

Exercise walk-through

Introduction to Health Psychology ■ 5.1

eXercise

You must be able to

- distinguish a **stressor** 应激源 from the **stress response** 应激反应
- describe the phases of the **general adaptation syndrome** 一般适应综合征
- contrast **problem-focused** 问题聚焦 and **emotion-focused** 情绪聚焦 coping
- state how **social support** 社会支持 and **perceived control** 控制感 affect health

Method — Stressor and response

A **stressor** is the event; the **stress response** is the body's reaction to it. The same event is not equally stressful to everyone, because appraisal intervenes between the two.

Method — General adaptation syndrome

Alarm: arousal mobilises resources. **Resistance:** arousal is sustained. **Exhaustion:** resources deplete and vulnerability to illness rises. The health cost comes from prolonged resistance, not from brief alarm.

Method — Two coping strategies

Problem-focused coping changes the stressor, and works best where the situation is controllable. **Emotion-focused** coping manages the reaction, and is more appropriate where it is not.

Method — Support and control

Strong social support and a sense of control over events are both associated with better health outcomes. Both reduce the appraisal of threat, which is where the physiological response begins.

Practice 2.1 ■ 2 marks

State the difference between a stressor and the stress response.

Solution 2.1

Method: Stressor and response

Worked steps

the stressor is the event **B1**; the stress response is the body's reaction to it, mediated by appraisal **B1**.

Practice 2.2 ■ 3 marks

Name the three phases of the general adaptation syndrome.

Solution 2.2

Method: General adaptation syndrome

Worked steps

alarm **B1**; resistance **B1**; exhaustion **B1**.

Practice 2.3 ■ 1 mark

A person cannot change a situation but reframes how they think about it.

- (a) Name the coping strategy.
- (b) State when it is the better choice.

Solution 2.3

Method: Two coping strategies

Worked steps

(a) emotion-focused coping **B1**. (b) when the situation cannot be changed **B1**.

Exam-style 3.1 ■ 1 mark

The health damage from chronic stress arises mainly in

- A** the alarm phase
- B** prolonged resistance and exhaustion
- C** a single stressful event
- D** emotion-focused coping

Solution 3.1

- A the alarm phase
- B prolonged resistance and exhaustion**
- C a single stressful event
- D emotion-focused coping



Worked steps

- B. prolonged arousal and resource depletion produce the health cost.**

Exam-style 3.2 ■ 1 mark

Problem-focused coping is most effective when the stressor is

A uncontrollable

B controllable

C imaginary

D brief

Solution 3.2

Method: Two coping strategies

A uncontrollable

B controllable



C imaginary

D brief

Worked steps

B. changing the stressor requires that it be changeable.

Exam-style 3.3 ■ 1 mark

Two employees face the same workload; one reports far more stress.

- (a) State what explains the difference.
- (b) Explain one workplace change that could reduce it.

Solution 3.3

Method: Stressor and response

Worked steps

(a) differences in appraisal, social support or perceived control **B1**. (b) give employees more control over how and when work is done **B1**, since perceived control lowers threat appraisal and therefore the physiological response **B1**.