

Study guides for chapters 3 and 4
Chapter 3

Overview: This is a chapter students are usually very interested in. Its main component is a discussion of stress. You will also be responsible for studying chronic pain and how to cope with it, as well as ways in which smoking and binge drinking affect one's health and how to stop these destructive behaviors.

1. How have the major causes of death changed in recent times? Define Health Psychology. Why is this branch of Psychology so important nowadays?
2. Define stress. List the major sources of stress.
3. Describe the types of life events or life changes that cause stress. How do individual perceptions of an event affect its ability to act as a stressor?
4. What is the difference between chronic stressors and major life events? Give examples of chronic stressors.
5. What is the difference between hassles, burnout, chronic stressors and major life events? Give examples of hassles.
6. Define frustration. Give examples.
7. Describe and give examples of the three types of conflicts.
8. Describe in detail the physiological effects of stress. Describe the HPA axis and its role. Identify the stress hormones. What happens to the HPA axis with long term stressors?
9. Describe the effects of stress on the immune system
10. What are the illnesses that have been connected to stress? What is cancer, and how does it develop? What is the role of the immune system in the development of cancer? How does stress affect the process?
11. What is heart disease? Define coronary heart disease, angina, atherosclerosis, and heart attack. What are the factors that contribute to heart disease? What is the physical link between stress and heart disease?
12. Contrast Type A and Type B personalities. What is the critical characteristic of Type A personality that best predicts heart disease?
13. What is hardiness? How does it relate to heart disease?
14. What is PTSD and what causes it?
15. Contrast emotion-focused and problem-focused coping. Give examples.
16. List, discuss and give examples of each of the resources for effective coping discussed in the textbook.
17. List, discuss and give examples of each of the specific coping strategies discussed in the textbook.
18. What are the negative health consequences of smoking? Why do people start smoking? Why do they continue?

19. Why is it difficult to “convince” teenagers not to smoke? Why do many smoke prevention programs targeted at teenagers focus on the short-term problems of smoking?
20. What is binge drinking? How prevalent is it? Describe what can be done to reduce the prevalence of binge drinking.
21. What is chronic pain? How is it treated?

Chapter 4

Overview: This chapter is subdivided in two major parts: **sensation**, and **perception**. In **sensation**, we will emphasize the sense of **vision**, and thus study it in detail, but for **each sense** you must name the **receptors** and the structure where they are located. In addition, there are concepts related to sensation (such as **threshold, adaptation**) that you must be able to identify and explain. In the discussion of **perception**, we’ll address **perceptual constancies (size, shape and color); depth and color perception;** the processes involved in perception (**selection, organization and interpretation**) and the factors which affect each of them; the issues of **subliminal perception and ESP**, and whether or not there is scientific evidence supporting the existence of these phenomena

1. What is the difference between **sensation** and **perception**.
2. Define **receptors**; define transduction.
3. Define **absolute and difference threshold**.
4. For each sense (**vision, audition, gustation, olfaction, the skin senses, vestibular and kinesthetic senses**): a) identify the stimulus; b) name the receptors and the structure/s where they are located; and c) identify the sensation (consult lecture notes).
5. Can loud music damage your hearing?
6. How do olfaction and gustation change with age?
7. What causes motion sickness?
8. What are the three basic processes of perception?
9. Explain the principle of **perceptual constancy**. Define **size, and shape constancies**.
10. What is depth perception? Distinguish between **binocular and monocular depth cues**.
11. Explain the **trichromatic** and the **opponent-process theories** of **color perception**. According to each theory, where in the eye/brain is color processed?
12. Describe how early life experiences, expectation, personal motivations and context affect perception.
13. What is the difference between **subliminal perception and subliminal persuasion**? Define **extra-sensory perception, telepathy, clairvoyance, precognition and psychokinesis**.
14. Summarize criticisms of studies claiming ESP. What are some of the reasons we believe in ESP?
15. Do **subliminal** self-help tapes work?