

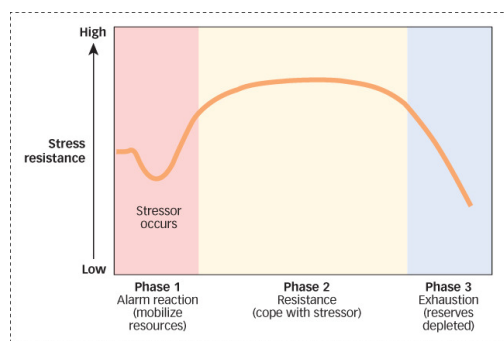
Biopsychosocial model	A model in which health and illness result from a combination of biological, behavioral, and social factors. (page 427)
Body mass index (BMI)	A ratio of body weight to height, used to measure obesity. (This term is in your book, but not listed as a key term)
Daily hassles	Everyday irritations that cause small disruptions and can have effects that can add up to a large impact on health. (page 443)

<p>Distress</p>	<p>Stress that occurs from negative events. (page 441)</p>
<p>Emotion-focused coping</p>	<p>A type of coping in which people try to prevent having an emotional response to a stressor. (page 451)</p>
<p>Eustress</p>	<p>Stress that occurs from positive events. (page 441)</p>

Fight-or-flight response

The physiological preparedness to deal with danger.
(page 447)

General adaptation syndrome



A consistent pattern of responses to stress that consists of three stages: alarm, resistance, and exhaustion.
(page 444)

Health psychology

A field that integrates research on health and on psychology; it involves the application of psychological principles to promote health and well-being.
(page 426)

<p>Immune system</p>	<p>The body's mechanism for destroying invading microorganisms, such as allergens, bacteria, and viruses. (page 444)</p>
<p>Major life stressors</p>	<p>Large disruptions, especially unpredictable and uncontrollable catastrophic events, that affect central areas of people's lives. (page 442)</p>
<p>Obesity</p>	<p>A level of excessive body fat for an individual that places that person at risk for health problems. (page 429)</p>

<p>Positive psychology</p>	<p>The study of the strengths and virtues that allow people and communities to thrive. (page 453)</p>
<p>Primary appraisals</p>	<p>Decisions about whether a stimulus is stressful or not. (page 451)</p>
<p>Problem-focused coping</p>	<p>A type of coping in which people take direct steps to confront or minimize a stressor. (page 451)</p>

<p>Safer sex</p>	<p>Sexual behaviors that decrease the likelihood of contracting a sexually transmitted infection. (page 437)</p>
<p>Secondary appraisals</p>	<p>Decisions about how to manage and respond to a stressful stimulus. (page 451)</p>
<p>Sexually transmitted infections (STIs)</p>	<p>Infections that can be but are not always transmitted from one person to another through sexual contact. (page 435)</p>

Stress

The set of behavioral, mental, and physical processes that occur as an organism attempts to deal with an environmental event or a stimulus that it perceives as threatening.
(page 440)

Stress Response

Behavioral, mental, and/or physical responses to stressors.
(page 441)

Stressor



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An environmental event or stimulus that an organism perceives as threatening.
(page 440)

Tend-and-befriend response

Females' tendency to respond to stressors by protecting and caring for their offspring and forming social alliances.
(page 447)

Type A behavior pattern



A set of characteristics describing people who are competitive, achievement oriented, aggressive, hostile, restless, impatient with others, and unable to relax.
(page 449)

Type B behavior pattern

A set of characteristics describing people who are noncompetitive, relaxed, easygoing, and accommodating.
(page 449)

Well-being

A positive state that includes striving for optimal health and life satisfaction.
(page 426)



Warning: not all of the key ideas are on this list of key terms