Stress Possible Essay Questions

14.1 Physiology of stress
TB Discuss the physiology of stress. In your answer you should include general adaptation syndrome, the hypothalamic pituitary-adrenal system and the sympathomedullary pathway. (16 marks)

TB Discuss the physiology of stress. (16 marks)

14.2 Stress and illness
SAM2 28. With reference to research evidence, discuss links between stress and illness. [8 marks]

EP Outline and evaluate research into the relationship between the immune system and stress-related illness. (Total 12 marks)

TB Discuss the role of stress in illness. (16 marks)

14.3 Sources of stress
EP Discuss sources of workplace stress. [8 marks]

TB Describe and evaluate research on life changes as a source of stress. (16 marks)

TB Discuss sources of stress. Include both life changes and daily hassles in your answer. (16 marks)

TB Discuss research into daily hassles as a source of stress. (16 marks)

TB Discuss research into the effects of two sources of stress on workplace stress. (16 marks)

TB Describe and evaluate research related to workplace stress. Include the effects of workload and control in your answer. (16 marks)

14.4 Measuring stress
EP Outline and evaluate research into life changes and / or daily hassles as sources of stress. (Total 16 marks)

EP Outline and evaluate research into life changes as sources of stress. (Total 16 marks)

TB Describe and evaluate methods of measuring stress. (16 marks)

TB Describe and evaluate ways that stress can be measured. In you answer make reference to self-report scales and physiological measures. (16 marks)

14.5 Individual differences
SAM3 25. Discuss individual differences in responses to stress. [16 marks]

EP What is meant by locus of control and hardiness? Discuss the role of locus of control and the role of hardiness in mediating responses to stress. Refer to evidence in your answer. (Total 16 marks)
TB Describe and evaluate the relationship between personality and stress. Refer to personality Types A, B and C in your answer. (16 marks)

TB Describe and evaluate hardiness as an individual difference in stress. (16 marks)

14.6 Managing stress

SAM1 32. Drug therapy, stress inoculation therapy and biofeedback are methods used to cope with stress. Discuss two of these methods of coping with stress. [16 marks]

EP ‘There are several methods used to manage the negative effects of stress. These methods can be biological or psychological.’ Discuss two or more methods of stress management. (Total 16 marks)

TB Discuss drug therapy as a method of managing and coping with stress. (16 marks)

TB Describe and evaluate the use of stress inoculation therapy in managing and coping with stress. (16 marks)

TB Discuss biofeedback as a method of managing stress. (16 marks)

TB Describe and evaluate research into gender differences in stress. (16 marks)

TB Discuss the role of social support in coping with stress. (16 marks)

TB Discuss research related to the role of social support in coping with stress. (16 marks)