The Exam is in class on March 20 100 pts M/C or T/F questions.
Sapolsky Text: Chaps 1, 2, 6, 13, 18

S2018 Health Psych Review Sheet Exam 2

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; glucocorticoids, 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

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

**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
  3. Seligman & Learned Helplessness
- Conditions when Predictability & Control are not helpful

**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
- Mindfulness meditation: how much is necessary; impacts on self-reported stress vs. cortisol on subjects with low vs. high dispositional mindfulness
- 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.**