Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Psychology 101**

**Chapter 15 Stress and Health**

**Section 15.1 and 15.2 Reading Guide**

**Section 15.1 Sources of Stress: What Gets to You**

1. Explain what a stressor is:

2. Positive events produce less \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_distress and fewer \_\_\_\_\_\_\_\_\_\_\_\_\_symptoms.

3. Why are positive events included in the CUSS?

4. People who report having many daily hassles also report what?

5. Many chronic stressors are linked to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. Explain how perceived control works:

**Section 15.2 Stress Reactions: All Shook UP**

7. Stress can produce changes in \_\_\_\_\_\_\_system of the \_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_, stimulating

both \_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ reactions.

8. Describe how the fight-or-flight response works: (Include an explanation of HPA axis)

9. What are the three phases of the general adaptation syndrome (GAS)? Explain how the syndrome works.

10. Experiments on which animal led to the GAS? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. How does stress affect the immune system?

12. How might the effect of stress on the immune system help to explain why social status is related to health?

13. Explain how stress can lead to a heart attack:

14. Explain why Type A people are more likely to have a heart attack than Type B people.

15. What is primary appraisal?

16. What is secondary appraisal?

17. Name some symptoms of PTSD:

18. What neurological condition may be related to susceptibility to PTSD?

19. Which type of job is most susceptible to burnout?

20. What are some theories about causes of burnout?

