

Stress

Self Assessment Sheet

Things you **must** be able to do:

All A01

- Define stress
- Describe the autonomic nervous system & its response to stress
- Describe the General Adaptation Syndrome
- Give APFCC for Selye (1956)

Bodily Effects of Stress

- Describe the relationship between stress and illness
- Describe the effects of stress on the immune system
- Give APFCC for Brady (1958)

Stress and Illness

- Describe life change as a source of stress
- Describe the SRRS
- Give APFCC for Holmes & Rahe
- Describe different sources of workplace stress

Sources of Stress

- Describe personality differences in stress (hardiness, Type A personality)
- Give APFCC for Friedman & Rosenman
- Describe gender differences in stress responses
- Describe cultural differences in stress

Individual Difference in Stress

- Distinguish between physiological and psychological approaches to stress management
- Describe drug and biofeedback therapies
- Describe SIT and hardiness training

Stress Management

Things you **should** be able to do:

Both A01 and A02

- Explain interactions between different bodily systems in stress
- Explain criticisms of Selye (1956)
- Outline research findings of the role of psychological factors in stress

- Explain mechanisms by which stress can lead to illness
- Explain criticisms of Brady (1958)
- Outline & comment on research findings of the relationship between stress & illness

- Comment on the validity of the SRRS
- Explain criticisms of Holmes & Rahe
- Outline comment on research findings into different sources of stress
- Explain the role of perceived control in stress
- Give APFCC for Langer & Rodin

- Comment on the validity of the Type A personality
- Explain criticisms of Friedman & Rosenman
- Outline research into gender & cultural differences
- Explain gender & cultural differences

- Describe the mechanisms of action of different drugs
- State strengths & weaknesses of drugs, biofeedback & psychological stress management techniques
- Explain the role of control in reducing stress

Things you **could** be able to do:

All A02

- Evaluate the General Adaptation Syndrome
- Evaluate research into stress
- Assess the extent to which stress is purely a physiological response

- Assess the extent to which stress leads to physical illness
- Evaluate research studies of stress and illness
- Comment on the use of animals in psychological studies

- Assess the extent to which life change and work are important sources of stress
- Evaluate research studies of sources of stress
- Assess the extent to which perceived control is a mediator of stress

- Evaluate research into individual differences in stress
- Assess the extent to which stress is mediated by personality, gender and culture
- Comment on the cross-cultural validity of stress research

- Evaluate different methods for reducing and controlling stress
- Compare and contrast different methods for reducing and controlling stress