

## Responses to Stress

- Physical problems
- Emotional problems
- Cognitive problems

## \* General Adaptation Syndrome

Hans Selye's description of what happens when you make strong demands on the body

### Three Stages

Alarm

Resistance

Exhaustion

## Personality:

### • Type A Personality

- Workaholics

- Very ambitious, competitive

- Easily annoyed

\* much more likely to have coronary disease

### • Type B Personalities

- Easy going

- Slow to anger

- Sloppy, disorganized

### • Type C Personality

- Internalize feelings

- Want everyone to get along

- Avoid conflict

\* Strongly associated with cancer

### Hardy Personalities

- Tend to thrive on Stress
- Deep sense of commitment to goals
- Feel in control of their lives
- See things as Challenges

### Cognitive Appraisal

- An individual's interpretation of an event as either harmful, threatening or challenging, and the person's evaluation of whether he/she has the resources to deal with an event.

### Cognitive Appraisal Model

#### Primary Appraisal

- Estimating the severity of the stressor and classifying it as a threat, challenge, or a loss

#### Secondary Appraisal

- What are my resources?

\*Coping: A kind of problem solving that involves managing stressful circumstances, expending effort to solve life's difficulties, and seeking to reduce stress

### Types of Coping Strategies

- Problem-Focused
- Emotion-Focused

### Problem-Focused

Cognitive Strategy of squarely facing one's troubles and trying to solve them

### Emotion-Focused

Trying to handle one's emotional reactions to a stressor, rather than focusing on the root problem

## Chapter 12 : psychological disorders

### Abnormality: 4 characteristics

Statistically rare

Deviance from Social Norms

Personal distress

Interference with Normal Functioning

### Defined As...

Any pattern or behavior that causes people significant distress, causes them to harm themselves, or others, or interferes with their ability to function daily

\* 22% of adults suffer from mental disorders

\* ≈ 44 million in US

\* Most Prevalent Psychological disorder is depression