

Knowledge About Stress

Instructions: This test consist of 20 statements about stress. Either print the sheet or write down the number of the statement and place a check mark to indicate whether you think each statement is True or False. If you do not know whether a statement is True of False, put a check mark under DON'T KNOW.

Please see the key at the end indicating what statements were True and False.

True	False	Don't Know	Statements
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1) Loud noise can be stressful.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2) Seeing problems as worse than they are can cause stress.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3) Going through many significant life changes at the same time rarely increases people's chances of getting sick.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4) A person who is experiencing stress is usually sensitive to other people's feelings.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5) Stress can cause ulcers.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6) Slow breathing is one of the physical responses to stressors.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7) Stress may decrease the body's ability to defend itself against disease.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8) Being bored is usually not stressful.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9) A person with a Type A personality typically tries to do one thing at a time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10) Stress is usually harmful it lasts for a long time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11) A person who is experiencing extreme stress thinks more clearly than usual.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12) Drinking a lot of coffee makes some people anxious.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13) Unpleasant thoughts by themselves usually are not enough to cause stress.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14) People may resume bad habits when they are experiencing stress.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15) Almost everyone interprets demanding events in the same way.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16) High blood pressure can damage the heart.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17) A person's heredity may influence the type of stress-related illness that the person gets.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18) Experiencing stress may make a person eat more than usual.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19) People's attitudes rarely influence their reactions to stressors.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20) The more someone knows about a stressor, the more stress it will cause.

Key: 1(T), 2(T), 3(F), 4(F), 5(T), 6(F), 7(T), 8(F), 9(F), 10(T), 11(F), 12(T), 13(F), 14(T), 15(F),

16(T), 17(T), 18(T), 19(F), 20(F).