



Stress as a Psychological Process

Comprehension Questions

Complete the following questions to demonstrate your understanding of stress as a psychological process.

1. When does a stress response occur?

2. Regardless of the reality, our _____ of a situation is crucial to whether or not we find it stressful.

3. Write your own example of a situation that would not give you stress, and what kind of person might be stressed by this same situation.

4. What is a stressor?

5. List two major life events that could lead to stress.

6. List two daily hassles that could lead to stress.

7. What is distress, and how does it make us feel?

8. Write your own example of a situation that could lead to distress.

9. What is eustress, and how does it make us feel?

10. Write your own example of a situation that could lead to eustress.

11. Lazarus and Folkman came up with the Transactional Model of Stress and Coping. What transaction is occurring, according to this model?





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12. According to this model, cognitive appraisal is the most important factor when determining how stressed we will be. What is cognitive appraisal?

13. What does Primary Appraisal involve?

14. What does Secondary Appraisal involve?

15. What is a problem-focused coping strategy?

16. What is an emotion-focused coping strategy?

17. What are two limitations of the Transactional Model of Stress and Coping?

18. Andy has a Psychology test on the theory of stress tomorrow. Describe a possible problem-focused coping strategy and an emotion-focused coping strategy that he could employ to deal with this situation. Which strategy would be most useful for Andy in the long-term?

