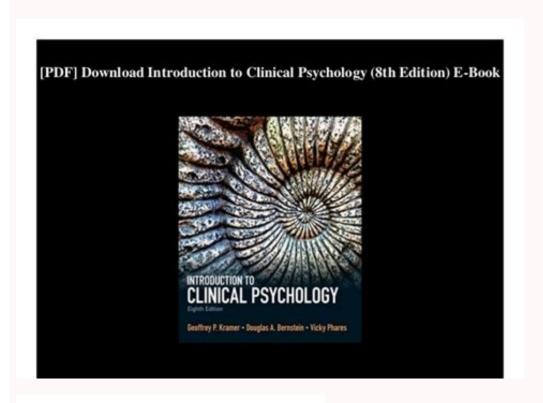
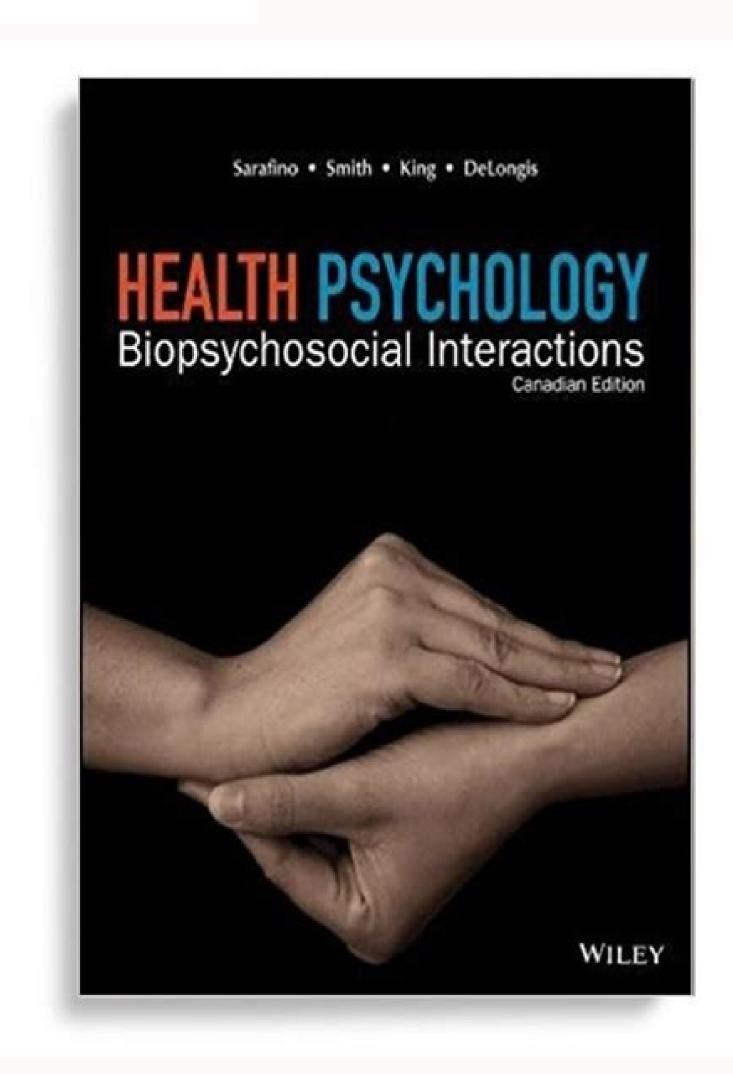
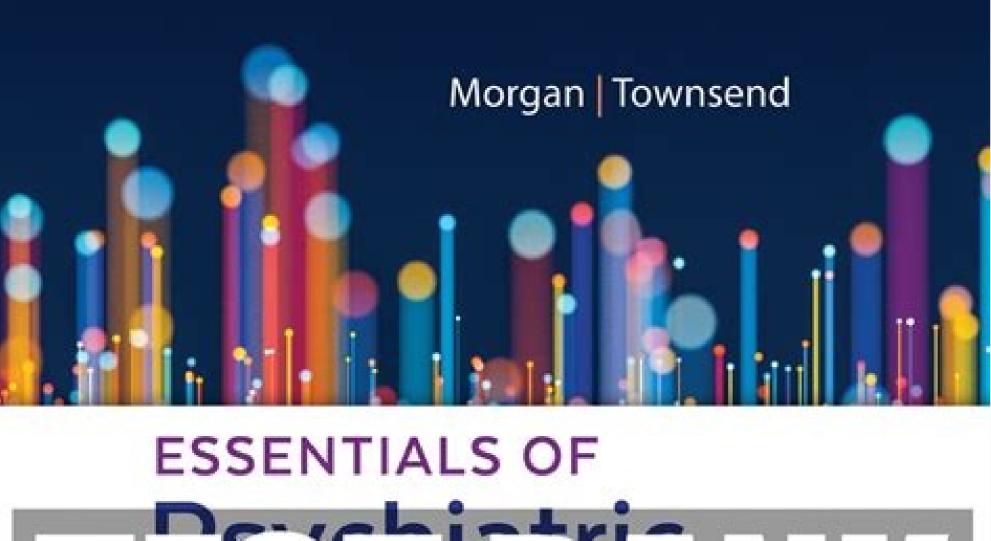
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### VALIDATION OF THE BASIC PSYCHOLOGICAL NEEDS IN EXERCISE SCALE (BPNES)

# VALIDAÇÃO DO QUESTIONÁRIO DE NECESSIDADES PSICOLÓGICAS BÁSICAS NO EXERCÍCIO (BPNES)

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#### RESUMO

O objetivo do estudo foi a validação transcultural do questionário de Necessidades Psicológicas no Exercício (BPNES) com alunos brasileiros. Participaram três tradutores envolvidos no processo de tradução, três especialistas em Psicológica do Esporte e 403 alunos. O instrumento utilizado foi o BPNES com 12 itens que avaliaram as necessidades psicológicas básicas dos alunos (autonomia, competência e relacionamento). Para análise dos dados utilizou-se os coeficientes de validade de conteúdo, kappa, alfa de Cronbach, correlação intraclasse e análise fatorial confirmatória. Os resultados mostraram que a versão para a lingua portuguesa contêm questões apropriadas para clareza de linguagem e relevância prática (CVC>,81), apresenta consistência interna (u=,83) e confiabilidade teste-reteste satisfatória (R=,87). A análise fatorial confirmatória apresentou coeficientes de ajuste adequados (X2/g)=2,10, GFI=,95, CFI=0,96, TLI =,95, RMSE=,05). Conclui-se que a versão na lingua portuguesa para alunos brasileiros do BPNES mostrou-se válida para avaliar os construtos de motivação (autonomia, competência e relacionamento) no contexto educacional.

Palavras-chave: Motivação, Esporte, Psicológico, Questionário, Psicometria.

#### ABSTRACT

The study aimed to validate for Portuguese language (Brazilian population) the questionnaire Basic Psychological Needs in Exercise Scale (BPNES) in Physical Education. Attended three translators involved in the translation process, three doctors in Sport Psychology and 403 students. The instrument was the BPNES with 12 items that assessed the basic psychological needs (autonomy, competence and relationship). For analysis, we used the content validity coefficients, kappa, Cronbach's alpha, intraclass correlation and confirmatory factor analysis. The Results showed that the version for the Portuguese language contains appropriate questions for clarity of language and practical relevance (CVC>.81) and presents internal consistency (α=0.83), and satisfactory test-retest reliability (R = 0.87). Confirmatory factor analysis presented adjustment coefficients (X²/gl=2.10; GFI=0.95; CFI=0.96; TLI=0.95; RMS=0.05). We conclude that the version into Portuguese of BPNES proved to be valid to assessed the constructs of motivation (autonomy, competence and relationships) in the Brazilian educational context.

Keywords: Motivation, Sport, Psychological, Questionnaire, Psychometrics.

## Introduction

The school has features that present a pressure environment and excessive charges related to student performance. Excess pressure interferes with the autonomy of the students and, consequently, in the process of teaching and learning. Longitudinal studies assessing the aspects that can interfere with the learning process are very scarce.

Some behaviors may reveal a lack of student motivation, highlighting the need for monitoring and intervention in the field of educational psychology. Thus, to identify students do not realize the activities proposed by the teachers, do not participate in the most simple tasks, they feel constrained in certain routines, or turn away from his companions in the classroom, requiring parental support or expertise<sup>3,4</sup>. These behaviors can reveal that the basic psychological needs (competence, autonomy and relationship) are not being met, interfering with the motivation of school. Every human being is endowed with a capacity to develop their

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the physiological costs of chronic exposure to the physiological changes that result from repeated or chronic stress. A. Susie, a single mother of a five-year old boy, works long hours in a low-paying position. Level: Factual (p. 153)Health psychologists view social support as an important resource in \_\_\_\_\_. C. more likely to reject medical treatments that cure terminal diseases. A. physiology B. psychosocial resources C. health behaviors D. health care Level: Factual (p. 115-116)The correct order of the pathways by which stress affects health is . C. have an objective, but not subjective, component. C. more negative events or realities. Sympathetic arousal stimulates the medulla of the adrenal glands, which, in turn, secrete the catecholamines epinephrine (EP) and norepinephrine (NE). TRUE Level: Factual Essay Questions (p. 135)Explain coping and the relationship between personality and coping. B. low pendicular load. It acts to conserve stores of carbohydrates and helps reduce inflammation in the case of an injury. A. is negative B. threatens one's self-concept C. is long-term D. requires adaptation Level: Conceptual (p. 125)Which of the following would be considered a stressful life event? Level: Applied (p. 138)High self-esteem is closely related to: A. higher levels of defense mechanisms. A. Self-control B. Secondary control C. Primary control D. Thought control Level: Factual (p. 138)People that are most likely to benefit from control-based interventions are those who: A. have self-control. These phases in this program are further divided into identifying stressors, monitoring stress, identifying stress antecedents, avoiding negative self-talk, completing take-home assignments, acquiring skills, setting new goals, engaging in positive-behavioral techniques. Although, this may have caused immediate psychological distress to the students, the professor was confident that long-term stress related to these events would eventually reduce. The protective effects of social support on health attest to the beneficial effects of social roles. A. eventually habituate to high levels of the stressor B. exhibit little adaptation to chronic stressors C. exhibit few cognitive decrements but do show signs of helplessness D. eventually learn to change their task strategies and attention focus to accommodate the noise in their environments Level: Conceptual (p. 124)The \_\_\_\_\_ paradigm takes people into the laboratory, exposes them to short-term stressful events, and then observes the impact of that stress on their physiological, neuroendocrine, and psychological responses. A. Inflammatory responses to relaxation therapies B. Health effects of emotional disclosure C. Commonly used coping styles for managing stressful events D. Potential costs of receiving social support and enhancing emotional support Level: Conceptual (p. 143)People who are high in socioeconomic status (SES) have: A. more medical and psychiatric disorders. Sarah is instructed to try the techniques to identify the ones that work best for her so she can confront the stressful situations. B. focus on what happens just before they experience feelings of stress. A. health care, psychosocial resources, health behaviors, physiology, and health care C. health behaviors, physiology, health care perceived as harmful or threatening, they are first identified by the \_\_\_\_\_. A. hypothalamus B. medulla oblongata C. isthmus D. cerebral cortex Level: Factual (p. 117)The adrenal cortex produces \_\_\_\_ in response to stress. A. Primary response to stress. B. modest C. robust D. unpredictable Level: Factual (p. 125)Which of the following is a valid criticism of Holmes and Rahe's (1967) Stressful Life Events (SLE) inventory? Stress is the consequence of a person's appraisal processes: primary appraisal occurs as a person is trying to understand what the event is and what it will mean. 6/14/2020 Assignment Print View 1/271. Social support is also associated with better immune functioning. A. health care B. psychosocial resources C. health behaviors D. physiology Level: Factual (p. 116)Of the four most important pathways by which stress affects health, the last one to occur is usually related to \_\_\_\_\_. A. bears no relationship to physical health Students' answers will vary. Daily minor problems produce psychological distress, adverse physiological changes, physical symptoms, and use of health care services. A. disease induction B. stressful life events C. acute stress D. daily stress Level: Applied (p. 125)According to Holmes and Rahe (1967), an event is potentially stressful if it leads people to affirm important aspects of their identity. A. divergent B. synergistic C. dynamic D. static Level: Factual (p. 135)Coping is known to have two important aspects. One line of stress research assesses stressful life events. Level: Factual (p. 150)What is a biopsychosocial pathway, and how is it beneficial in promoting health? D. are poor predictors of physical health than major life events. Studies show that men are more distressed by financial strain and work stress, whereas women are more distressed by adverse changes in the home. These effects result in the cranked-up feeling we usually experience in response to stress: increased blood pressure, increased heart rate, increased sweating, and constriction of peripheral blood vessels, among other changes. A. positive physical B. negative emotional Level: Factual (p. 113)Stressful events are called \_\_\_\_\_. D. more likely to create a false impression of good health. D. people strive for a state of mind marked by heightened awareness of the present and focus on the moment. Stressful events are called stressors. FALSE Level: Factual (p. 141)It is more beneficial to use emotion-focused coping while dealing with work-related problems. D. experience their stressful events in a strong manner to understand the extent of the symptoms. A. Some of the items on the list are too specific. D. Karl, pituitary-adrenal (HPA) axis results in the secretion of . Level: Conceptual (p. 126)Hassles are minor life events that . Become Premium to read the whole document. Why is this page out of focus? This is a Premium to read the whole document. Why is this page out of focus? This is a Premium to read the whole document. Such hassles include being stuck in a traffic jam, waiting in a line, doing household chores, and having difficulty making small decisions. Ambiguous events are more stressful than clear-cut events. A. acute and chronic illness. A. psychological B. gastrointestinal C. adrenomedullary D. adrenocortical Level: Conceptual (p. 114)The first phase of the general adaptation syndrome is Holmes and R. B. poor health behaviors. The hypothalamus releases corticotrophin-releasing hormone (CRH), which, in turn, stimulates the adrenal cortex to release glucocorticoids. The psychologist clearly explains the procedure to Sarah and answers her questions to ease her worries. Emotional reactions, including anger or depression, are part of the coping process as are actions that are voluntarily undertaken to confront the event. Level: Conceptual Chapter 07 Coping, Resilience, and Social Support Multiple Choice Questions (p. 135)Which of the following statements best defines coping? D. It is especially beneficial for men. Being a parent also confers resistance to colds. For example, having a supportive life partner while undergoing treatment for a disease C. SRRS D. hassles Level: Factual (p. 124)Professor Woster brings his participants into the laboratory, attaches electrodes and sensors to them, and has them play a computer game. B. It fails to consider individual differences in the experience and reporting of events. Over the next few months, he spent time gathering information on the attack, talking to other survivors, and organizing resources for them. Social support is tied to reduced cortisol responses to stress which can have beneficial effects on illness. Scheier, C. A. high pendicular load B. low pendicular l support is generally beneficial during nonstressful as well as stressful times. B. reduces psychological well-being over the short term. In this case, the professor had most likely conducted a(n) \_\_\_\_\_ intervention with his class. A. It is not correlated with illness and health behaviors. A. lactose B. testosterone C. pepsin D. oxytocin Level: Factual (p. 115)Of the four most important pathways by which stress affects health, the first one to occur is usually related to \_\_\_\_\_. D. low allostatic load. D. stronger inflammatory response to stress in adolescence. A. multimodal prevention B. primary prevention D. tertiary prevention D. tertiary prevention D. tertiary prevention Level: Factual (p. 153)Relationships that produce can compromise health. Answers will vary Feedback: The CSN program is a stress management program that makes use of the various phases of education, skill acquisition, and practice to overcome stress. A. matching B. working C. buffering D. direct effects Level: Factual (p. 151)According to Ditzen, Hoppman, and Klumb, which of the following is one of the best protectors against stress? C. the person who is receiving the support has at least above average intelligence. TRUE Level: Factual (p. 136)Negative affectivity has been related to alcoholism, depression, and suicidal behavior but not to poor health. A. fails to offer a general theory of reactions to a wide variety of stressors over time B. fails to offer a physiological mechanism for the stress-illness relationship C. places too much emphasis on individual differences in response to stress D. fails to consider the role of psychological appraisal in stress Level: Conceptual (p. 114)One of the criticisms of Selye's model concerns the fact that produce the same endocrinological responses. Evaluate both of these arguments, citing research from the text. A. acquiring skills B. completing take-home assignments C. engaging in positive self-talk and self- instruction D. setting new goals Level: Factual (p. 147)\_\_\_\_\_ helps people to set specific goals, establish priorities, and learn what to ignore. The personality characteristics that each person brings to a stressful event influence how he or she will cope with that event. Level: Factual (p. 143)Which of the following is a successful event influence to be avoid t 117) Explain how the sympathetic-adrenomedullary (SAM) and hypothalamic-pituitary-adrenocortical (HPA) axis are implicated in the physiological response to stress. D. early ageing. Award: 10.00 points 2. A. proactive B. emotional approach C. problem-focused D. emotion-focused Level: Factual (p. 137) Psychological control is a belief that: A. people positively affirm values that make them feel better about themselves and show lower physiological activity and distress. D. help people challenge their thoughts directly. B. short-term psychological problems. A. Lack of career fulfillment B. A significant change in job responsibilities C. Questioning one's identity and goals D. A religious festival in a neighboring nation Level: Applied (p. 125)The relationship between scores on the Stressful Life Events (SLE) inventory and illness is \_\_\_\_\_. D. is subject to large individual differences. A. dissent B. ambivalence C. conjecture D. synergy Level: Factual (p. 154)Coping efforts are considered to be successful if: A. they provoke the stress regulatory system. Negative events produce more stress than do positive events. A. Type B C. Type D D. Type E Level: Factual (p. 136)Positive emotional support C. tangible assistance D. emotional support Level: Applied (p. 148)The assurance that a person is a valuable individual who is cared for is characteristic of \_\_\_\_. A. feel less stressed B. practice better health habits C. have a better circadian rhythm D. sustain more health risks Level: Factual (p. 128)A relationship between discrimination and poor health habits C. have a better circadian rhythm D. sustain more health risks Level: Factual (p. 128)A relationship between discrimination and poor health habits C. have a better circadian rhythm D. sustain more health risks Level: Factual (p. 128)A relationship between discrimination and poor health habits C. have a better circadian rhythm D. sustain more health risks Level: Factual (p. 128)A relationship between discrimination and poor health habits C. have a better circadian rhythm D. sustain more health risks Level: Factual (p. 128)A relationship between discrimination and poor health habits C. have a better circadian rhythm D. sustain more health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship between discrimination and poor health risks Level: Factual (p. 128)A relationship A. measure affectivity from familial relationships. C. markedly enhances reports of physical symptoms. D. epinephrine and norepinephrine and norepinephrine and norepinephrine production Level: Conceptual (p. 119)A high waist-to-hip ratio is an indication of a: A. high pendicular load. D. lower levels of HPA axis activity. Two pioneers in stress research, T. Family and friends can provide informational support about stressful events. C. there is a provision of material assistance, and exhaustion D. resistance, exhaustion, and alarm Level: Factual (p. 114)According to Selye (1956, 1976), the responsible for the person becoming mobilized to meet the threat. Level: Factual (p. 150)Studies have found that social support has beneficial effects on the \_\_\_\_\_ system. When one receives help from another but is unaware of it, that help is most likely to benefit the recipient. Also, he teaches her a relaxation technique that she could use before the surgery to control her anxiety. A. awe-and-shock B. divide-and-conquer C. fight-or-flight D. tend-and-befriend Level: Factual (p. 145)The primary biological factor in the tend-and-befriend mechanism is \_\_\_\_\_. C. high allostatic load. A. Self-actualization B. Self-reliance Level: Factual (p. 145)The goal of acceptance and commitment therapy (ACT) is to: A. help notice thoughts from a distance and avoid response to them. A health psychologist visits her in the hospital and finds that she is worried about the pain involved in the surgery. Social support, self-esteem, and sense of humor are examples of stress moderators. A. Stressor B. Physiology C. Oxytocin D. Reactivity Level: Factual (p. 119)Research suggests that individual differences in reactivity to stress are related to individual differences in Level: Conceptual (p. 125)Which of the following is an invalid criticism of Holmes and Rahe's (1967) Stressful Life Events (SRE) inventory? A. direct effects hypothesis B. buffering hypothesis C. matching hypothesis D. working hypothesis Level: Factual (p. 151)The benefits of social support are greatest when: A. an individual is facing an uncomfortable medical procedure and receives invisible support. A. sudden nocturnal death B. death from overwork C. stress-related mental illness D. euthanasia Level: Factual (p. 130)Mike has been having difficulty meeting the demands of the two executives who oversee his work area and communicate different expectations. B. lower levels of inflammation. Social support will be available. B. they increase physiological indicators of arousal. B. Individual differences in the experience of events are not taken into account. D. one receives reassurance that he or she is a valuable person. C. opportunities for rest, relaxation, and renewal can help people cope more effectively with stressors. A. Tolerating negative realities B. Extricating from relationships with others C. Wavering in one's emotional equilibrium D. Maintaining a negative self-image Level: Conceptual (p. 145)A college professor had his psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often study the effects of social support using the acute stress paradigm. B. psychologists often stress paradigm. B. psychologists paradigm. B. psychologists often stress paradigm. B. psychologists par different needs, and social support is most effective when it meets those needs. Become Premium to read the whole document. D. It fails to consider that the number of illnesses experienced over a period of time is more important than the severity and the duration of these illnesses. D. they have unrealistic expectations about the future that promotes psychological distress and disease. TRUE Level: Factual (p. 123)Research suggests that habituation may not occur after exposure to long-term stress. B. have no personal control. The other is concerned about quality assurance and would like Mike to slow down and focus on the quality of his work. The psychologist explains the drug-delivery method to her so she understands when and how much of the pain-relief drug she will receive. D. It does not assess whether events have been resolved or not. B. more likely to seek out medical care when they are fatally ill. A. current emotional state B. perception of the event C. personal resources D. physical state in the past Level: Factual (p. 113)The fight-or-flight response \_\_\_\_\_. Level: Conceptual (p. 125-126)A group of friends is discussing the different ways in which life can "get at you." Pat says it's the milestones in life that are most stressful, illustrating this point by describing several traumatic divorces and untimely deaths from which family members have yet to recover. This is an example of a \_\_\_\_\_. A. Emotional support B. Tangible assistance C. Invisible support B. Tangible levels of self-esteem D. low levels of stress Level: Factual (p. 120-121)Which of the following situations would be LEAST stressful? A. emotional assistance C. invisible support D. informational assistance Level: Factual (p. 148)Sarah is taking a stress management class. This is an example of \_\_\_\_\_. Level: Factual (p. 113-114)Selye's (1956, 1976) studies of the general adaptation syndrome investigated \_\_\_\_\_ responses to stress. Level: Applied True / False Questions (p. 113)The earliest contribution to stress research was Hans Selye's fight-or-flight responses. This may be because: A. they regularly use effective coping strategies that eventually lead to physiological stress. A. currents emotional state B. meaning of the event C. coping ability D. resources Level: Factual (p. 113)The process of secondary appraisal involves the evaluation of one's . A. The information from others that one is loved and cared for, esteemed and valued, and part of a network of communications and mutual obligations B. The belief that one can determine one's own behavior, influence one's environment, and bring about desired outcomes C. The modification of how stress is experienced and the impact it has on illness and other aspects of life D. The thoughts and behaviors used to manage internal and external demands of situations that are appraised as stressful Level: Conceptual Level: Factual (p. 139) According to a survey, nearly half the people in the United States were found using (p. 135)The relationship between coping and a stressful event is a process. A. appraisal B. exhaustion C. resistance D. alarm Level: Factual (p. 114)The last phase of the general adaptation syndrome is problems, A. positive B. detached C. negative D. desegregated Level: Factual (p. 126)The occurrence of daily hassles . Level: Factual (p. 128)Which of the following is assessed by the Brief COPE? Level: Conceptual (p. 125)The Stressful Life Events (SLE) inventory currently is the most commonly used paper-and-pencil measure of stress. C. they restrict a person from performing desired activities. On the other hand, Lee asserts that it's the little, constant annoyances in life that are most harmful to psychological and physical health, citing the annoyance experienced while commuting to work every day or coping with an intrusive landlord. D. higher levels of inflammation. Another important aspect of coping is its breadth. TRUE Level: Factual (p. 129)African American men are more likely to die from a heart attack than white men. C. Sally, a single mother of a five-year old daughter, is a lawyer with flexible hours. A. are high in conflict or abuse and low in warmth and nurturance B. have financial problems C. experience major, chronic, recurrent stress as opposed to more modest family stress D. have no long term but ultimately unsatisfying relationship with Lee. Secondary appraisals assess whether personal resources are sufficient to meet the demands of the environment. Social support can reduce physiological and neuroendocrine responses to stress. Level: Factual (p. 137)When optimists' expectations are not met or when they face resistance in pursuing their goals, they are likely to experience: A. long-term physical conditions. D. do not have any considerable effect on most people Level: Factual (p. 126)Individuals who are prone to react to stress with \_\_\_\_\_ report more daily hassles than are those who do not react in this manner. Which of the following coping styles is James using? The relationship between coping and a stressful event is a dynamic process. C. measure coping strategies. A. Goal setting B. Time management C. Relaxation training D. Self-instruction Level: Factual (p. 147)Recording negative self-statements or irrational thoughts that accompany the stressful experience usually occur in the \_\_\_\_\_\_ phase of the Combat Stress Now program. Uncontrollable or unpredictable events are more stressful than controllable or predictable ones especially if they are also unexpected. It is not a one-time action that someone takes, but a set of responses, occurring over time, by which the environment and the person influence each other. B. greater coping mechanisms in stressful situations during adulthood. A. two B. three C. four D. five Level: Factual (p. 147)In the self-monitoring phase of the CSN program, students are trained to: A. recognize and eliminate the negative self-talk they go through when they face stressful events. A. Self-instruction B. Emotional support C. Time management D. Tangible assistance, or goods. FALSE Level: Factual (p. 114)During the alarm phase of the general adaptation syndrome, the organism makes efforts to cope with the threat. Discuss. FALSE Level: Factual (p. 144)Mindfulness engages the prefrontal cortical regions of the brain, which regulate activity in the limbic areas related to anxiety and other negative emotions. FALSE Level: Factual (p. 131)Research on multiple roles and stress among working parents indicates that men and women report being distressed by similar types of events. A. temporary changes in the brain, involving the amygdala B. decreased cortisol, norepinephrine, and epinephrine C. biochemical and hormonal alterations that last over a long period D. physical and sexual changes that are temporary Level: Conceptual (p. 123) Studies of vulnerable populations, e.g., children, older adults, exposed to a chronic stressor indicate they \_\_\_\_\_. Answers will vary Feedback: Coping is defined as the thoughts and behaviors used to manage the internal and external demands of situations that are appraised as stressful. Moderators of the stress experience may have an impact on stress itself, on the relation between stress and psychological responses, on the relation between stress and illness, and on the degree to which a stressful experience intrudes into other aspects of life. Level: Conceptual (p. 119)A low plasma fibringen is an indication of a concessions to working parents are rarely made at work and because mothers take on more household tasks and child care than fathers, home and work responsibilities may conflict with each other, increasing stress. A. outside employment can be harmful for women's well-being B. having control and flexibility over the work environment increases the likelihood of stress C. having adequate child care reduces the likelihood of stress D. combining motherhood with employment can help improve self-esteem Level: Conceptual (p. 132)Who of the following is MOST likely to experience illness due to the stress associated with their job? One group of participants hears six loud bursts of noise at random intervals. FALSE Level: Conceptual Essay Questions (p. 113)Define and describe stressors and the methods of appraisal of stressors. A. is never adaptive. B. premature death in middle age. D. include physical but not psychological symptoms. Working women who have children at home have higher levels of cortisol, higher cardiovascular reactivity, and more home strain than those without children at home. Chapter 06 Stress Multiple Choice Questions (p. 113)Stress is a experience accompanied by predictable biochemical, physiological, cognitive, and behavioral changes that are directed either toward altering the stressful event or accommodating to its effects. A. lactose B. pepsin C. testosterone D. estrogen Level: Factual (p. 115) Animals with high levels of are calmer and more relaxed, which may contribute to their social and nurturing behavior. Overloaded people experience more stress than people with fewer tasks to perform. It also helps the body return to its steady state following stress. Which of the following is the second important aspect of coping? A. Jill has filed for divorce after 25 years of marriage. Level: Factual (p. 138)It is found that cheerful people die sooner than those who are not cheerful people die sooner than the not cheerful people die sooner than those who are not cheerf characteristic of females, related to the release of the stress hormone, oxytocin, and may be necessary in the protection of offspring. A. stressor B. life event C. daily hassle D. chronic stress appears to \_\_\_\_\_. The therapist helps him in finding ways to cope with the disease and the resulting social pressures. FALSE Level: Factual (p. 127) Chronic strain is strongly related to depression. D. measure pervasive individual differences. The second group hears the same bursts of noise also at random intervals but just before each burst occurs a bluebird flies across the computer screen. A. Emotion-focused coping B. Problem-focused coping C. Appraisal-focused coping D. Proactive coping Level: Factual (p. 141)Which of the following is a reason for people to use emotional approach Coping? A. Avoidant B. Projection C. Approach D. Regression Level: Factual A. HPA activation B. oxytocin C. cortisol D. GSA Level: Factual (p. 115)The rapid release of oxytocin in response to some stressful events, and its effects are especially influenced by \_\_\_\_\_. TRUE Level: Factual (p. 139)Well-being is defined as a sense of adapting flexibly to the changing demands of stressful situations. D. desire having control. The advantages of using this program are that it imparts an array of valuable skills for living in a world with many sources of stress, each person can find a particular technique that works for him or her, and it helps to effectively deal with stress by improving mental and physical health. B. one can determine one's own behavior, influence one's environment, and bring about desired outcomes. A. Extraversion B. Mindfulness C. Resilience D. Conscientiousness Level: Factual (p. 139)Organized religion provides a sense of \_\_\_\_\_ to people. B. Mary Lou, a married mother of two young children, works in a low-paying service job 40 hours per week. D. they reduce psychological distress. C. a risk of developing chronic illnesses during childhood. Supportive friends and family can provide emotional support by reassuring the person that he or she is a valuable individual who is cared for. F. B. teach people to ignore their thoughts in a mindful manner. Rahe (1967), maintained that when a person must adjust to a changing environment, the likelihood of stress increases. C. Linda, a full-time college student, learns that she will have to find a second part-time job due to cuts in financial aid packages. Level: Factual (p. 131-132)Some working parents cope well with their multiple roles, whereas others do not A. contribute to psychological distress and physical illness B. habituate people to negative life events D. be unrelated to illness Level: Factual (p. 128)Workers who do not experience overload. A. serotonin B. cortisol C. dopamine D. oxytocin Level: Factual (p. 137)According to Scheier, Weintraub, and Carver, optimists cope more effectively in stressful situations because they are likely to use coping strategies. Combining motherhood with employment can be beneficial for women's health and well-being, improving self-esteem, feelings of self-efficacy, and life satisfaction. A. It is more useful in the long-term than in coping with daily life stressors. Events may be appraised for their harm, threat, or challenge. A. appraisals B. syndromes C. resources D. stressors Woster is using the paradigm to study the effect of noise on physiological responses. A. have a cumulative effect on health and illness. C. primary and secondary appraisal. Answers will vary Feedback: Biopsychosocial pathways are channels of social support by which social contacts exert beneficial or health-compromising effects. A. resistance B. alarm C. appraisal D. exhaustion Level: Factual (p. 114)The correct sequence of phases of the . B. include psychological and physical symptoms. H. S. FALSE Level: Factual (p. 153) Networking may be an added source of social support for people, but those who use it to express distress may drive others away. C. dislike having control. B. they grow up being more careless about their health and encounter health risks. A. expressive writing B. control-enhancing C. stress inoculation D. debriefing Level: Applied (p. 145) can undermine defensive reactions to health threats. This paradigm takes people into the laboratory and puts them through stressful tasks. Level: Applied (p. 122)Post-traumatic stress disorder (PTSD) has been associated with B. lower physical activity. A. In a successful marriage B. In bachelorhood C. During his wife's pregnancy D. During retirement Level: Conceptual (p. 152)Negative and competitive social interactions are associated with: A. chronic inflammation. C. involves arousal of the sympathetic nervous system and the endocrine system. C. they engage in more risky physical activities and are more prone to accidents. Level: Factual (p. 135)Neuroticism coupled with social inhibition and isolation is usually referred to as the \_\_\_\_\_ personality. A. exercise B. prayer C. coping D. laughter Level: Factual (p. 139)\_\_\_\_ is the ability to bounce back from bad experiences and adapt flexibly to the changing demands of stressful situations. B. involves arousal of the parasympathetic nervous system. A. disease-prone B. selective-coping C. health-prone D. stress-preventive Level: Factual (p. 138) maintains that through collaboration with family and friends or with medical practitioners, one may successfully cope with a stressful event. This is called the A. Having a pet B. Being unmarried C. Having children D. A satisfying marriage Level: Conceptual (p. 151) Experiencing the divorce of one's parents in childhood predicts: A. excessive resilience in adolescence. A. Impact of psychological control B. Use of stress moderators C. Dynamism of stressful events D. Breadth of emotional reactions Level: Conceptual (p. 135)Individuals who display high negative affectivity are: A. more likely to have a disease-prone personality. D. Miranda, a married mother with flexible hours. Carver, and M. Explain the factors that are associated with positive and negative outcomes in juggling family and work roles. Her instructor provides her with a variety of techniques to combat stress and identify the stress carriers in her environment. A. inhibited B. painful C. adaptive D. maladaptive Level: Factual (p. 152)When an individual grows up in a harsh family, he or she displays: A. resilience in handling relationships during old age. A. problem-focused coping B. proactive coping C. appraisal-focused coping D. emotional approach coping Level: Factual (p. 141)People living in low socioeconomic circumstances who are unable to modify the stressors that affect them may be especially benefitted by reappraisal. C. normal levels of inflammation. Single women raising children on their own are most at risk for health problems, whereas women who are happily married are less likely to show these negative effects. A. exhaustion B. flight C. resistance D. alarm Level: Factual (p. 114)According to Selye (1956, 1976), the \_\_\_\_\_ phase of the general adaptation syndrome is responsible for the person making efforts to cope with the threat. D. an individual does not have a problem but finds the appropriate form of social support. Level: Factual (p. 138)A personality style characterized by optimism, a sense of control, conscientiousness, self-esteem, and positivity is the personality. Level: Conceptual (p. 132)Researchers investigating the effects of multiple roles on women conclude that the term stress moderators, and provide an example of a stress moderator. B. are not confounded with mental and physical illness. C. observe their own behavior closely and to record the circumstances that they find most stressful events B. physiological changes C. emotional changes C. emotional changes D. the relationship between the person and the environment Level: Conceptual (p. 113)The process of primary appraisal involves the evaluation of one's ... He survived the building collapse but was diagnosed with post-traumatic stress disorder (PTSD) soon after. Coping has several important characteristics. Level: Factual (p. 152) social contact may actually worsen the experience of stress. Level: Factual (p. 146)Stress management programs typically involve phases. They created an inventory of stressful life events by developing ratings of stressful events based on the amount of change those events cause. A. role ambiguity B. role conflict C. work pressure D. overwork Level: Applied (p. 130)In one study, air traffic controllers who \_\_\_\_ were more likely to become ill or to experience an accidental injury than their colleagues. B. the person from whom one is seeking support is perceived to be responsive to one's needs. When a potential stressor is ambiguous, a person cannot take action, but must instead devote energy to trying to understand the stressor, which can be a time-consuming, resource-sapping task. FALSE Level: Factual (p. 119)Recent studies have suggested that psychobiological conditions. This kind of support is called invisible support. It then measures their biological stress responses. Level: Factual (p. 148-149)Define social support, and elucidate the different forms of social support. A. optimism B. narcissism C. anxiety D. depression Level: Factual (p. 127)Risky families are those that . Award: 10.00 pointsWhich of the following best defines health psychology? using psychological theories and principles to tackle problems in the areas of mental health, education, product design, ergonomics, and lawunderstanding the principles of biology in order to study the anatomy of a human

Studies suggest that social support has beneficial effects on the cardiovascular, endocrine, and immune systems. TRUE Level: Factual (p. 130)Job control is a major stressor. TRUE Level: Factual (p. 119)Allostatic load refers to

being diagnosing, preventing, and treating a disease without include mental healthdoes not include social healthdoes not include social healthdoes not include mental healthdoes not include social healthdoes not inclu page out of focus? This is a Premium document. For both men and women, the research on multiple roles is converging on the idea that stress is lower when one finds meaning in one's life. One executive is converging on the idea that stress is lower when one finds meaning in one's life. One executive is converging on the idea that stress is lower when one finds meaning in one's life. One executive is converging on the idea that stress is lower when one finds meaning in one's life. with other people improves mood in the short-term but does not show significant benefits over the long-term. W. C. cardiovascular diseases in old age. Level: Applied (p. 132)Who of the following is LEAST likely to experience illness due to the stress associated with their job? He feels that the therapist helps him in ways that his family is unable to. B. Joe arrives at his first class of the day to find that the professor will administer a pop quiz. In this case, the health psychologist is conducting a(n) \_\_\_\_\_ intervention. C. include psychologist is conducting a(n) C. exhaustion D. flight Level: Factual (p. 114)According to its critics, Selye's (1956, 1976) model \_\_\_\_\_. These biopsychosocial pathways provide the links between social support and reduced risk of illness. Level: Conceptual (p. 141)When people anticipate potential stressors and act in advance either to prevent them or to reduce their impact, it is known as . A. exhaustion B. flight C. alarm D. resistance Level: Factual (p. 114)According to Selye (1956, 1976), the phase of the general adaptation syndrome occurs if the person fails to overcome the threat and depletes its physiological resources in the process of trying. C. It provokes the stress regulatory system. Answers will vary Feedback: Social support is defined as information from others that one is loved and cared for, esteemed and valued, and part of a network of communication and mutual obligations. When these sources of meaning and pleasure in life are challenged, as through role conflict and role overload, health may suffer. FALSE Level: Factual (p. 137)Optimistic people use problem-focused coping and seek social support from others. In addition to major stressful life events, researchers have studied minor stressful events, or daily hassles, and their cumulative impact on health and illness. C. long-term psychological problems. TRUE Level: Factual (p. 151)Emotional support is most beneficial when it comes from experts who are responsive to an individual's needs.

We provide solutions to students. Please Use Our Service If You're: Wishing for a unique insight into a subject matter for your subsequent individual research; Health insurance or medical insurance (also known as medical expenses. As with other types of insurance is risk among many individuals. By estimating the overall risk of health risk and health system expenses over the risk pool, an insurer can develop a routine ... Want to learn how to get the most out of RefWorks? Simply download our Quick Start Guide and you'll be using RefWorks in no time! You can also check out our great series of videos to learn how to quickly navigate through the basic RefWorks features. For more detailed information participate in one of our free live training sessions or view one of our many webinar recordings. 14/10/2021 · Learn about the misinformation effect, Elizabeth Loftus' experiments on this effect, and see understand its importance. Explore misinformation effect examples. Project Implicit is thrilled to introduce a collaboration with interdisciplinary artist and activist Bayeté Ross Smith to create two Implicit Association Tests based on the Race Attitudes IAT and Race Weapons IAT. 10/5/2022 · No other bank has been able to clock market share gains of this magnitude organically over the past five years," Marcellus said in a note to investors. Mukherjea, who is known for his strategy of picking high-quality stocks that are likely to compound consistently and then sitting on them through thick and thin for long periods, said rising rate cycles are actually ... Environmental Health is the branch of public health concerned with all aspects of the natural and built environmental science; environmental and built environmental and occupational medicine, toxicology and ...

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