

## Managing and Coping with Stress – Questions by Topic

### Q1.

- (a) Briefly outline **one** therapy used to manage stress.

(2)

- (b) Outline **one** limitation of the therapy in your answer to part (a).

(2)

(Total 4 marks)

### Q2.

Briefly discuss **one** strength and **one** limitation of stress inoculation therapy as a way of managing stress.

(Total 6 marks)

### Q3.

Briefly explain what is meant by instrumental social support.

(Total 2 marks)

### Q4.

Long-term stress is often accompanied by psychological and physical changes. Drug therapy is sometimes used to reduce these effects of stress.

Outline drug therapy as a method of stress management.

(Total 4 marks)

### Q5.

A psychologist is interested in gender differences in the use of two different types of social support in coping with stress. Using a questionnaire to test responses to a range of stressful situations, he obtains data from 100 males and 100 females. These results are shown in the Table below:

**Gender differences in types of social support used in coping with stress**

	Number using instrumental social support	Number using emotional social support	Number using both instrumental and emotional social support	Totals
Males	54	23	23	100
Females	20	48	32	100
	74	71	55	200

Using your knowledge of gender differences in types of social support, explain the findings

in the table.

**(Total 4 marks)**

**Q6.**

Sadiq has a stressful job, a young family, and a mother who has recently had a fall and been hospitalised. Sadiq visits her whenever he can. Although he feels he is coping with the stress in his life his blood pressure has risen dangerously in the last six months. Sadiq feels that he needs to manage his stress.

From your knowledge of managing and coping with stress, explain how Sadiq could deal with his stress.

**(Total 4 marks)**

**Q7.**

‘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)**