**Chapter 6**

1. When desired or anticipated events do not occur, that stressor is known as a:

A. life event.

B. community-wide strain.

C. chronic strain.

D. nonevent.

2. *Statement A:* The Social Readjustment Rating Scale lists 43 life events, each with a predetermined weight, and asks a person to identify events he or she has experienced in the past year.

*Statement B:* The Social Readjustment Rating Scale is an example of a response-based model of stress.

A. Statement A is true and statement B is false.

B. Statement A is false and statement B is true.

C. Both statements are true.

D. Both statements are false.

3. Walter Cannon, a physiologist, first defined stress as a “fight or flight” syndrome. True or False.

4. Death of a family member is an example of which category of stressor?

A. Life event

B. Chronic stressor

C. Chronic strain

D. Nonevent

5. All of the following are examples of defense mechanisms, *except*:

A. introjection.

B. isolation.

C. reaction formation.

D. emotional coping.

6. All of the following are examples of emotion-focused coping, *except*:

A. goal setting.

B. avoiding the stressful situation.

C. freely expressing emotions.

D. making social comparisons.

7. Stressors that are a result of the responses of one social group to another are known as community-wide strains. True or False.

8. When a person determines how much control he or she has over the stressor, it is known as:

A. primary appraisal.

B. secondary appraisal.

C. problem-focused coping.

D. emotion-focused coping.

9. All of the following are constructs of sense of coherence, *except*:

A. comprehensibility.

B. meaningfulness.

C. consistency.

D. manageability.

10. The extent to which one feels that life makes sense emotionally and that at least some of the stressors in life are worth investing energy in and are worthy of commitment and engagement is known as:

A. comprehensibility.

B. meaningfulness.

C. consistency.

D. manageability.