

Sample Multiple Choice Questions for Stress and Health

1. Javier just finished working on a large project at work. He had to work many hours of overtime and felt overwhelmed by stress. As soon as the project was finished, he caught a cold that kept him in bed for a few days. How would the field of psychoneuroimmunology explain this outcome?
 - a. The stress he experienced lowered his cortisol and increased the response of his B-cells and T-cells.
 - b. The stress he experienced increased his cortisol and decreased the response of his B-cells and T-cells.
 - c. The stress he experienced activated his sympathetic nervous system, which left him susceptible to infection.
 - d. The stress he experienced activated his parasympathetic nervous system, which left him susceptible to infection.

Answer = b

2. A patient is learning how to control their blood pressure by practicing relaxation strategies and watching their blood pressure readings on a monitor. The more they relax, the more their blood pressure decreases. What is the name of this physiological stress management technique?
 - a. Progressive muscle relaxation
 - b. Meditation
 - c. Neurofeedback
 - d. Biofeedback

Answer = d