Study guide: Stress

Define behavioral medicine:
What is the focus of health psychology?
What is the difference between stress and stressor?
Who was Hans Selye?
Define:
- Frustration
- Stress
- Biofeedback
- Burnout

Stressor
- Fight or flight response
- Psychophysiological illness

Explain:
- GAS (General Adaptation Syndrome)
- Stages in GAS: ARE (alarm, resistance, exhaustion)

Explain the following life events and their relation to stress:
- Catastrophes
- Significant life changes
- Daily hassles

What is the relationship between perceived control of events and stress?
For example: ulcers

What is the relationship between stress, personality, and heart disease?
Define:
- Coronary heart disease
- Factors that increase the risk of heart disease
- Type A Personality (what are the personality characteristics)
- Type B Personality (what are the personality characteristics)
- Role of Hostility

Summarize the following studies: Friedman and Rosenman, Coren and Halpern
On perceived control:
- Rats and shock
- Elderly in nursing homes

Define the following and indicate what the effect of each is on stress?
- Cognitive appraisal
- Social Support
- Aerobic Exercise
- Smoking
- Biofeedback
- Nutrition
- Relaxation
- Obesity