

Practice exam questions

The body's response to stress and stress-related illness

- 1 Outline how the body responds to stress. *(6 marks)*
- 2 You are riding your bike, and a speeding car approaches you. Your heart starts to beat faster and your mouth goes dry. You begin to pedal faster than before in an attempt to escape the car. The car speeds past you and your heart rate reduces after a few minutes. Using your knowledge of the stress response, explain why your heart rate increased when the car was approaching, and then decreased when the car had gone. *(6 marks)*
- 3 Discuss research into how stress can make us ill. *(8 marks)*

Stress in everyday life and stress management

- 1 What does research into life changes tell us about the effects of stress? *(3 marks)*
- 2 (a) Identify ONE source of stress in the workplace. *(1 mark)*

(b) Outline what research has shown about how this source of stress can affect an individual. *(2 marks)*
- 3 Identify THREE characteristics of Type A personality behaviour patterns. *(3 marks)*
- 4 Explain emotion-focused and problem-focused coping strategies. *(4 marks)*
- 5 Outline and evaluate drug therapy as a way of managing stress. *(12 marks)*