians make assumptions about what patients prefer.
- Physicians push specific courses of treatment.
- The prestige of physicians may intimidate patients.
- Patients may be reluctant to volunteer information.
- Physicians may have trouble encouraging patients to provide information.
- Physicians may favor a technical discussion, whereas patients rely on a more personal one.
- The information may be too technical for patients.
The text recommends several <u>strategies</u> to improve communication with a health-care provider:
- Make a list of health-related concerns before the visit.
- Write the names and dosages of all medications before the visit.
- Consider taking along an advocate - a friend or relative - who can help you communicate more effectively.
- Determine if the health-care provider will communicate with you via e-mail.

APA Goal Outcome: 1.2, 4.4, 7.2, 7.4, 9.2, 9.3
Bloom's Taxonomy: Remember
Difficulty: Easy
Learning Outcome: 45-1

140. *(p. 510)* Distinguish between positively and negatively framed health messages. Illustrate with hypothetical health messages as examples. When is each type of message most appropriate?

Students' examples may vary.

The answer should contain the following elements:

Positively framed health messages suggest that a change in behavior will lead to a gain; they emphasize the benefits of a health-related behavior. One example might be a cigarette package warning stating that "Quitting smoking now can extend your life expectancy."
Negatively framed health messages indicate what you can lose by failing to perform a health-related behavior. One example might be a cigarette package warning stating that "Continuing to smoke greatly increases the risk of emphysema."
Positively framed messages are most appropriate for motivating preventive health behavior; negatively framed messages are most effective in producing behavior that will lead to the detection of a disease.

141. *(p. 511)* Describe some of the characteristics of happy people.

Happy people have high self-esteem: Particularly in Western cultures, which emphasize the importance of individuality, people who are happy like themselves. They often hold positive illusions or moderately inflated views of themselves as good, competent, and desirable.
Happy people have a firm sense of control: They feel more in control of events in their lives, unlike those who feel they are the pawns of others and who experience learned helplessness.
Happy individuals are optimistic: Their optimism permits them to persevere at tasks and ultimately to achieve more. In addition, their health is better.
Men and women generally are made happy by the same sorts of activities—but not always. Most of the time, adult men and women achieve the same level of happiness from the same things, such as hanging out with friends. But there are some differences.
Happy people like to be around other people: They tend to be extroverted and have a supportive network of close relationships.

APA Goal Outcome: 1.2, 4.2
Bloom's Taxonomy: Remember
Difficulty: Medium
Learning Outcome: 45-2

142. *(p. 511)* How happy are you? Evaluate your answer in light of the characteristics of happy people, the general level of happiness in the United States, and the influence of material prosperity on happiness.

Students' answers may vary.

The majority of students should answer that they are moderately happy, happy, or very happy. They should indicate that this is consistent with their high self-esteem and general sense of control over their lives. Students should respond that like other happy people, they feel optimistic and enjoy being around other people. They should mention that their level of happiness is typical of Americans generally, most of whom report being at least moderately happy. Finally, answers should indicate that material prosperity has little effect on happiness.