

Name: _____ Date: _____

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?

- A. Primary appraisal determines the significance of the event; secondary appraisal evaluates available resources to cope.
- B. Primary appraisal focuses on physiological responses; secondary appraisal focuses on long-term health outcomes.
- C. Primary appraisal involves seeking external help; secondary appraisal involves internal emotional regulation.
- D. Primary appraisal is an unconscious reaction; secondary appraisal is a conscious, logic-based decision.

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.

- A. True
- B. False

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 _____.

- A. Cognitive Reframing
- B. Compartmentalization
- C. Avoidant Coping
- D. Sublimation

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

- A. Distracting oneself with high-intensity exercise to avoid thinking about the problem.
- B. Drafting a strictly scheduled to-do list to gain a sense of control over daily tasks.
- C. Drawing on personal values or spiritual beliefs to find a sense of purpose within the suffering.
- D. Consulting a clinical psychologist to receive a formal diagnosis for symptoms.

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.

- A. True
- B. False

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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).

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

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

- A. Believe that their mental state is predetermined by genetics and avoid seeking help.
- B. Wait for others to notice their distress before considering professional intervention.
- C. View professional therapy as a tool they can successfully use to manage their own health.
- D. Experience higher levels of stigma because they feel they should be able to solve it alone.

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

- A. True
- B. False

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 _____.

- A. Self-Serving Bias
- B. Locus of Control
- C. Confirmation Bias
- D. Availability Heuristic

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

- A. It forces the individual to rely solely on pharmaceutical treatments.
- B. It addresses the immediate safety of the individual by creating time and space between impulse and action.
- C. It is a requirement for health insurance reimbursement in psychiatric care.
- D. It is a form of cognitive behavioral therapy designed to change long-term thinking patterns.