

Name: _____ Date: _____

Answer Key: Nail Senior Year Stress: Advanced Cognitive Reframing Quiz

Synthesize complex psychological frameworks like GAS and the Transactional Model to evaluate high-level coping strategies for adulthood.

1. In the context of the Transactional Model of Stress and Coping, how does 'Primary Appraisal' differ from 'Secondary Appraisal' when assessing a high-stakes life event?

Answer: A) Primary appraisal determines the significance of the event; secondary appraisal evaluates available resources to cope.

According to Lazarus and Folkman, primary appraisal is the initial assessment of whether a situation is a threat, while secondary appraisal is the evaluation of one's ability to handle that threat using internal and external resources.

2. Hyper-vigilance, often resulting from prolonged exposure to cortisol, and the 'amygdala hijack' are purely psychological constructs with no basis in somatic or neurobiological function.

Answer: B) False

These are biological responses; chronic stress alters brain chemistry and the physical structure of the hippocampus and amygdala, demonstrating the biological-psychological link in health.

3. A student who intentionally views a failed scholarship application as an 'opportunity to pivot to a better-fit career trajectory' is utilizing the advanced coping strategy known as _____.

Answer: A) Cognitive Reframing

Cognitive reframing involves identifying and then disputing irrational or maladaptive thoughts to change the emotional impact of a situation.

4. Which of the following best exemplifies 'Meaning-Focused Coping' as a strategy for maintaining emotional health during a period of unchangeable adversity?

Answer: C) Drawing on personal values or spiritual beliefs to find a sense of purpose within the suffering.

Meaning-focused coping is a strategy where an individual uses their beliefs and values to sustain well-being, especially in situations where problem-based coping is not possible.

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5. The concept of 'Post-Traumatic Growth' suggests that individuals can experience positive psychological change and increased resilience as a direct result of struggling with highly challenging life circumstances.

Answer: A) True

PTG is a theory that describes how people can see positive growth in areas like personal strength, relationships, and appreciation of life following a crisis.

6. When a person experiences 'Burnout'—characterized by emotional exhaustion and depersonalization—they are in the _____ stage of Hans Selye's General Adaptation Syndrome (GAS).

Answer: C) Exhaustion

The Exhaustion stage occurs when stress is chronic and the body's resources are depleted, leading to physical and mental breakdown.

7. Analyze the role of 'Self-Efficacy' in seeking mental health support. A student with high self-efficacy is most likely to:

Answer: C) View professional therapy as a tool they can successfully use to manage their own health.

Self-efficacy is the belief in one's capability to execute actions necessary to achieve goals; high self-efficacy correlates with proactive health-seeking behaviors.

8. Problem-focused coping is always more effective than emotion-focused coping in every stressful scenario an individual might face.

Answer: B) False

Problem-focused coping works best when the stressor is controllable; emotion-focused coping is often more adaptive for stressors beyond one's control, such as a terminal illness or grief.

9. The psychological phenomenon where individuals attribute their successes to internal factors but blame failures on external factors—potentially hindering resilience—is known as the _____.

Answer: A) Self-Serving Bias

Self-serving bias can protect self-esteem in the short term but may prevent the growth and accountability necessary for long-term emotional resilience.

10. In evaluating a mental health crisis plan, why is 'lethal means restriction' considered a critical component of professional intervention?

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Answer: B) It addresses the immediate safety of the individual by creating time and space between impulse and action.

Restricting access to lethal means during a crisis is a highly effective harm-reduction strategy because many crises are transient and impulsive.