

EXAM 2: Learning Objectives

Chapter 4 (remaining sections pages 103-117)

- 1) Describe the factors associated with obesity and the relationship between stress and eating.
- 2) Describe the nature of the treatment of obesity in the United States. Explain the use of dieting, fasting, surgical procedures, and appetite-suppressant drugs in treating obesity. Evaluate the effectiveness of each technique.
- 3) Explain the use of the multimodal approach in treating obesity, and evaluate its effectiveness. Summarize the effectiveness of cognitive-behavioral weight-loss techniques.
- 4) Describe the nature of a public health approach to dietary change, and evaluate its effectiveness.
- 5) Define anorexia nervosa and bulimia, explain factors implicated in their development, and describe approaches to treatment for each condition.
- 6) Define sleep and the four stages of sleep; explain the health risks of inadequate sleep. Describe sleep apnea and associated health risks.

Chapter 5 – Alcohol Abuse & Dependence/ Smoking

- 1) Describe the six characteristics of health-compromising behaviors. Define substance abuse and dependence.
- 2) Define alcoholism and problem drinking, and describe the prevalence and costs of alcohol abuse in the United States. Describe the origins of alcoholism and problem drinking.
- 3) Discuss how alcohol abuse and dependence differs across genders, ethnic groups, and personality/psychiatric disorders. Discuss the clinical implications of high rates of co-morbidity between alcohol abuse and mood/anxiety disorders. Who should treat these co-morbid patients and why?
- 4) Describe the health effects of alcohol, including: a) how alcohol affects the brain and specific neurotransmitter systems; b) the relationship between moderate alcohol intake and coronary heart disease; c) alcohol abuse and coronary heart disease; and d) negative health effects of chronic alcohol abuse and dependence.
- 5) Describe the goals and nature of treatment programs for alcoholism and problem drinking. Discuss the use of behavior modification, of drugs, and of stress management approaches in the treatment of alcoholism and problem drinking. Also discuss the problem of relapse.
- 6) Summarize the factors associated with favorable treatment outcomes and the effectiveness of treatment programs.
- 7) Describe the controversy over whether recovered alcoholics may drink again, and describe treatment programs that focus on controlled drinking skills.
- 8) Describe the different approaches to alcohol abuse and dependence treatment. Is there any evidence to support the efficacy of one program over another? Are there any advantages to combining treatment approaches, e.g., adding AA to another treatment strategy?
- 9) Summarize the effectiveness of preventive approaches to alcohol abuse.
- 10) Describe the prevalence and cost of smoking/tobacco use in the US. Include discussion of the synergistic effects of smoking with other health compromising behaviors. Trace social trends in smoking in the US.
- 11) Discuss gender and age differences, including adolescent smoking. Describe the physiological, psychological, and social factors that determine smoking in adolescents and adults.

- 12) Describe recent trends in smoking cessation research. Discuss the notion of evaluating smoking status as a vital sign and describe the process of brief smoking intervention in primary care medical settings and other clinical settings (dentists, psychologists, etc). Discuss specific evidence regarding the cost-effectiveness and medical cost-offset of brief tobacco cessation programs.
- 13) Describe the factors associated with smoking in adolescence. Evaluate the effectiveness of prevention programs targeting adolescents, including social influence and life skills interventions. Also discuss social engineering strategies in smoking cessation and evaluate their effectiveness.
- 14) Describe the use of nicotine replacement therapy, aversion therapy, operant conditioning, and multi-modal intervention in smoking cessation and evaluate the effectiveness of each approach. Is there an advantage of combining nicotine replacement, antidepressant treatment, along with counseling/cognitive-behavioral treatment?
- 15) Explain why smoking is so difficult to change, the relationship between smoking and weight gain, and the nature of withdrawal. Describe the variables characteristic of people who stop smoking on their own.
- 16) Discuss the nature and advantages of smoking prevention programs.

Chapter 6 – What is stress?

- 1) Stress is a process (stimulus->transaction->response->immune/health outcome). Define the term stress from a multilevel and multidimensional perspective.
- 2) Trace the history of the study of stress. Include discussion of Selye's General Adaptation Syndrome, Cognitive Appraisal Theory, learned helplessness, and McEwen's notion of allostatic load.
- 3) Explain how the sympathetic-adrenomedullary (SAM) and hypothalamic pituitary adrenocortical (HPA) axis are implicated in physiological response to stress. Describe how these autonomic and neuroendocrine pathways mediate the effects of stress on a range of bodily processes (emotional, neurological, metabolic, endocrine, digestive, and immune function). Discuss the process of allostasis and the concept of allostatic load.
- 4) Describe how stress is able to alter the functioning of the immune system and the experimental evidence that backs this up.
- 5) Describe Lazarus's cognitive appraisal theory stress. Explain how this model addresses the cognitive and emotional responses to stress. Compare and contrast primary and secondary appraisal.
- 6) How is stress assessed or measured. Include discussion of physiological, self-report (e.g., Major Life Events Scales, Daily Hassles, chronic strain), and health outcomes. How are major life events related to hassles? Are these objective or subjective measures of stress?
- 7) What makes an event stressful? Describe the dimensions of stressful events, whether people can adapt to stress, and the role of stressor duration. Explain the relationship between arousal, emotional functioning, helplessness and stress.
- 8) Describe socioeconomic and workplace factors that are related to stress. How does job enrichment reduce occupational stress? Explain the relationship between multiple roles and stress, include discussion of gender differences at work and in the work place.

Chapter 7 Moderators of stress, coping & management of stress.

- 1) Explain what is meant by the term stress moderator? Identify three psychological variables and three social variables that have been found to moderate stress. Citing research from class and the text, explain the relationship between these variables and the experience of stress.
- 2) Explain how coping styles and strategies moderate the experience of stress. Define avoidant vs. confrontive coping styles, emotion focused vs. problem solving strategies, and describe their relationship to stress and illness. How does spiritual support influence stress and health?
- 3) Explain how individual differences in personality are related to coping. Describe the relationship between personality variables (e.g., negativity, pessimistic explanatory style, hardiness, optimism, self-esteem, conscientiousness) to stress and illness. Also discuss the relationship between psychological control to stress and illness.
- 4) Explain the relationship of disclosure or catharsis to coping with stress and illness.
- 5) What is social support? Compare and contrast different forms of social support. Describe the effect of social support on psychological distress, illness, and health habits. Include discussion of both the benefits and costs of social support.
- 6) Explain how stress is moderated by social support. Compare and contrast the direct effects and buffering hypotheses. Describe the factors affecting the provision of effective social support.
- 7) Explain the biopsychosocial pathways by which social support influences health and illness.
- 8) Describe the tasks and costs of coping. Explain the criteria by which coping outcomes are assessed.
- 9) Describe the nature of stress management programs and discuss the basic stress management techniques, including relaxation training, time management, transaction management, stress inoculation and assertiveness therapy.

Chapter 14 PNI, AIDS, cancer, & arthritis

- 1) Explain how the brain influences the immune systems and how the immune system influences the brain. Describe the potential pathways by which stress alters immune competence. How do pro-inflammatory cytokines alter behavior? Describe sickness behavior and sickness syndrome.
- 2) Describe the nature and function of the immune. First, identify and describe the primary organs of the immune system. Then compare and contrast non-specific and specific immunity and distinguish between humoral and cell-mediated immunity. Describe two approaches to assessing immunocompetence.
- 3) Summarize the results of studies relating stress to immune functioning. Summarize studies of the classical conditioning of immune responses.
- 4) Summarize the results of studies relating academic stress to immune functioning.
- 5) Summarize the results of studies relating negative affect to immune functioning.
- 6) Summarize the results of studies relating interpersonal relationships, stress, and immune functioning.
- 7) Explain how coping and coping resources moderate the stress-immune functioning relationship.
- 8) Describe stress management interventions designed to enhance immunocompetence, and evaluate their effectiveness.
- 9) Trace the development of the AIDS epidemic, and describe the nature and course of HIV infection.

- 10) Describe the demographic risk groups for AIDS and the routes of HIV transmission.
- 11) Describe the nature of interventions designed to reduce risk behaviors for AIDS and evaluate their effectiveness.
- 12) Summarize the results of studies of psychological adjustment and coping with HIV infection.
- 13) Describe the factors that promote long-term survival among people who are HIV+.
- 14) Explain how psychosocial factors may affect the course of AIDS.
- 15) Describe the nature of cancer, and explain why it is hard to study. Describe the demographic risk groups for cancer. Describe the psychosocial factors that affect the initiation and course of cancer.
- 16) Discuss the immune surveillance theory of cancer. Summarize the results of studies of the relationship between stress and cancer, as well as the role of psychosocial interventions to improve the quality of life and longevity of cancer patients.
- 17) Describe pharmacologic, behavioral, and psychotherapeutic rehabilitative interventions for cancer and evaluate their effectiveness.
- 18) Describe the nature of rheumatoid arthritis. Describe the different treatment interventions for rheumatoid arthritis, and evaluate their effectiveness.
- 19) Describe the nature of osteoarthritis, gout, and their self-care regimens.
- 20) Summarize the results relating physical, psychological, interpersonal stress, negative affect, and academic stress to the immune functioning.