**AP PSYCHOLOGY 2022-23 January 19, 2023**

**Today’s Agenda (Day 91)**

1. HOMEWORK CHECK

🡪 Unit 8 Vocabulary

1. Class Activity:

🡪PRESENT: **The Psychology and Science behind YOUR “Stress Less Fest” activities**

🡪DAY 12: Unit 8 PPT Review

1. **Module 41 – Theories & Physiology of Emotion**
2. **Module 42 – Expressed Emotion**
3. Module 43 – Stress and Health
4. Module 44 – Stress and Illness

HOMEWORK:

* READ: Unit 8 – Motivation, Emotion, and Stress
* COMPLETE: ~~Project - Stress Less Fest 🡪 be prepared to present to class~~
* STUDY: Unit 8 Test

Unit 8

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| basal metabolic rate | Cannon-Bard Theory | coronary heart disease | Drive-reduction  | Emotion |
| estrogens | Facial feedback effect | General adaptation syndrome | Glucose | Hierarchy of needs |
| Homeostasis | Incentive | Instinct | James-Lange Theory | Lymphocytes |
| Motivation | Polygraph | Psychoneuroimmunology | Psychophysiological illness | Refractory period |
| Set point | Sexual dysfunction | Sexual response cycle | Stress | Tend-and-befriend response |
| Testosterone | Two-factor Theory | Type A | Type B | Yerkes-Dodson Law |

REMINDERS:

* **TEST: Unit 8 🡪 ~~Wednesday, Jan. 18~~ Jan. 23**
* **PROJECT: “Stress Less Fest” 🡪 Friday, Jan. 20**

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 37-1:** **Fact or Falsehood?**

Read each statement and decide whether you believe it is true or false.

 T F 1. Scientists have identified the 10 key human instincts, including smiling, talking, and blinking.

T F 2. People perform better under high levels of stress rather than moderate or low levels of stress.

T F 3. Our bodies strive to maintain balance with physical functions such as temperature, heart rate, and breathing.

T F 4. In order for us to be self-fulfilled, we must satisfy our more basic needs of hunger and safety.

**Handout 38-1:** **Fact or Falsehood?**

T F 1. Hunger is controlled by how full the stomach is.

T F 2. The body views dieting as starvation and triggers hunger sensations so the person will eat to gain weight back.

T F 3. Some people simply eat when in the presence of food and not when they are hungry.

T F 4. Studies have shown that different cultures around the world tend to view obesity with a similar disapproval.

T F 5. In hot climates, recipes often include several spices that inhibit the growth of bacteria that can spoil food.

**Handout 39-1:** **Fact or Falsehood?**

 T F 1. Human sex hormones work much like fuel in a car: without fuel, the car will not run.

T F 2. The most exposed people are to sexually stimulating images, the more intense the response to that material becomes.

T F 3. Both men and women have natural levels of testosterone in their systems.

**Handout 40-1:** **Fact or Falsehood?**

T F 1. Evolutionary psychology shows that adults who entered into solo combat were much better hunters than those who hunted in groups.

T F 2. When asked to describe an experience that made them feel bad about themselves, people will more often than not describe a relationship difficulty.

T F 3. Taking pain-relievers can less the negative feelings of social as well as physical pain.

T F 4. People who spend lots of time online tend to do pretty well maintaining offline relationships. T F 5. People who score high on narcissism measures are especially active on social networking sites.

**Handout 41-1:** **Fact or Falsehood?**

T F 1. Researchers are pretty sure that physical arousal must precede the emotional experience.

T F 2. People with spinal cord injuries report that they feel emotions less intensely.

T F 3. Polygraphs don’t literally detect lies.

T F 4. Fortunately, several spies have been caught using polygraphs.

**Handout 42-1:** **Fact or Falsehood?**

T F 1. Authentic smiles tend to be briefer and fade less abruptly.

T F 2. People have become very good at detecting deception, identifying over 60% of lies accurately.

T F 3. Studies show that women are no better than men at reading people’s emotional cues.

T F 4. The “ok” sign used in the US is considered offensive in other cultures.

T F 5. It is difficult for people in the US to identify the basic emotional expressions of people in New Guinea.

**Handout 43-1:** **Fact or Falsehood?**

 T F 1. Stress can have positive effects.

T F 2. Nearly everyone appraises catastrophes as threatening.

T F 3. Happy events are not considered “stressful” by psychologists.

T F 4. The human body deals with prolonged stress better than temporary stress.

T F 5. Women respond to stress with nurturing and banding together.

**Handout 44-1:** **Fact or Falsehood?**

T F 1. Surgical wounds heal more slowly in stressed people.

T F 2. Stressed people are more vulnerable to chronic disease, but not colds.

T F 3. Stress is linked to greater susceptibility to certain types of cancer.

T F 4. Type A and Type B personality types are largely a myth of pop culture.

**Handout 37-2 Work and Family Orientation Questionnaire**

 Rate yourself on each item below, using the following scale.

1 = strongly disagree

2 = somewhat disagree

3 = neither agree nor disagree

4 = somewhat agree

5 = strongly agree

Work

 \_\_\_\_\_ 1. It is important to me to do my work as well as I can, even if it isn’t popular with my coworkers.

\_\_\_\_\_ 2. I find satisfaction in working as well as I can.

\_\_\_\_\_ 3. There is satisfaction in a job well done.

\_\_\_\_\_ 4. I find satisfaction in exceeding my previous performance even if I don’t outperform others.

\_\_\_\_\_ 5. I like to work hard.

\_\_\_\_\_ 6. Part of my enjoyment in doing things is improving my past performance.

Mastery

 \_\_\_\_\_ 7. I would rather do something at which I feel confident and relaxed than something which is challenging and difficult.

 \_\_\_\_\_ 8. When a group I belong to plans an activity, I would rather direct it myself than just help out and have someone else organize it.

\_\_\_\_\_ 9. I would rather learn easy, fun games than difficult, thought games.

\_\_\_\_\_ 10. If I am not good at something, I would rather keep struggling to master it than move on to something I may be good at.

\_\_\_\_\_ 11. Once I undertake a task, I persist.

\_\_\_\_\_ 12. I prefer to work in situations that require a high level of skill.

\_\_\_\_\_ 13. I more often attempt tasks that I am not sure I can do than tasks that I believe I can do.

 \_\_\_\_\_ 14 I like to be busy all the time.

Competitiveness

\_\_\_\_\_ 15. I enjoy working in situations involving competition with others.

\_\_\_\_\_ 16. It is important to me to perform better than others on a task.

\_\_\_\_\_ 17. I feel that winning is important in both work and games.

\_\_\_\_\_ 18. It annoys me when other people perform better than I do.

\_\_\_\_\_ 19. I try harder when I’m in competition with other people.

**Handout 38-2 Survey of Eating Habits**

Read each statement and decide if it is true as applied to you or false as applied to you. Do not omit any of the items. Mark either true or false before every one by placing a check mark in the True or the False column.

True False

I. PAST ATTITUDES AND HABITS

 \_\_\_\_ \_\_\_\_ 1. My family seldom argued at the dinner table.

\_\_\_\_ \_\_\_\_ 2. Many different types of meals were served at our house.

\_\_\_\_ \_\_\_\_ 3. I did not particularly care for the food served at home.

\_\_\_\_ \_\_\_\_ 4. My mother was a good cook.

\_\_\_\_ \_\_\_\_ 5. Our family seemed to be in a better disposition at and shortly after meals than before.

\_\_\_\_ \_\_\_\_ 6. My mother enjoyed cooking.

\_\_\_\_ \_\_\_\_ 7. Meals were simple but substantial in our family.

\_\_\_\_ \_\_\_\_ 8. My mother served desserts frequently.

\_\_\_\_ \_\_\_\_ 9. Discipline was usually enforced shortly before or after the evening meal.

 \_\_\_\_ \_\_\_\_ 10. Mealtimes were quite unhurried; in fact, they took on the aspect of a social activity.

\_\_\_\_ \_\_\_\_ 11. My father enjoyed eating.

\_\_\_\_ \_\_\_\_ 12. I enjoyed eating.

\_\_\_\_ \_\_\_\_ 13. Younger members of the family were requested not to talk too much at meals.

\_\_\_\_ \_\_\_\_ 14. My family often celebrated something important by going to a restaurant.

\_\_\_\_ \_\_\_\_ 15. Less than an average amount of conversation occurred at mealtime in my family.

\_\_\_\_ \_\_\_\_ 16. My father tended to dampen mealtime conversation.

\_\_\_\_ \_\_\_\_ 17. Conversation at meals was more light than serious.

\_\_\_\_ \_\_\_\_ 18. Business matters and chores were often discussed at meals.

\_\_\_\_ \_\_\_\_ 19. Flowers or candies were sometimes placed on the table at evening meals.

\_\_\_\_ \_\_\_\_ 20. Sometimes my mother would give me my favorite food when I was sick or unhappy.

\_\_\_\_ \_\_\_\_ 21. My mother used to take special precautions to avoid giving us contaminated food.

\_\_\_\_ \_\_\_\_ 22. The emphasis was on nutritional meals in our family.

\_\_\_\_ \_\_\_\_ 23. My mother liked cooking least of all household chores.

\_\_\_\_ \_\_\_\_ 24. Meals were quite elaborate in our family.

\_\_\_\_ \_\_\_\_ 25. Individuals other than my immediate family, such as grandparents, usually participated in the evening meal.

\_\_\_\_ \_\_\_\_ 26. Following the main meal, I tended to linger about the table talking and so on, rather than leaving the table.

\_\_\_\_ \_\_\_\_ 27. My mother enjoyed eating.

\_\_\_\_ \_\_\_\_ 28. Sometimes I felt like leaving the table before the meal was over.

\_\_\_\_ \_\_\_\_ 29. My mother fixed my favorite foods when I was sick.

 \_\_\_\_ \_\_\_\_ 30. At restaurants everything I ordered had to be eaten.

\_\_\_\_ \_\_\_\_ 31. Eating out was infrequent.

\_\_\_\_ \_\_\_\_ 32. The entire family was usually present at the evening meal.

\_\_\_\_ \_\_\_\_ 33. On my birthdays, I helped plan the menu.

\_\_\_\_ \_\_\_\_ 34. My mother tended to dampen mealtime conversation.

\_\_\_\_ \_\_\_\_ 35. Discipline was often applied at mealtime.

\_\_\_\_ \_\_\_\_ 36. Family meals were more hurried than unhurried.

\_\_\_\_ \_\_\_\_ 37. My father sometimes scolded us at the evening meal.

 \_\_\_\_ \_\_\_\_ 38. At breakfast, I often read what was printed on the cereal boxes.

II. PRESENT ATTITUDES AND HABITS

\_\_\_\_ \_\_\_\_ 39. Mealtime is usually pleasant in my home.

\_\_\_\_ \_\_\_\_ 40. I like to smell food cooking.

\_\_\_\_ \_\_\_\_ 41. In general, I prefer a slow, leisurely meal to a quick, hurried one.

\_\_\_\_ \_\_\_\_ 42. I like many different types of food.

\_\_\_\_ \_\_\_\_ 43. I tend to be underweight.

\_\_\_\_ \_\_\_\_ 44. At a party, I tend to eat a lot of peanuts.

\_\_\_\_ \_\_\_\_ 45. I do not care much for desserts.

\_\_\_\_ \_\_\_\_ 46. I seldom like to try a new food.

\_\_\_\_ \_\_\_\_ 47. I often get indigestion or heartburn.

\_\_\_\_ \_\_\_\_ 48. If I am very busy, I may forget all about eating.

\_\_\_\_ \_\_\_\_ 49. Shopping for groceries is unpleasant.

\_\_\_\_ \_\_\_\_ 50. I like to eat foreign foods.

\_\_\_\_ \_\_\_\_ 51. A good wife must be a good cook.

\_\_\_\_ \_\_\_\_ 52. I think that going to an expensive restaurant is a good way to celebrate an important event such as an anniversary or a birthday.

\_\_\_\_ \_\_\_\_ 53. I have a tendency to gain weight.

\_\_\_\_ \_\_\_\_ 54. Sometimes I have a craving for sweets.

\_\_\_\_ \_\_\_\_ 55. I tend to be quiet rather than talkative.

\_\_\_\_ \_\_\_\_ 56. If a child refuses dinner, he should be made to eat.

\_\_\_\_ \_\_\_\_ 57. I almost never eat between meals.

\_\_\_\_ \_\_\_\_ 58. I dislike many foods.

\_\_\_\_ \_\_\_\_ 59. I enjoy eating at restaurants.

\_\_\_\_ \_\_\_\_ 60. I often eat while I am watching television.

\_\_\_\_ \_\_\_\_ 61. Watching people eat makes me hungry.

\_\_\_\_ \_\_\_\_ 62. People who eat heartily in public have bad manners.

\_\_\_\_ \_\_\_\_ 63. I often buy refreshments at movies, ball games, and similar events.

\_\_\_\_ \_\_\_\_ 64. I sometimes reward myself by eating.

\_\_\_\_ \_\_\_\_ 65. When depressed, I sometimes eat my favorite foods.

**Handout 42-2 Emotional Expressivity Scale**

Respond to each of the statements as they apply to you, using the following scale:

1 = never true of me

2 = rarely true of me

3 = occasionally true of me

4 = often true of me

5 = generally true of me

6 = always true of me

\_\_\_\_\_ 1. I think of myself as emotionally expressive.

\_\_\_\_\_ 2. People think of me as an unemotional person.

\_\_\_\_\_ 3. I keep my feelings to myself.

\_\_\_\_\_ 4. I am often considered indifferent by others.

\_\_\_\_\_ 5. People can read my emotions.

 \_\_\_\_\_ 6. I display my emotions to other people.

\_\_\_\_\_ 7. I don’t like to let other people see how I’m feeling.

\_\_\_\_\_ 8. I am able to cry in front of other people.

\_\_\_\_\_ 9. Even if I am feeling very emotional, I don’t let others see my feelings.

\_\_\_\_\_ 10. Other people aren’t easily able to observe what I’m feeling.

\_\_\_\_\_ 11. I am not very emotionally expressive.

\_\_\_\_\_ 12. Even when I’m experiencing strong feelings, I don’t express them outwardly.

\_\_\_\_\_ 13. I can’t hide the way I’m feeling.

\_\_\_\_\_ 14. Other people believe me to be very emotional.

\_\_\_\_\_ 15. I don’t express my emotions to other people.

\_\_\_\_\_ 16. The way I feel is different from how others think I feel.

\_\_\_\_\_ 17. I hold my feelings in.

**Handout 42-3 The Affect Intensity Measure Questionnaire**

 The following questions refer to emotional reactions to typical life events. Please indicate how you react to these events by placing a number from the following scale in the blank space preceding each item. Please base your answer on how you react, not on how you think others react or how you think a person should react.

1 = almost

2 = almost never

3 = never

4 = occasionally

5 = usually always

6 = always

\_\_\_\_\_ 1. When I accomplish something difficult I feel delighted or elated.

\_\_\_\_\_ 2. When I feel happy it is a strong type of exuberance.

\_\_\_\_\_ 3. I enjoy being with other people very much.

\_\_\_\_\_ 4. I feel pretty bad when I tell a lie.

\_\_\_\_\_ 5. When I solve a small personal problem, I feel euphoric.

\_\_\_\_\_ 6. My emotions tend to be more intense than those of most people.

\_\_\_\_\_ 7. My happy moods are so strong that I feel like I’m in heaven.

\_\_\_\_\_ 8. I get overly enthusiastic.

\_\_\_\_\_ 9. If I complete a task I thought was impossible, I am ecstatic.

 \_\_\_\_\_ 10. My heart races at the anticipation of some exciting event.

\_\_\_\_\_ 11. Sad movies deeply touch me.

\_\_\_\_\_ 12. When I’m happy it’s a feeling of being untroubled and content rather than being zestful and aroused.

\_\_\_\_\_ 13. When I talk in front of a group for the first time my voice gets shaky and my heart races.

\_\_\_\_\_ 14. When something good happens, I am usually more jubilant than others are.

\_\_\_\_\_ 15. My friends might say I’m emotional.

\_\_\_\_\_ 16. The memories I like the most are of those times when I felt content and peaceful rather than zestful and enthusiastic.

\_\_\_\_\_ 17. The sight of someone who is hurt badly affects me strongly.

\_\_\_\_\_ 18. When I’m feeling well it’s easy for me to go from being in a good mood to being really joyful.

\_\_\_\_\_ 19. “Calm and cool” could easily describe me.

\_\_\_\_\_ 20. When I’m happy I feel like I’m bursting with joy.

\_\_\_\_\_ 21. Seeing a picture in a newspaper of a violent car accident makes me feel sick to my stomach.

\_\_\_\_\_ 22. When I’m happy I feel very energetic.

\_\_\_\_\_ 23. When I receive an award I become overjoyed.

\_\_\_\_\_ 24. When I succeed at something, my reaction is calm contentment.

\_\_\_\_\_ 25. When I do something wrong I have strong feelings of shame and guilt.

\_\_\_\_\_ 26. I can remain calm even on the most trying days.

\_\_\_\_\_ 27. When things are going well I feel “on top of the world.”

\_\_\_\_\_ 28. When I get angry it’s easy for me to still be rational and not overreact.

\_\_\_\_\_ 29. When I know I have done something very well, I feel relaxed and content rather than excited and elated.

\_\_\_\_\_ 30. When I do feel anxiety it is normally very strong.

\_\_\_\_\_ 31. My negative moods are mild in intensity.

\_\_\_\_\_ 32. When I am excited over something I want to share my feeling with everyone.

\_\_\_\_\_ 33. When I feel happiness, it is a quiet type of contentment.

\_\_\_\_\_ 34. My friends would probably say I’m a tense or “high-strung” person.

\_\_\_\_\_ 35. When I’m happy, I bubble over with energy.

\_\_\_\_\_ 36. When I feel guilty, this emotion is quite strong.

\_\_\_\_\_ 37. I would characterize my happy moods as closer to contentment than to joy.

\_\_\_\_\_ 38. When someone compliments me, I get so happy I could “burst.”

\_\_\_\_\_ 39. When I am nervous I get shaky all over.

\_\_\_\_\_ 40. When I am happy the feeling is more like contentment and inner calm than one of exhilaration and excitement.

**Handout 42-4 Affective Communication Test**

Respond to each of the following statements in terms of how true each is for you. Rate your responses using a scale ranging from –4 to +4, in which –4 = “not at all true of me” and “+4” = “very true of me.”

\_\_\_\_\_\_\_\_ 1. When I hear good dance music, I can hardly keep still.

\_\_\_\_\_\_\_\_ 2. My laugh is soft and subdued.

\_\_\_\_\_\_\_\_ 3. I can easily express emotion over the telephone.

\_\_\_\_\_\_\_\_ 4. I often touch friends during conversations.

\_\_\_\_\_\_\_\_ 5. I dislike being watched by a large group of people.

\_\_\_\_\_\_\_\_ 6. I usually have a neutral facial expression.

\_\_\_\_\_\_\_\_ 7. People tell me that I would make a good actor or actress.

\_\_\_\_\_\_\_\_ 8. I like to remain unnoticed in a crowd.

\_\_\_\_\_\_\_\_ 9. I am shy among strangers.

\_\_\_\_\_\_\_\_ 10. I am able to give a seductive glance if I want to.

\_\_\_\_\_\_\_\_ 11. I am terrible at pantomime as in games like charades.

\_\_\_\_\_\_\_\_ 12. At small parties I am the center of attention.

\_\_\_\_\_\_\_\_ 13. I show that I like someone by hugging or touching that person.

**Handout 43-3 Responses to Stress**

Indicate how often each of the following happens to you, either when you are experiencing stress or following exposure to a significant stressor. Use the following scale.

0 = never

1 = once or twice a year

2 = every few months

3 = every few weeks

4 = once or more each week

5 = daily

**Cardiovascular symptoms**

 \_\_\_\_\_ Heart pounding

\_\_\_\_\_ Heart racing or beating erratically

\_\_\_\_\_ Cold, sweaty hands

\_\_\_\_\_ Headaches (throbbing pain)

\_\_\_\_\_ Subtotal

**Respiratory symptoms**

\_\_\_\_\_ Rapid, erratic, or shallow breathing

\_\_\_\_\_ Shortness of breath

\_\_\_\_\_ Asthma attack

\_\_\_\_\_ Difficulty in speaking because of poor breathing control

\_\_\_\_\_ Subtotal

**Gastrointestinal symptoms**

\_\_\_\_\_ Upset stomach, nausea, or vomiting

\_\_\_\_\_ Constipation

\_\_\_\_\_ Diarrhea

\_\_\_\_\_ Sharp abdominal pains

\_\_\_\_\_ Subtotal

**Muscular symptoms**

\_\_\_\_\_ Headaches (steady pain)

\_\_\_\_\_ Back or shoulder pains

\_\_\_\_\_ Muscle tremors or hands shaking

\_\_\_\_\_ Arthritis

\_\_\_\_\_ Subtotal

**Skin symptoms**

\_\_\_\_\_ Acne

\_\_\_\_\_ Dandruff

\_\_\_\_\_ Perspiration

\_\_\_\_\_ Excessive dryness of skin or hair

\_\_\_\_\_ Subtotal

**Immunity symptoms**

\_\_\_\_\_ Allergy flare-up

\_\_\_\_\_ Catching colds

\_\_\_\_\_ Catching the flu

\_\_\_\_\_ Skin rash

\_\_\_\_\_ Subtotal

**Metabolic symptoms**

\_\_\_\_\_ Increased appetite

\_\_\_\_\_ Increased craving for tobacco or sweets

\_\_\_\_\_ Thoughts racing or difficulty sleeping

\_\_\_\_\_ Feelings of crawling anxiety or nervousness

\_\_\_\_\_ Subtotal

\_\_\_\_\_ Overall symptomatic total (add all seven subtotals)

**Handout 44-2 A Personality Inventory**

 For each of the following items circle the answer that most closely fits how you would respond to the given situation. (Some questions are geared to an adult audience.)

1. A teenager drives by my yard blasting the car stereo:

A. I begin to understand why teenagers can’t hear.

B. I can feel my blood pressure starting to rise.

2. A boyfriend/girlfriend calls at the last minute “too tired to go out tonight.” I’m stuck with two $15 tickets:

A. I find someone else to go with.

B. I tell my friend how inconsiderate he/she is.

3. Waiting in the express checkout line at the supermarket where a sign says “No More Than 10 Items Please”:

A. I pick up a magazine and pass the time.

B. I glance to see if anyone has more than 10 items.

4. Most homeless people in large cities:

A. Are down and out because they lack ambition.

B. Are victims of illness or some other misfortune.

5. At times when I’ve been very angry with someone:

A. I was able to stop short of hitting him/her.

B. I have, on occasion, hit or shoved him/her.

6. When I am stuck in a traffic jam:

A. I am usually not particularly upset.

B. I quickly start to feel irritated and annoyed.

7. When there’s a really important job to be done:

A. I prefer to do it myself.

B. I am apt to call on my friends to help.

8. The cars ahead of me start to slow and stop as they approach a curve:

A. I assume there is a construction site ahead.

B. I assume someone ahead had a fender-bender.

9. An elevator stops too long above where I’m waiting:

A. I soon start to feel irritated and annoyed.

B. I start planning the rest of my day.

10. When a friend or co-worker disagrees with me:

A. I try to explain my position more clearly.

B. I am apt to get into an argument with him or her.

11. At times when I was really angry in the past:

A. I have never thrown things or slammed a door.

B. I’ve sometimes thrown things or slammed a door.

12. Someone bumps into me in a store:

A. I pass it off as an accident.

B. I feel irritated at their clumsiness.

13. When my spouse (significant other) is fixing a meal:

A. I keep an eye out to make sure nothing burns.

B. I talk about my day or read the paper.

14. Someone is hogging the conversation at a party:

A. I look for an opportunity to put him/her down.

B. I soon move to another group.

15. In most arguments:

A. I am the angrier one.

B. The other person is angrier than I am.