The Exam is in class on Oct 23 100 pts M/C or T/F questions.

**Sapolsky Text: Chaps 1, 2, 6, 13, 18**

**Stress**

**Measuring Stress (APA Stress in America 2015 & 2017 and lecture)**
- levels of reported stress- different age groups, gender, race/ethnicity, LGBT individuals; individuals with disabilities; major sources; coping strategies; change across time
- types of stressors: psychological, anticipatory vs. acute, physical
- Rating scales: major life events vs. daily hassles
- Short term stress response as necessary and crucial for discrete stressor

**Stress as a disruption (Chap 1 and lecture)**
- General Stress Response- non-specific response to any stressor
- Cannon’s Fight-or-Flight Response
- Selye’s GAS model: know stages; physiological changes at each stage
- problems with Selye’s model:
- Taylor’s Tend-or-Befriend View

**Biological Circuit (Chap 2 in Book & Lecture)**
- Autonomic Nervous System: 1. Sympathetic Nervous System:
  - Hypothalamic-Pituitary-Adrenal Axis: know sequence of activation; what is released at each stage (from where to where); interaction with sympathetic NS
  - CRH; ACTH; cortisol; oxytocin, etc
- Distinctions Between Sympathetic and Glucocorticoid Responses: (chap 2)
- timecourse; function;

- Acute vs. Chronic Consequences of HPA & Sympathetic Activation
  - effects on glucose; heart, immune system, digestive system, reproduction; protein synthesis, etc

**Why is Psychological stress stressful (Chap 13 and lecture)**

Outlets, Social Support, Perception of future, Predictability, control, experience

1. Brady Executive Monkey study:
2. Weiss Studies on control & predictability
3. Seligman & Learned Helplessness

- Conditions when Predictability & Control are not helpful: timing & specificity
Stress & Growth (Chapter 6 in text;)
- Prenatal Effects: Effects of Maternal starvation & Stress on child's later health/metabolism (Ex: Dutch Hunger winter study; project ice storm)
  -- Metabolic Imprinting
  Stress and trimester of exposure
  - Birth weight and later health risks
  - Effects of early childhood stress/neglect on later stress response (Meaney studies; Romanian Orphanage studies; impact of early vs later adoption on weight, IQ)
  - Idea of sensitive periods for stress exposure
  - Stress dwarfism: definition; mechanisms; case studies (Genie, etc)
  - Harlow Monkey Studies
  - Tiffany Field studies on touch
  - Stress Immunization

Dealing With Stress (Chap 18 and lecture)
- Primary vs. Secondary Appraisal; downward comparisons; creation of positive events
  Coping Strategies: Emotion-focused, problem-focused; anticipatory coping; times when each strategy is effective
- Exercise: ways in which it decreases stress response; frequency vs. intensity
- PMR: Changing response to stressor; rationale, steps
- Cognitive restructuring: Changing appraisal of stressor; rationale, steps
- Stress Inoculation Training: rationale, steps, effectiveness

APA Stress in America 2015 & 2017 documents posted on syllabus.