

Study Guide for AP Psychology Test Chapter 12- Emotion, Stress and Health

Emotions:

Emotions are the _____ behaviors,
_____ arousal, and
_____ experiences.

Theories:

James-Lange (William James):

_____ first then _____.
To experience emotion is to be
_____ of our physiological responses to
an emotion-arousing event.
“we feel sorry because we cry . . . afraid because
we tremble”?

Cannon Bard Theory: The physiological arousal
and the emotion are experienced

_____.
Cerebral Cortex and Sympathetic N.S. get the
information at the _____.

Schachter-Singer "Two Factor Theory":

arousal and then _____
which emotion you are experiencing.

Sympathetic Nervous System: Response
(arousing) to stressful events: Some things like:
pupils _____,
in saliva, _____ in perspiration,

_____ in respiration,
_____ heart beat,
_____ of digestion, Adrenal gland
secrete _____ hormones.

Parasympathetic Nervous System-

_____ the body after a stressful
event. (opposite of the above list)

The Brain and Emotions:

Right Prefrontal Cortex: more active electrically
to _____ emotions

Left Prefrontal Cortex: more active electrically
to _____ emotions

Amygdala: rapid and
_____ emotional responses may
result from the routing of sensory input through
the _____ directly to the amygdala.
Damage to the amygdala can cause the organism
_____ react to impending

fear/_____.

Prefrontal Cortex: Rapid
_____ reactions to sensory input in
the absence of _____ thought are
possible because certain
_____ bypass

the Prefrontal Cortex.

Emotional response low road- brain

Emotional response high road- _____

Lie Detectors (Polygraphs):

_____ of guilty
people are judged innocent by lie detectors.
_____ of innocent people are
judged guilty by lie detectors .

Spillover Effect: arousal from one
_____ influences our response to
other _____.

Facial Expressions:

Where do we detect most emotions in others?
Which emotion is easily defined in someone's
face?
Children of abuse know which emotion easily?
What is difficult for us to detect in facial
expression?
Are e-mail's good ways to detect emotion?
Why/why not?
Who's better at facial expression detection?
Men/women? Introverts/Extroverts?
Gender Neutral faces....
Cultural expression prove....

Women and emotions:

Crying and distress...

Fear

Fear can be learned, observationally learned (i.e.
seeing someone else that is scared of the item)
We (humans) are biologically predisposed to
learn some fears quicker than others.

Anger

Catharsis Hypothesis- release. Catharsis
hypothesis is that _____ against
something/someone relieves aggressive urges and
_____ us. (Darwin believed this
was wrong, that it _____ our
Anger)

Happy-

Feel-good, do-good phenomenon, people feel
happy when they are more willing to
_____.

Subjective Well Being-

_____ happiness.
Parts of the day we are having positive moods
and when we are having negative moods. Best
way to improve Subjective Well Being is to
participate in regular
_____.

<p><u>Diminishing Returns Phenomenon</u>- the original feeling of the emotion gets _____ enthusiastic as the emotion is aroused.</p> <p><u>Adaptation level phenomenon</u>- tendency for _____ to be heavily influenced by previous experiences.</p> <p><u>Religious</u>- _____ - contributes to general happiness and life satisfaction.</p> <p>Stress- the process by which we _____ and respond to environmental _____ and _____.</p> <p><u>Stressor</u>- is the object/person/event that can _____ a stressful situation</p> <p><u>Stress Reactions</u>- stress _____ responses (i.e. heartbeat etc)</p> <p><u>Hormones</u> in bloodstream when stressed? (2) _____ from the Adrenal glands.</p> <p>_____ in a stressful situation would be dulled by what system? _____</p> <p><u>Fight or flight reaction</u>- wide variety of _____ can trigger the reaction of fight or flight</p> <p>_____ response-come together and help each other in times of need. (uses _____ as a hormone to cuddle and pair bonding)</p> <p><u>General Adaptation Syndrome (GAS)</u>- body's responses to prolonged stress. Three stages. _____, _____ (strongest), and _____.</p> <p><u>Stressful events</u>: death of a spouse, change in job, or ended a marriage.</p> <p><u>Results of Stress</u>: Vulnerability to _____,</p> <p>Friedman and Rosenman</p> <p>Type A- competitive, hard-driving, and impatient. negative emotions, especially the anger associated with an aggressively reactive temperament. More likely to have a heart attack (due to the stress and anger) or experience increase of cholesterol/fat because the stress causes the liver to function less effectively to remove this from the blood stream.</p> <p>Type B- less physiologically reactive when harassed or given a difficult challenge. Less susceptible to heart attacks.</p> <p>illness- a stress-related physical illness such as hypertension.</p>	<p>Psychoneuroimmunology- study of how _____, _____, and _____ processes combine to affect our immune system and health</p> <p>Immune System- Two major agents of the immune system? (2)</p> <p>_____ - white blood cells that are part of the body's immune system</p> <p>B lymphocytes- _____ infections</p> <p>T Lymphocytes- _____</p> <p>AIDS- caused by a _____ spread primarily by _____. Causes the greatest number of deaths where?</p> <p>Coping with Stress</p> <p><u>Problem focused Coping</u>- alleviate the stress by _____ the stressor.</p> <p><u>Emotion focused Coping</u>-feeling you cannot change the stress, so you go to _____ to alleviate the stress or _____ the stressor all together.</p> <p><u>Perceived Control</u>- feeling like you have some _____ to change the situation. (executive rat...lives longer.)</p> <p>_____ - experience less stress, have a better attitude. Better immune systems.</p> <p>_____ - experience more stress. More likely to die earlier.</p> <p>Laughter? Live longer (less _____)</p> <p>Married people vs. Unmarried?</p> <p>Aerobic Exercise- helps with _____ and stress (better than relaxation exercises)</p> <p>Complementary and alternative medicine (CAM) - homeopathy, acupuncture, and herbal remedies, are bound to seem effective, whether or not they are. Could have the _____.</p> <p>_____ - correlation between religious attendance and participation and life expectancy.</p>
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