

## Chapter 9: Understanding Stress and Coping in Context

1. In the ecological-contextual model of coping in Chapter 9, distal contextual and personal factors include... (pp. 296, 298)
  - a) coping processes.
  - b) risk processes that make problems more likely.
  - c) protective processes that make problems less likely.
  - d) **both b and c**
2. In the ecological framework of coping in Chapter 9, cultural beliefs and practices, environmental hazards, and economic conditions are termed... (p. 300)
  - a) distal personal factors.
  - b) **distal contextual factors.**
  - c) protective processes.
  - d) proximal stressors.
3. In the ecological framework of coping in Chapter 9, a family argument, being late for class, or being followed in a store because of your race, are examples of... (pp. 300, 301)
  - a) proximal stressors.
  - b) daily hassles.
  - c) stress reactions.
  - d) **both a and b**
4. Alexis lives in a low-income family where money problems are common, and she has a hearing problem. In the ecological framework in Chapter 9, these are termed \_\_\_\_\_. Recently Alexis began middle school, which is termed a \_\_\_\_\_. (p. 303, 305)
  - a) **proximal stressors; life transition**

- b) distal contextual factors; life transition
  - c) distal risk factors; proximal stressor
  - d) distal contextual factors; proximal stressor
5. Pernell just began high school, a \_\_\_\_, and is very anxious about it, which is a \_\_\_\_.
- However, he is assertive and makes friends easily; these skills are termed \_\_\_\_\_. (pp. 305, 309, 310)
- a) proximal stressor; coping process; resources for coping
  - b) **life transition; stress reaction; socio-emotional competencies**
  - c) distal contextual factor; stress reaction; socio-emotional competencies
  - d) distal contextual factor; stress reaction; resources for coping
6. Social support, money, social-emotional competencies, and spirituality represent potential... (p. 310)
- a) distal personal factors for coping.
  - b) distal protective factors for coping.
  - c) **resources for coping.**
  - d) coping processes.
7. Jordan has good skills for making friends, managing feelings, and understanding others' feelings. In the coping framework in Chapter 9, these are termed: (p. 310)
- a) Distal protective processes
  - b) Proximal protective processes
  - c) **Social-emotional competencies**
  - d) Social resources
8. Noriaki is an elementary school guidance counselor. His principal and faculty, and many

parents, want to see students graduate from their school with better skills for managing their feelings, understanding others' feelings, handling conflicts, and avoiding violence. Based on the ecological framework in Chapter 9, which approach below is most directly related to helping the school attain these aims? (p. 310)

- a) An alternative school
  - b) **Programs that promote social-emotional competencies**
  - c) Improved crisis intervention by the guidance office
  - d) Clinical treatment for more children who need it
9. Dermot needs to find a job. He looks for employment advertisements, asks friends for leads, and writes a resume. Which type of coping is this? (p. 313)
- a) **Problem-focused**
  - b) Emotion-focused
  - c) Reappraisal
  - d) Meaning-focused
10. Delanie was devastated when her best friend was in a car accident and hospitalized in critical condition. Delanie visited her friend and sought comfort by talking to her other friends and seeking spiritual support. Which type of coping is this? (p. 313)
- a) **Emotion-focused**
  - b) Problem-focused
  - c) Meaning-focused
  - d) Reappraisal
11. When coping leads to positive outcomes, attracts new resources, builds confidence, and leads to further growth, what is occurring? (p. 313)

- a) Social-emotional competencies
  - b) **A virtuous spiral**
  - c) A positive stress reaction
  - d) Coping outcomes
12. In the ecological framework of coping in Chapter 9, when coping with a stressful situation initiates a process of growth that takes you beyond your prior level of well-being or skills, what has occurred? (p. 315)
- a) **Resilience**
  - b) Thriving
  - c) Wellness
  - d) A virtuous spiral
13. Shiksha had cancer and underwent long and unpleasant treatment. She is now in recovery and reports a deepened emotional awareness of how precious each day and each person in her life is. She has also become a leader in a support group for women with breast cancer, although she says she was always a shy person before her recovery. Shiksha's recovery illustrates which type of coping outcome? (p. 316)
- a) **Thriving**
  - b) Distress
  - c) Emotion-focused
  - d) Social support
14. According to Chapter 9, all of the following dimensions must be considered when planning an intervention EXCEPT: (p. 317)
- a) Ecological levels

- b) Timing and point of intervention
- c) Content goals of intervention
- d) **First order change**

15. In the ecological framework of coping in Chapter 9, prevention/promotion programs may seek to alter: (p. 320)

- a) Proximal stressors
- b) Existing psychological disorders
- c) Resources for coping
- d) **Both a and c**

16. Continual social support, regardless of the level of stressors in one's life, is termed \_\_\_\_\_ support. (p. 323)

- a) contextual
- b) specific
- c) **generalized**
- d) tangible

17. Alex faces a challenging project at work and isn't sure she can accomplish the task she was assigned. Her coworkers sincerely assure her that she can, pointing out how she has always met past challenges and she has the skills for this task. This illustrates which type of social support? (p. 323)

- a) Generalized
- b) Specific
- c) Enacted
- d) **Both b and c**

18. Measures of received support, based on records of behavioral acts of support received, are most likely to measure which type of social support? (p. 323)
- a) Generalized
  - b) **Specific**
  - c) Perceived
  - d) Both b and c
19. Deja, a young mother, often visits Marisol, an older person (not a relative) who provides encouragement and emotional and informational support about parenting. For Deja, Marisol is a... (p. 324)
- a) member of a dense network.
  - b) **natural mentor.**
  - c) both a and b.
  - d) source of a multidimensional relationship.
20. Quicker help in a crisis is a strength of \_\_\_\_ social networks. (p. 325)
- a) **high-density**
  - b) low-density
  - c) multidimensional
  - d) reciprocal
21. Distinctive elements of mutual help groups include which of the following? (p. 327)
- a) Professional direction of discussion
  - b) A focus on knowledge based on personal experience
  - c) Each member helping others and being helped
  - d) **Both b and c**

22. Janice finds that members of her mutual help group know more about practical daily coping with her depression than the psychiatrist she also sees regularly. This difference illustrates what distinctive feature of mutual help? (p. 328)

- a) Helper therapy principle
- b) **Experiential knowledge**
- c) Reciprocity of helping
- d) A focal concern

23. As defined by Pargament, spiritual coping includes specific coping methods, such as prayer or religious rituals, when used by: (p. 333)

- a) Religious persons
- b) Nonreligious persons.
- c) Only religious persons in distress.
- d) **Both a and b**