

Learning objectives

Chapter 13: Health and stress

1. Define stress and stressor and describe the stress response.
2. Describe the Social Readjustment Rating Scale and explain how it is used to measure stress.
3. Define hassles and uplifts and explain the role they play in the stress of life according to Lazarus.
4. Explain how approach-approach, approach-avoidance, and avoidance-avoidance conflicts differ and provide an example of each.
5. Define burnout and post-traumatic stress disorder. Describe the symptoms of each and discuss the conditions that lead to these disorders.
6. Explain why the appraisal of stressors, their predictability, and a feeling of control can reduce the impact of a stressor.
7. Define general adaptation syndrome. Describe the alarm, resistance, and exhaustion stages of the model, and discuss the physiological changes that occur in each stage. Discuss the major criticisms of Selye's model.
8. Elaborate the principle differences between Selye's and Lazarus's models of stress.
9. Discuss the role of coping resources and methods in combating stress. Give examples of problem-focused and emotion-focused coping strategies.
10. Describe the differences between the biomedical and biopsychosocial models of health and illness.
11. Define psychoneuroimmunology. Discuss the relationship between stress, depression, and immune system functioning.
12. Identify four personal factors that may contribute to better health.
13. Describe unhealthy lifestyle (or health-endangering) behaviors presented in your textbook.