

***Essentials of Managing Stress 5th edition Seaward
Test Bank***

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Multiple Choice

1. What percentage of patients' visits to doctors' offices are associated with stress?

- A. 35 percent
- B. 45 percent
- C. 65 percent
- D. 85 percent

Answer: D

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2. What percentages of workers' compensation claims are directly related to stress?

- A. 20 percent
- B. 40 percent
- C. 60 percent
- D. 80 percent

Answer: D

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3. Stress aggravates several health conditions, particularly:

- A. Fibromyalgia and lupus.
- B. Lupus and arthritis.
- C. Rheumatoid arthritis and type II diabetes.
- D. Epstein-Barr and type I diabetes.

Answer: C

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4. This is the first chemical substance released at the first sign of stress?

- A. Norepinephrine
- B. Vasopressin
- C. Cortisol
- D. Aldosterone

Answer: A

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5. Prior to the discovery of vaccinations and antibiotics, the leading cause of death was:

- A. Bubonic Plague.
- B. lifestyle diseases.
- C. Parasites.
- D. infectious diseases.
- E. unsafe medicine practices.

Answer: D

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6. Today, the leading cause of death in the US is:

- A. Lack of Exercise
- B. Infectious diseases.
- C. Obesity
- D. Lifestyle diseases.

Answer: D

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7. Philosopher Buckminster Fuller said the “human space suit” comes with all but which of the following?

- A. An oxygen tank
- B. A carbon dioxide tank
- C. A sensory detector system
- D. An immune defense system

Answer: B

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8. While in fight-or-flight mode, hormones are secreted from the brain’s pituitary and _____ glands.

- A. Thymus
- B. Hypthalamus
- C. pancreas
- D. Pineal

Answer: B

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9. Subtle anatomy includes all but which of the following?

- A. Tsubos system
- B. Meridian system
- C. Chakra system
- D. Human energy field

Answer: A

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10. The human body has an electromagnetic energy around it that is also referred to as:

- A. gravity.
- B. magnetic field.
- C. human aura.
- D. information field.
- E. morphogenic field.

Answer: C

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11. Medical intuitives describe the initial stage of illness and disease as:

- A. chakras.
- B. dissonance.
- C. unresolved emotions.
- D. unhealthy eating habits.

Answer: C

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12. The physical body holds how many distinct rivers of energy (chi)?

- A. 2
- B. 4
- C. 8
- D. 10
- E. 12

Answer: E

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13. Which chakra is associated with issues of safety and security?

- A. Fourth (mind) chakra
- B. Second (sacral) chakra
- C. Third (heart) chakra
- D. First (root) chakra

Answer: D

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14. How many primary chakras are we said to have?

- A. 1
- B. 3
- C. 5
- D. 7
- E. 9

Answer: D

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15. Which chakra is known as the heart chakra?

- A. Second chakra
- B. First chakra
- C. Seventh chakra
- D. Third chakra
- E. Fourth chakra

Answer: E

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16. The inability to “express” oneself is directly related to which chakra?

- A. The root chakra
- B. The throat chakra
- C. The crown chakra
- D. The heart chakra

Answer: B

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17. What is cortisol?
- A. A precursor to acetylcholine
 - B. Unwanted pathogens
 - C. Essential neuropeptides
 - D. Stress hormone secreted by the adrenal glands
 - E. Neurotransmitter secreted for quality sleep

Answer: D

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18. A migraine headache is:
- A. a recurring headache.
 - B. a tension headache.
 - C. a vascular headache.
 - D. an allergy-related headache.

Answer: C

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19. What sticky substance is found floating in the blood serum?
- A. Platelets
 - B. Prednisone
 - C. Cortisol
 - D. Cholesterol

Answer: D

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20. Which of the following is not a nervous system-related disorder?
- A. TMJD
 - B. Asthma
 - C. Allergies
 - D. Tension Headaches

Answer: C

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21. Deepak Chopra explains that every cell in the body does what?

- A. Turns to water
- B. Balances itself
- C. Regenerates itself
- D. Flushes out of the system

Answer: C

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22. The classic example of human entrainment is when women who live or work together do what?

- A. Synchronize their coping skills
- B. Bicker constantly
- C. Follow the tend and befriend theory
- D. Synchronize their menstrual cycles

Answer: D

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23. Telomeres are associated with the following?

- A. RNA
- B. Stress production
- C. DNA
- D. Stress relief

Answer: C

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24. Your nervous system has:

- A. One tract
- B. Two tracts
- C. Three tracts
- D. Four Tract

Answer: B

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25. This chemical produced in the body is best referred to as the Stress hormone:

- A. Epinephrine
- B. Vasopressin
- C. Nor-Epinephrine
- D. Cortisol

Answer: D

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True/False

26. Both lupus and type I diabetes are now thought to have an autoimmune component to them.

Answer: True

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27. The human energy field is believed to be composed of layers of consciousness.

Answer: True

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28. The crown chakra is most noted for its association with the expression of love.

Answer: False

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29. Holistically speaking, your immune system is not just in your body; it also expands into the human energy field.

Answer: True

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30. Stress is often described as “wear and tear” on the physical body.

Answer: True
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31. Entrainment is a physics term used to describe sympathetic resonance between objects: the conservation of energy.

Answer: True
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32. Stress accelerates the aging process by compromising the function of telomeres.

Answer: False
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33. True/False: The sympathetic nervous system secretes acetylcholine from the neural endings

Answer: False
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34. True/False: Researchers in the field of PNI have now discovered that chronic stress is associated with the body's inability to regulate the inflammatory response.

Answer: TRUE
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Essay

35. Please define the following terms or concepts in no more than two sentences and give an example to support each definition.

- A. Chakra system
- B. Entrainment
- C. Human energy field

- D. Immune system–related disorders
- E. Meridian system
- F. Nervous system–related disorders
- G. Subtle anatomy

Answer: Answers will vary.