Chapter 13 Objectives
Stress, Health and Coping

After studying this chapter, students should be able to:

Introduction: Stress and Health Psychology
1. Define stress, and discuss the role of cognitive appraisal in the experience of stress.
2. Identify the focus of health psychology, and explain how health psychologists are guided by the biopsychosocial model.
3. Contrast the life events approach and the daily hassles approach as explanations of the causes of stress.
4. Culture and Human Behavior: Describe the four patterns of acculturation, noting the level of acculturative stress likely to be produced by each pattern.

Physical Effects of Stress: The Mind–Body Connection
5. Discuss Walter Cannon’s contributions to the understanding of the physical effects of stress, and describe the sequence of physiological changes involved in the fight-or-flight response.
6. Describe the stages of Hans Selye’s general adaptation syndrome and the physiological mechanisms involved in prolonged stress.
7. Define telomeres, and describe how they are implicated in the link between stress and premature aging.
8. Define psychoneuroimmunology, and describe how the work of Robert Ader and Nicholas Cohen challenged the view that the immune system is independent of other body systems.
9. Explain how the immune system, the nervous system, and the endocrine system each influence one another.
10. Focus on Neuroscience: Define placebo effect, and summarize brain-imaging research findings about the response to real versus fake painkillers.
11. Discuss the range of stressors that can adversely affect immune system functioning and the health risk implications of those findings, including susceptibility to the common cold and other infections.

Individual Factors That Influence the Response to Stress
12. Discuss how psychological factors such as feelings of control, explanatory style, and chronic negative emotions can affect our response to stress.
13. Describe the Type A behavior pattern, and identify the component that has the greatest impact on physical health.
14. Critical Thinking: Critically evaluate the notion that personality factors can cause disease, noting the advantages and disadvantages of correlational studies and prospective studies.
15. Define social support, and discuss the impact of relationships on stress and health, noting gender differences.
16. In Focus: Describe the different types of social support, and contrast helpful and unhelpful support behaviors.
Coping: How People Deal with Stress
17. List problem-focused coping strategies and emotion-focused coping strategies, and give an example of each.
18. Discuss gender differences in responding to stress, contrasting the tend-and-befriend response with the fight-or-flight response.
19. Discuss differences between individualistic and collectivistic cultures in attitudes about coping with stressors.

Psych for Your Life: Minimizing the Effects of Stress
20. Identify and discuss each of the four ways that help minimize the negative effects of stress.

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.