Chapter 02 Stress Psychophysiology

Student: _____

1. The upper part of the brain responsible for thinking functions is called the

   A. cerebral cortex.
   B. subcortex.
   C. cerebellum.
   D. limbic cortex.

2. The lower part of the brain responsible for various physiological processes necessary to stay alive is called the

   A. cerebral cortex.
   B. cerebellum.
   C. subcortex.
   D. limbic cortex.

3. Part of the subcortex responsible for coordination is called the

   A. cerebellum.
   B. medulla oblongata.
   C. thalamus.
   D. hippocampus.

4. What are the two major components of the brain?

   A. thalamus and hypothalamus
   B. cerebellum and pons
   C. cerebral cortex and subcortex
   D. limbic cortex and cerebral cortex

5. The part of the subcortex responsible for regulation of heartbeat and breathing is called the

   A. cerebellum.
   B. pons.
   C. thalamus.
   D. medulla oblongata.

6. The part of the subcortex responsible for regulating sleep is called the

   A. cerebellum.
   B. pons.
   C. thalamus.
   D. medulla oblongata.

7. The part of the subcortex responsible for the regulation of emotions is called the

   A. cerebellum.
   B. pons.
   C. medulla oblongata.
   D. diencephalon.

8. The part of the diencephalon that relays sensory impulses to the cerebral cortex is called the

   A. thalamus.
   B. hypothalamus.
   C. pons.
   D. medulla oblongata.

9. The part of the diencephalon that activates the autonomic nervous system is called the

   A. thalamus.
   B. hypothalamus.
   C. pons.
   D. medulla oblongata.

10. The system that controls such body processes as hormone balance, temperature, and width of blood vessels is called the

    A. limbic system.
    B. endocrine system.
    C. autonomic nervous system.
    D. reticular activating system.

11. The system that produces emotions, which is also known as the "seat of emotions," is called the

    A. limbic system.
    B. endocrine system.
    C. autonomic nervous system.
    D. reticular activating system.

12. The system that is comprised of hormones that regulate physiological functions is called the

    A. limbic system.
    B. endocrine system.
    C. autonomic nervous system.
    D. reticular activating system.

13. The network of nerves that connects the mind and the body is called the

    A. limbic system.
    B. endocrine system.
    C. autonomic nervous system.
    D. reticular activating system.

14. The part of the brain that "sounds the alarm" when stress is present is called the

    A. vasopressin.
    B. oxytocin.
    C. hippocampus.
    D. thyrotropic hormone.

15. What is released by the hypothalamus and results in the release of adrenocorticotropic hormones?

    A. thyrotropic hormone releasing factor
    B. thyrotropic hormone
    C. vasopressin
    D. corticotropin releasing factor

16. What activates the adrenal cortex to secrete corticoid hormones?

A. thyrotropic hormone releasing factor
B. thyrotropic hormone
C. adrenocorticotropic hormone
D. corticotropin releasing factor

17. What is released by the hypothalamus and stimulates the pituitary gland to secrete thyrotropic hormone?

A. thyrotropic hormone releasing factor
B. vasopressin
C. adrenocorticotropic hormone
D. corticotropin releasing factor

18. What stimulates the thyroid gland to secrete thyroxin?

A. thyrotropic hormone
B. thyrotropic hormone releasing factor
C. adrenocorticotropic hormone
D. corticotropin releasing factor

19. A hormone secreted by the pituitary gland is called

A. oxytocin.
B. vasopressin.
C. oxytocin and vasopressin.
D. thyrotropic hormone.

20. The part of the adrenal gland that secretes corticoids is called the

A. cerebral cortex.
B. adrenal cortex.
C. cerebellum.
D. limbic cortex.

21. _____ regulates metabolism of glucose.

A. Mineralocorticoid
B. Aldosterone
C. Glucocorticoids
D. Gluconeogenesis

22. The primary glucocorticoid is called

A. cortisol.
B. aldosterone.
C. mineralocorticoid.
D. gluconeogenesis.

23. _____ regulates the balance between sodium and potassium.

A. Cortisol
B. Glucocorticoids
C. Mineralocorticoid
D. Gluconeogenesis

24. The primary mineralocorticoid is called

    A. cortisol.
    B. aldosterone.
    C. glucocorticoids.
    D. gluconeogenesis.

25. The inner portion of the adrenal gland that secretes catecholamine is called the

    A. mineralocorticoid.
    B. adrenal medulla.
    C. medulla oblongata.
    D. gluconeogenesis.

26. A catecholamine, often called adrenalin, is

    A. epinephrine.
    B. cortisol.
    C. norepinephrine.
    D. aldosterone.

27. A catecholamine, often called noradrenalin, is

    A. epinephrine.
    B. cortisol.
    C. norepinephrine.
    D. aldosterone.

28. An endocrine gland that secretes the hormone thyroxin that is involved in the stress reaction is called the

    A. pituitary gland.
    B. endocrine gland.
    C. adrenal gland.
    D. thyroid gland.

29. The part of the autonomic nervous system responsible for expending energy is called the

    A. sympathetic nervous system.
    B. parasympathetic nervous system.
    C. autonomic nervous system.
    D. reticular activating system.

30. The part of the autonomic nervous system responsible for conserving energy is called the

    A. sympathetic nervous system.
    B. parasympathetic nervous system.
    C. autonomic nervous system.
    D. reticular activating system.

31. When you encounter a stressor, the sympathetic nervous system regulates the body to

    A. increase heart rate.
    B. dilate pupils.
    C. dilate coronary arteries.
    D. do all of the above.

32. Which of the following is NOT an example of an involuntary function?

A. heart rate
B. blood pressure
C. muscle contraction
D. respiratory rate

33. The body system responsible for digestion is called the

A. reproductive system.
B. endocrine system.
C. gastrointestinal system.
D. nervous system.

34. The substance in the mouth that starts to break down food is called

A. bile.
B. saliva.
C. esophageal acid.
D. hydrochloric acid.

35. The pipe food passes through to get into the stomach is called the

A. esophagus.
B. small intestine.
C. large intestine.
D. food canal.

36. A substance found in the digestive system that helps break down food for digestion is called

    A. esophageal acid.
    B. saliva.
    C. cortisol.
    D. hydrochloric acid.

37. Food goes from the stomach into the

    A. colon.
    B. small intestine.
    C. large intestine.
    D. food canal.

38. The part of the digestive system that receives unusable food substance from the small intestine is called

    A. the colon.
    B. the kidney.
    C. the large intestine.
    D. the food canal.

39. The exit point for unusable food substance is called

    A. waste.
    B. the anal opening.
    C. the small intestine.
    D. the large intestine.

40. Muscles attached to the bone are called

    A. smooth muscle.
    B. bone muscle.
    C. skeletal muscle.
    D. large muscle.

41. Muscles that control the contraction of internal organs are called

    A. smooth muscle.
    B. organ muscle.
    C. internal muscle.
    D. large muscle.

42. The electrodermal response, or the electrical conductance of the skin, is called

    A. vasoconstriction.
    B. galvanic skin response.
    C. electric response.
    D. none of the above.

43. The average blood pressure for a young adult is

    A. 120/80.
    B. 160/90.
    C. 125/75.
    D. 140/80.

44. Cortisol is secreted from the adrenal cortex and is responsible for

    A. fat cell growth.
    B. an increase in blood sugar.
    C. saliva generation.
    D. aggressive behavior.

45. Aldosterone is the primary mineral corticoid and is responsible for

    A. an increase in blood volume.
    B. water retention.
    C. an increase in blood pressure.
    D. all of these.

46. The stress response initiates increased levels of the hormone testosterone causing

    A. nurturing emotions.
    B. relaxation.
    C. hostility.
    D. all of the above.

47. The hormonal increase of oxytocin and estrogen during the stress response

    A. initiates the fight-or-flight response.
    B. initiates the tend-and-befriend response.
    C. initiates the electrical response.
    D. does all of the above.

48. The effects of cortisol and epinephrine are mediated by the hormones

A. testosterone and oxytocin.
B. estrogen and testosterone.
C. oxytocin and progesterone.
D. oxytocin and estrogen.

49. The temporal lobe of the brain is associated with

A. reasoning, planning, parts of speech, movement, emotions, and problem solving.
B. movement, orientation, recognition, and perception of stimuli.
C. perception and recognition of sounds, memory, and speech.
D. vision.

50. High cortisol levels that do not decline during the day have been found in

A. PTSD sufferers.
B. people with depression.
C. Holocaust survivors.
D. all of the above.

51. Total cholesterol between 200 and 239 is considered

A. high.
B. borderline high.
C. low.
D. dangerous.

52. The order in which food moves through your gastrointestinal system is:

A. esophagus, large intestine, small intestine.
B. large intestine, small intestine, esophagus.
C. esophagus, small intestine, large intestine.
D. small intestine, esophagus, large intestine.

53. The nervous system includes:

A. the brain
B. the spinal cord
C. the peripheral nerves
D. all of the above

54. The hormone that instructs the kidneys to retain water is

A. oxytocin
B. vasopressin
C. adrenocorticotropic hormone
D. thyroxin

55. The cerebral cortex is also called the gray matter.

True False

56. A relatively frail person pulling a car off of a child pinned beneath it would be an example of fight-or-flight.

True False

57. We cannot control our physiology or cause ourselves to become ill.

    True False

58. Muscle bracing can lead to problems such as headaches and backaches.

    True False

59. When we experience little or no stress, the limbic system is in charge, and when we have significant levels of stress, the cerebral cortex is in charge.

    True False

60. When measuring blood pressure, the higher number is the diastolic and the lower number is the systolic.

    True False

61. Brain cells destroyed by prolonged stress can regenerate themselves.

    True False

62. Men and women respond to stress differently because of gender-based hormonal differences.

    True False

63. The adrenal cortex secretes hormones that will cause an increase in blood glucose and blood pressure.

    True False

64. Cortisol and aldosterone are types of muscle tissue.

True False

65. The parasympathetic nervous system is responsible for expending energy.

True False

66. Stress causes a decrease in saliva production and an increase in hydrochloric acid.

True False

67. Norepinephrine and epinephrine are more commonly known as adrenaline and noradrenaline.

True False

68. Blood vessels constriction is a function of smooth muscle tissue.

True False

69. The frontal lobe of the brain is associated with movement, orientation, recognition, and perception of stimuli.

True False

70. The reticular activating system (RAS) is the part of the brain where the world outside, and thoughts and feelings inside, meet.

True False

71. The RAS needs to be activated to normal levels for the rest of the brain to function as it should.

    True False

72. In most people, cortisol levels are lowest a few hours after waking and rise throughout the day.

    True False

73. Persistent stress results in the death of cardiac muscle cells and a loss of contractility of the heart. This damage is irreversible.

    True False

74. During stress, the surface temperature of the skin increases.

    True False

75. Stress can even contribute to increased acne.

    True False

76. Digestion begins in your mouth, as saliva starts to break down the food that you eat.

    True False

77. Stress causes the heart to increase its force of contraction and pump out more blood.

    True False

Chapter 02 Stress Psychophysiology Key

1. The upper part of the brain responsible for thinking functions is called the

A. cerebral cortex.
B. subcortex.
C. cerebellum.
D. limbic cortex.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #1
Greenberg: Chapter 02 #1

2. The lower part of the brain responsible for various physiological processes necessary to stay alive is called the

A. cerebral cortex.
B. cerebellum.
C. subcortex.
D. limbic cortex.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #2
Greenberg: Chapter 02 #2

3. Part of the subcortex responsible for coordination is called the

A. cerebellum.

B. medulla oblongata.

C. thalamus.

D. hippocampus.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #3
Greenberg: Chapter 02 #3

4. What are the two major components of the brain?

A. thalamus and hypothalamus

B. cerebellum and pons

C. cerebral cortex and subcortex

D. limbic cortex and cerebral cortex

Blooms Level: 01. Remember
Greenberg - Chapter 02 #4
Greenberg: Chapter 02 #4

5. The part of the subcortex responsible for regulation of heartbeat and breathing is called the

A. cerebellum.

B. pons.

C. thalamus.

D. medulla oblongata.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #5
Greenberg: Chapter 02 #5

6. The part of the subcortex responsible for regulating sleep is called the

A. cerebellum.

B. pons.

C. thalamus.

D. medulla oblongata.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #6
Greenberg: Chapter 02 #6

7. The part of the subcortex responsible for the regulation of emotions is called the

A. cerebellum.

B. pons.

C. medulla oblongata.

D. diencephalon.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #7
Greenberg: Chapter 02 #7

8. The part of the diencephalon that relays sensory impulses to the cerebral cortex is called the

A. thalamus.

B. hypothalamus.

C. pons.

D. medulla oblongata.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #8
Greenberg: Chapter 02 #8

9. The part of the diencephalon that activates the autonomic nervous system is called the

A. thalamus.
B. hypothalamus.
C. pons.
D. medulla oblongata.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #9
Greenberg: Chapter 02 #9

10. The system that controls such body processes as hormone balance, temperature, and width of blood vessels is called the

A. limbic system.
B. endocrine system.
C. autonomic nervous system.
D. reticular activating system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #10
Greenberg: Chapter 02 #10

11. The system that produces emotions, which is also known as the "seat of emotions," is called the

A. limbic system.
B. endocrine system.
C. autonomic nervous system.
D. reticular activating system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #11

12. The system that is comprised of hormones that regulate physiological functions is called the

A. limbic system.

B. endocrine system.

C. autonomic nervous system.

D. reticular activating system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #12
Greenberg: Chapter 02 #12

13. The network of nerves that connects the mind and the body is called the

A. limbic system.

B. endocrine system.

C. autonomic nervous system.

D. reticular activating system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #13
Greenberg: Chapter 02 #13

14. The part of the brain that "sounds the alarm" when stress is present is called the

A. vasopressin.

B. oxytocin.

C. hippocampus.

D. thyrotropic hormone.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #14
Greenberg: Chapter 02 #14

15. What is released by the hypothalamus and results in the release of adrenocorticotropic hormones?

A. thyrotropic hormone releasing factor
B. thyrotropic hormone
C. vasopressin
D. corticotropin releasing factor

Blooms Level: 01. Remember
Greenberg - Chapter 02 #15
Greenberg: Chapter 02 #15

16. What activates the adrenal cortex to secrete corticoid hormones?

A. thyrotropic hormone releasing factor
B. thyrotropic hormone
C. adrenocorticotropic hormone
D. corticotropin releasing factor

Blooms Level: 01. Remember
Greenberg - Chapter 02 #16
Greenberg: Chapter 02 #16

17. What is released by the hypothalamus and stimulates the pituitary gland to secrete thyrotropic hormone?

A. thyrotropic hormone releasing factor
B. vasopressin
C. adrenocorticotropic hormone
D. corticotropin releasing factor

Blooms Level: 01. Remember

Greenberg - Chapter 02 #17
Greenberg: Chapter 02 #17

18. What stimulates the thyroid gland to secrete thyroxin?

A. thyrotropic hormone
B. thyrotropic hormone releasing factor
C. adrenocorticotropic hormone
D. corticotropin releasing factor

Blooms Level: 01. Remember
Greenberg - Chapter 02 #18
Greenberg: Chapter 02 #18

19. A hormone secreted by the pituitary gland is called

A. oxytocin.
B. vasopressin.
C. oxytocin and vasopressin.
D. thyrotropic hormone.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #19
Greenberg: Chapter 02 #19

20. The part of the adrenal gland that secretes corticoids is called the

A. cerebral cortex.
B. adrenal cortex.
C. cerebellum.
D. limbic cortex.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #20

21. _____ regulates metabolism of glucose.

A. Mineralocorticoid
B. Aldosterone
C. Glucocorticoids
D. Gluconeogenesis

Blooms Level: 01. Remember
Greenberg - Chapter 02 #21
Greenberg: Chapter 02 #21

22. The primary glucocorticoid is called

A. cortisol.
B. aldosterone.
C. mineralocorticoid.
D. gluconeogenesis.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #22
Greenberg: Chapter 02 #22

23. _____ regulates the balance between sodium and potassium.

A. Cortisol
B. Glucocorticoids
C. Mineralocorticoid
D. Gluconeogenesis

Blooms Level: 01. Remember
Greenberg - Chapter 02 #23
Greenberg: Chapter 02 #23

24. The primary mineralocorticoid is called

A. cortisol.

B. aldosterone.

C. glucocorticoids.

D. gluconeogenesis.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #24
Greenberg: Chapter 02 #24

25. The inner portion of the adrenal gland that secretes catecholamine is called the

A. mineralocorticoid.

B. adrenal medulla.

C. medulla oblongata.

D. gluconeogenesis.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #25
Greenberg: Chapter 02 #25

26. A catecholamine, often called adrenalin, is

A. epinephrine.

B. cortisol.

C. norepinephrine.

D. aldosterone.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #26
Greenberg: Chapter 02 #26

27. A catecholamine, often called noradrenalin, is

A. epinephrine.
B. cortisol.
C. norepinephrine.
D. aldosterone.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #27
Greenberg: Chapter 02 #27

28. An endocrine gland that secretes the hormone thyroxin that is involved in the stress reaction is called the

A. pituitary gland.
B. endocrine gland.
C. adrenal gland.
D. thyroid gland.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #28
Greenberg: Chapter 02 #28

29. The part of the autonomic nervous system responsible for expending energy is called the

A. sympathetic nervous system.
B. parasympathetic nervous system.
C. autonomic nervous system.
D. reticular activating system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #29
Greenberg: Chapter 02 #29

30. The part of the autonomic nervous system responsible for conserving energy is called the

A. sympathetic nervous system.

B. parasympathetic nervous system.

C. autonomic nervous system.

D. reticular activating system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #30
Greenberg: Chapter 02 #30

31. When you encounter a stressor, the sympathetic nervous system regulates the body to

A. increase heart rate.

B. dilate pupils.

C. dilate coronary arteries.

D. do all of the above.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #31
Greenberg: Chapter 02 #31

32. Which of the following is NOT an example of an involuntary function?

A. heart rate

B. blood pressure

C. muscle contraction

D. respiratory rate

Blooms Level: 01. Remember
Greenberg - Chapter 02 #32
Greenberg: Chapter 02 #32

33. The body system responsible for digestion is called the

A. reproductive system.

B. endocrine system.

C. gastrointestinal system.

D. nervous system.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #33
Greenberg: Chapter 02 #33

34. The substance in the mouth that starts to break down food is called

A. bile.

B. saliva.

C. esophageal acid.

D. hydrochloric acid.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #34
Greenberg: Chapter 02 #34

35. The pipe food passes through to get into the stomach is called the

A. esophagus.

B. small intestine.

C. large intestine.

D. food canal.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #35
Greenberg: Chapter 02 #35

36. A substance found in the digestive system that helps break down food for digestion is called

A. esophageal acid.

B. saliva.

C. cortisol.

D. hydrochloric acid.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #36
Greenberg: Chapter 02 #36

37. Food goes from the stomach into the

A. colon.

B. small intestine.

C. large intestine.

D. food canal.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #37
Greenberg: Chapter 02 #37

38. The part of the digestive system that receives unusable food substance from the small intestine is called

A. the colon.

B. the kidney.

C. the large intestine.

D. the food canal.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #38
Greenberg: Chapter 02 #38

39. The exit point for unusable food substance is called

A. waste.

B. the anal opening.

C. the small intestine.

D. the large intestine.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #39
Greenberg: Chapter 02 #39

40. Muscles attached to the bone are called

A. smooth muscle.

B. bone muscle.

C. skeletal muscle.

D. large muscle.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #40
Greenberg: Chapter 02 #40

41. Muscles that control the contraction of internal organs are called

A. smooth muscle.

B. organ muscle.

C. internal muscle.

D. large muscle.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #41
Greenberg: Chapter 02 #41

42. The electrodermal response, or the electrical conductance of the skin, is called

A. vasoconstriction.

B. galvanic skin response.

C. electric response.

D. none of the above.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #42
Greenberg: Chapter 02 #42

43. The average blood pressure for a young adult is

A. 120/80.

B. 160/90.

C. 125/75.

D. 140/80.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #43
Greenberg: Chapter 02 #43

44. Cortisol is secreted from the adrenal cortex and is responsible for

A. fat cell growth.

B. an increase in blood sugar.

C. saliva generation.

D. aggressive behavior.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #44
Greenberg: Chapter 02 #44

45. Aldosterone is the primary mineral corticoid and is responsible for

A. an increase in blood volume.

B. water retention.

C. an increase in blood pressure.

D. all of these.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #45
Greenberg: Chapter 02 #45

46. The stress response initiates increased levels of the hormone testosterone causing

A. nurturing emotions.

B. relaxation.

C. hostility.

D. all of the above.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #46
Greenberg: Chapter 02 #46

47. The hormonal increase of oxytocin and estrogen during the stress response

A. initiates the fight-or-flight response.

B. initiates the tend-and-befriend response.

C. initiates the electrical response.

D. does all of the above.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #47
Greenberg: Chapter 02 #47

48. The effects of cortisol and epinephrine are mediated by the hormones

A. testosterone and oxytocin.

B. estrogen and testosterone.

C. oxytocin and progesterone.

D. oxytocin and estrogen.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #48
Greenberg: Chapter 02 #48

49. The temporal lobe of the brain is associated with

A. reasoning, planning, parts of speech, movement, emotions, and problem solving.

B. movement, orientation, recognition, and perception of stimuli.

C. perception and recognition of sounds, memory, and speech.

D. vision.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #49
Greenberg: Chapter 02 #49

50. High cortisol levels that do not decline during the day have been found in

A. PTSD sufferers.

B. people with depression.

C. Holocaust survivors.

D. all of the above.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #50
Greenberg: Chapter 02 #50

51. Total cholesterol between 200 and 239 is considered

A. high.

B. borderline high.

C. low.

D. dangerous.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #51
Greenberg: Chapter 02 #51

52. The order in which food moves through your gastrointestinal system is:

A. esophagus, large intestine, small intestine.

B. large intestine, small intestine, esophagus.

C. esophagus, small intestine, large intestine.

D. small intestine, esophagus, large intestine.

Blooms Level: 01. Remember
Greenberg - Chapter 02 #52
Greenberg: Chapter 02

53. The nervous system includes:

A. the brain

B. the spinal cord

C. the peripheral nerves

D. all of the above

Blooms Level: 01. Remember
Greenberg - Chapter 02 #53
Greenberg: Chapter 02

54. The hormone that instructs the kidneys to retain water is

A. oxytocin

B. vasopressin

C. adrenocorticotropic hormone

D. thyroxin

Blooms Level: 01. Remember
Greenberg - Chapter 02 #54
Greenberg: Chapter 02

55. The cerebral cortex is also called the gray matter.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #55
Greenberg: Chapter 02 #52

56. A relatively frail person pulling a car off of a child pinned beneath it would be an example of fight-or-flight.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #56
Greenberg: Chapter 02 #53

57. We cannot control our physiology or cause ourselves to become ill.

FALSE

Blooms Level: 02. Understand
Greenberg - Chapter 02 #57
Greenberg: Chapter 02 #54

58. Muscle bracing can lead to problems such as headaches and backaches.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #58
Greenberg: Chapter 02 #55

59. When we experience little or no stress, the limbic system is in charge, and when we have significant levels of stress, the cerebral cortex is in charge.

FALSE

Blooms Level: 02. Understand
Greenberg - Chapter 02 #59
Greenberg: Chapter 02 #56

60. When measuring blood pressure, the higher number is the diastolic and the lower number is the systolic.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #60
Greenberg: Chapter 02 #57

61. Brain cells destroyed by prolonged stress can regenerate themselves.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #61
Greenberg: Chapter 02 #58

62. Men and women respond to stress differently because of gender-based hormonal differences.

TRUE

Blooms Level: 02. Understand
Greenberg - Chapter 02 #62
Greenberg: Chapter 02 #59

63. The adrenal cortex secretes hormones that will cause an increase in blood glucose and blood pressure.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #63
Greenberg: Chapter 02 #60

64. Cortisol and aldosterone are types of muscle tissue.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #64
Greenberg: Chapter 02 #61

65. The parasympathetic nervous system is responsible for expending energy.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #65
Greenberg: Chapter 02 #62

66. Stress causes a decrease in saliva production and an increase in hydrochloric acid.

TRUE

Blooms Level: 01. Remember

Greenberg - Chapter 02 #66
Greenberg: Chapter 02 #63

67. Norepinephrine and epinephrine are more commonly known as adrenaline and noradrenaline.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #67
Greenberg: Chapter 02 #64

68. Blood vessels constriction is a function of smooth muscle tissue.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #68
Greenberg: Chapter 02 #65

69. The frontal lobe of the brain is associated with movement, orientation, recognition, and perception of stimuli.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #69
Greenberg: Chapter 02 #66

70. The reticular activating system (RAS) is the part of the brain where the world outside, and thoughts and feelings inside, meet.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #70
Greenberg: Chapter 02 #67

71. The RAS needs to be activated to normal levels for the rest of the brain to function as it should.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #71
Greenberg: Chapter 02 #68

72. In most people, cortisol levels are lowest a few hours after waking and rise throughout the day.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #72
Greenberg: Chapter 02 #69

73. Persistent stress results in the death of cardiac muscle cells and a loss of contractility of the heart. This damage is irreversible.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #73
Greenberg: Chapter 02 #70

74. During stress, the surface temperature of the skin increases.

FALSE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #74
Greenberg: Chapter 02

75. Stress can even contribute to increased acne.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #75
Greenberg: Chapter 02

76. Digestion begins in your mouth, as saliva starts to break down the food that you eat.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #76
Greenberg: Chapter 02

77. Stress causes the heart to increase its force of contraction and pump out more blood.

TRUE

Blooms Level: 01. Remember
Greenberg - Chapter 02 #77
Greenberg: Chapter 02

Chapter 02 Stress Psychophysiology Summary

Category	*# of Questions*
Blooms Level: 01. Remember	74
Blooms Level: 02. Understand	3
Greenberg - Chapter 02	77
Greenberg: Chapter 02	7
Greenberg: Chapter 02 #1	1
Greenberg: Chapter 02 #10	1
Greenberg: Chapter 02 #11	1
Greenberg: Chapter 02 #12	1
Greenberg: Chapter 02 #13	1
Greenberg: Chapter 02 #14	1
Greenberg: Chapter 02 #15	1
Greenberg: Chapter 02 #16	1
Greenberg: Chapter 02 #17	1
Greenberg: Chapter 02 #18	1
Greenberg: Chapter 02 #19	1
Greenberg: Chapter 02 #2	1
Greenberg: Chapter 02 #20	1
Greenberg: Chapter 02 #21	1
Greenberg: Chapter 02 #22	1
Greenberg: Chapter 02 #23	1
Greenberg: Chapter 02 #24	1
Greenberg: Chapter 02 #25	1
Greenberg: Chapter 02 #26	1
Greenberg: Chapter 02 #27	1
Greenberg: Chapter 02 #28	1
Greenberg: Chapter 02 #29	1
Greenberg: Chapter 02 #3	1
Greenberg: Chapter 02 #30	1
Greenberg: Chapter 02 #31	1
Greenberg: Chapter 02 #32	1

Greenberg: Chapter 02 #33	1
Greenberg: Chapter 02 #34	1
Greenberg: Chapter 02 #35	1
Greenberg: Chapter 02 #36	1
Greenberg: Chapter 02 #37	1
Greenberg: Chapter 02 #38	1
Greenberg: Chapter 02 #39	1
Greenberg: Chapter 02 #4	1
Greenberg: Chapter 02 #40	1
Greenberg: Chapter 02 #41	1
Greenberg: Chapter 02 #42	1
Greenberg: Chapter 02 #43	1
Greenberg: Chapter 02 #44	1
Greenberg: Chapter 02 #45	1
Greenberg: Chapter 02 #46	1
Greenberg: Chapter 02 #47	1
Greenberg: Chapter 02 #48	1
Greenberg: Chapter 02 #49	1
Greenberg: Chapter 02 #5	1
Greenberg: Chapter 02 #50	1
Greenberg: Chapter 02 #51	1
Greenberg: Chapter 02 #52	1
Greenberg: Chapter 02 #53	1
Greenberg: Chapter 02 #54	1
Greenberg: Chapter 02 #55	1
Greenberg: Chapter 02 #56	1
Greenberg: Chapter 02 #57	1
Greenberg: Chapter 02 #58	1
Greenberg: Chapter 02 #59	1
Greenberg: Chapter 02 #6	1
Greenberg: Chapter 02 #60	1
Greenberg: Chapter 02 #61	1
Greenberg: Chapter 02 #62	1
Greenberg: Chapter 02 #63	1
Greenberg: Chapter 02 #64	1

Greenberg: Chapter 02 #65	1
Greenberg: Chapter 02 #66	1
Greenberg: Chapter 02 #67	1
Greenberg: Chapter 02 #68	1
Greenberg: Chapter 02 #69	1
Greenberg: Chapter 02 #7	1
Greenberg: Chapter 02 #70	1
Greenberg: Chapter 02 #8	1
Greenberg: Chapter 02 #9	1