Chapter 02 Stress Psychophysiology Answer Key

**Multiple Choice Questions**

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| 1. | The upper part of the brain responsible for thinking functions is called the:      |  |  | | --- | --- | | **A.** | cerebral cortex. |  |  |  | | --- | --- | | B. | subcortex. |  |  |  | | --- | --- | | C. | cerebellum. |  |  |  | | --- | --- | | D. | diencephalon. | |

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| 2. | The lower part of the brain responsible for various physiological processes necessary to stay alive is called the:      |  |  | | --- | --- | | A. | cerebral cortex. |  |  |  | | --- | --- | | B. | cerebrum. |  |  |  | | --- | --- | | **C.** | subcortex. |  |  |  | | --- | --- | | D. | sulcus. | |

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| 3. | The part of the subcortex responsible for coordination is called the:      |  |  | | --- | --- | | **A.** | cerebellum. |  |  |  | | --- | --- | | B. | medulla oblongata. |  |  |  | | --- | --- | | C. | thalamus. |  |  |  | | --- | --- | | D. | hippocampus. | |

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| 4. | What are the two major components of the brain?      |  |  | | --- | --- | | A. | Thalamus and hypothalamus |  |  |  | | --- | --- | | B. | Cerebellum and pons |  |  |  | | --- | --- | | **C.** | Cerebral cortex and subcortex |  |  |  | | --- | --- | | D. | Medulla oblongata and cerebral cortex | |

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| 5. | The part of the subcortex responsible for regulation of heartbeat and breathing is called the:      |  |  | | --- | --- | | A. | cerebellum. |  |  |  | | --- | --- | | B. | pons. |  |  |  | | --- | --- | | C. | thalamus. |  |  |  | | --- | --- | | **D.** | medulla oblongata. | |

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| 6. | The part of the subcortex responsible for regulating sleep is called the:      |  |  | | --- | --- | | A. | cerebellum. |  |  |  | | --- | --- | | **B.** | pons. |  |  |  | | --- | --- | | C. | thalamus. |  |  |  | | --- | --- | | D. | medulla oblongata. | |

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| 7. | The part of the subcortex responsible for regulation of the emotions is called the:      |  |  | | --- | --- | | A. | cerebellum. |  |  |  | | --- | --- | | B. | pons. |  |  |  | | --- | --- | | C. | medulla oblongata. |  |  |  | | --- | --- | | **D.** | diencephalon. | |

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| 8. | The part of the diencephalon that relays sensory impulses to the cerebral cortex is called the:      |  |  | | --- | --- | | **A.** | thalamus. |  |  |  | | --- | --- | | B. | hypothalamus. |  |  |  | | --- | --- | | C. | medulla oblongata. |  |  |  | | --- | --- | | D. | pons. | |

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| 9. | The part of the diencephalon that activates the autonomic nervous system is called the:      |  |  | | --- | --- | | A. | pons. |  |  |  | | --- | --- | | **B.** | hypothalamus. |  |  |  | | --- | --- | | C. | thalamus. |  |  |  | | --- | --- | | D. | medulla oblongata. | |

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| 10. | The system that controls such body processes as hormone balance, temperature, and width of blood vessels is called the:      |  |  | | --- | --- | | A. | limbic system. |  |  |  | | --- | --- | | B. | endocrine system. |  |  |  | | --- | --- | | **C.** | autonomic nervous system. |  |  |  | | --- | --- | | D. | reticular activating system. | |

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| 11. | The system that produces emotions, which is also known as the "seat of emotions," is called the:      |  |  | | --- | --- | | **A.** | limbic system. |  |  |  | | --- | --- | | B. | endocrine system. |  |  |  | | --- | --- | | C. | cardiovascular system. |  |  |  | | --- | --- | | D. | reticular activating system. | |

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| 12. | Which of the following statements defines the endocrine system?      |  |  | | --- | --- | | A. | It is a part of the diencephalon that relays sensory impulses to the cerebral cortex. |  |  |  | | --- | --- | | **B.** | It is comprised of hormones that regulate physiological functions. |  |  |  | | --- | --- | | C. | It is a part of the diencephalon that activates the autonomic nervous system. |  |  |  | | --- | --- | | D. | It is a network of nerves that connects the mind and the body. | |

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| 13. | The network of nerves that connects the mind and the body is called the:      |  |  | | --- | --- | | A. | limbic system. |  |  |  | | --- | --- | | B. | endocrine system. |  |  |  | | --- | --- | | C. | autonomic nervous system. |  |  |  | | --- | --- | | **D.** | reticular activating system. | |

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| 14. | The part of the brain that "sounds the alarm" when stress is present is called the:      |  |  | | --- | --- | | A. | vasopressin. |  |  |  | | --- | --- | | B. | oxytocin. |  |  |  | | --- | --- | | **C.** | hippocampus. |  |  |  | | --- | --- | | D. | cerebral cortex. | |

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| 15. | What is released by the hypothalamus and results in the release of adrenocorticotropic hormones?      |  |  | | --- | --- | | A. | Thyrotropic hormone releasing factor (TRF) |  |  |  | | --- | --- | | B. | Oxytocin |  |  |  | | --- | --- | | C. | Vasopressin (ADH) |  |  |  | | --- | --- | | **D.** | Corticotropin releasing factor (CRF) | |

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| 16. | What is secreted by the pituitary gland and in turn activates the adrenal cortex to secrete corticoid hormones?      |  |  | | --- | --- | | A. | Thyrotropic hormone releasing factor (TRF) |  |  |  | | --- | --- | | B. | Thyrotropic hormone (TTH) |  |  |  | | --- | --- | | **C.** | Adrenocorticotropic hormone (ACTH) |  |  |  | | --- | --- | | D. | Corticotropin releasing factor (CRF) | |

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| 17. | Adrenocorticotropic hormone (ACTH) activates the \_\_\_\_\_ to secrete corticoid hormones.      |  |  | | --- | --- | | A. | cerebral cortex |  |  |  | | --- | --- | | **B.** | adrenal cortex |  |  |  | | --- | --- | | C. | cerebellum |  |  |  | | --- | --- | | D. | medulla oblongata | |

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| 18. | What is released by the hypothalamus and in turn stimulates the pituitary gland to secrete thyrotropic hormone (TTH)?      |  |  | | --- | --- | | **A.** | Thyrotropic hormone releasing factor (TRF) |  |  |  | | --- | --- | | B. | Vasopressin (ADH) |  |  |  | | --- | --- | | C. | Adrenocorticotropic hormone (ACTH) |  |  |  | | --- | --- | | D. | Corticotropin releasing factor (CRF) | |

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| 19. | What stimulates the thyroid gland to secrete thyroxin?      |  |  | | --- | --- | | **A.** | Thyrotropic hormone (TTH) |  |  |  | | --- | --- | | B. | Thyrotropic hormone releasing factor (TRF) |  |  |  | | --- | --- | | C. | Adrenocorticotropic hormone (ACTH) |  |  |  | | --- | --- | | D. | Corticotropin releasing factor (CRF) | |

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| 20. | The anterior hypothalamus stimulates the \_\_\_\_\_ to secrete oxytocin and vasopressin (ADH).      |  |  | | --- | --- | | A. | thalamus |  |  |  | | --- | --- | | B. | hippocampus |  |  |  | | --- | --- | | **C.** | pituitary gland |  |  |  | | --- | --- | | D. | cerebral cortex | |

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| 21. | \_\_\_\_\_ regulate metabolism of glucose.      |  |  | | --- | --- | | A. | Mineralocorticoids |  |  |  | | --- | --- | | B. | Vasopressors |  |  |  | | --- | --- | | **C.** | Glucocorticoids |  |  |  | | --- | --- | | D. | Phagocyte | |

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| 22. | The primary glucocorticoid is called:      |  |  | | --- | --- | | **A.** | cortisol. |  |  |  | | --- | --- | | B. | aldosterone. |  |  |  | | --- | --- | | C. | oxytocin. |  |  |  | | --- | --- | | D. | vasopressin. | |

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| 23. | \_\_\_\_\_ regulate the balance between sodium and potassium.      |  |  | | --- | --- | | A. | Vasopressors |  |  |  | | --- | --- | | B. | Glucocorticoids |  |  |  | | --- | --- | | **C.** | Mineralocorticoids |  |  |  | | --- | --- | | D. | Phagocytes | |

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| 24. | The primary mineralocorticoid is called:      |  |  | | --- | --- | | A. | cortisol. |  |  |  | | --- | --- | | **B.** | aldosterone. |  |  |  | | --- | --- | | C. | oxytocin. |  |  |  | | --- | --- | | D. | vasopressin. | |

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| 25. | The inner portion of the adrenal gland that secretes catecholamines is called the:      |  |  | | --- | --- | | A. | adrenal cortex. |  |  |  | | --- | --- | | **B.** | adrenal medulla. |  |  |  | | --- | --- | | C. | medulla oblongata. |  |  |  | | --- | --- | | D. | diencephalon. | |

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| 26. | The catecholamine commonly called adrenaline is:      |  |  | | --- | --- | | **A.** | epinephrine. |  |  |  | | --- | --- | | B. | cortisol. |  |  |  | | --- | --- | | C. | norepinephrine. |  |  |  | | --- | --- | | D. | aldosterone. | |

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| 27. | The catecholamine commonly called noradrenaline is:      |  |  | | --- | --- | | A. | epinephrine. |  |  |  | | --- | --- | | B. | cortisol. |  |  |  | | --- | --- | | **C.** | norepinephrine. |  |  |  | | --- | --- | | D. | aldosterone. | |

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| 28. | The endocrine gland that is involved in the stress reaction and that secretes the hormone thyroxin is called the:      |  |  | | --- | --- | | A. | pituitary gland. |  |  |  | | --- | --- | | B. | pineal gland. |  |  |  | | --- | --- | | C. | adrenal gland. |  |  |  | | --- | --- | | **D.** | thyroid gland. | |

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| 29. | Which of the following is the part of the autonomic nervous system responsible for expending energy?      |  |  | | --- | --- | | **A.** | Sympathetic nervous system |  |  |  | | --- | --- | | B. | Parasympathetic nervous system |  |  |  | | --- | --- | | C. | Endocrine system |  |  |  | | --- | --- | | D. | Reticular activating system | |

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| 30. | Which of the following is the part of the autonomic nervous system responsible for conserving energy?      |  |  | | --- | --- | | A. | Sympathetic nervous system |  |  |  | | --- | --- | | **B.** | Parasympathetic nervous system |  |  |  | | --- | --- | | C. | Endocrine system |  |  |  | | --- | --- | | D. | Reticular activating system | |

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| 31. | When you encounter a stressor, the sympathetic nervous system regulates the body to:      |  |  | | --- | --- | | A. | increase the heart rate. |  |  |  | | --- | --- | | B. | dilate the pupils. |  |  |  | | --- | --- | | C. | dilate the coronary arteries. |  |  |  | | --- | --- | | **D.** | do all of these. | |

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| 32. | Which of the following is NOT an example of an involuntary function?      |  |  | | --- | --- | | A. | Heart rate |  |  |  | | --- | --- | | B. | Blood pressure |  |  |  | | --- | --- | | **C.** | Muscle contraction |  |  |  | | --- | --- | | D. | Respiratory rate | |

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| 33. | The body system responsible for digestion is called the:      |  |  | | --- | --- | | A. | reproductive system. |  |  |  | | --- | --- | | B. | nervous system. |  |  |  | | --- | --- | | **C.** | gastrointestinal system. |  |  |  | | --- | --- | | D. | cardiovascular system. | |

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| 34. | The substance in the mouth that starts to break down food to small, manageable pieces is called:      |  |  | | --- | --- | | A. | bile. |  |  |  | | --- | --- | | **B.** | saliva. |  |  |  | | --- | --- | | C. | esophageal acid. |  |  |  | | --- | --- | | D. | hydrochloric acid. | |

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| 35. | The pipe through which food passes to get into the stomach is called the:      |  |  | | --- | --- | | **A.** | esophagus. |  |  |  | | --- | --- | | B. | trachea. |  |  |  | | --- | --- | | C. | small intestine. |  |  |  | | --- | --- | | D. | large intestine. | |

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| 36. | A substance found in the stomach that helps break down food for digestion is:      |  |  | | --- | --- | | A. | esophageal acid. |  |  |  | | --- | --- | | B. | saliva. |  |  |  | | --- | --- | | C. | cortisol. |  |  |  | | --- | --- | | **D.** | hydrochloric acid. | |

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| 37. | In the human digestive system, food from the stomach passes into the:      |  |  | | --- | --- | | A. | colon. |  |  |  | | --- | --- | | B. | liver. |  |  |  | | --- | --- | | **C.** | small intestine. |  |  |  | | --- | --- | | D. | large intestine. | |

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| 38. | The part of the digestive system that receives unusable food substance from the small intestine is called the:      |  |  | | --- | --- | | A. | liver. |  |  |  | | --- | --- | | B. | kidney. |  |  |  | | --- | --- | | **C.** | large intestine. |  |  |  | | --- | --- | | D. | esophagus. | |

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| 39. | The exit point from the body for unusable food substance is called the:      |  |  | | --- | --- | | A. | esophagus. |  |  |  | | --- | --- | | **B.** | anal opening. |  |  |  | | --- | --- | | C. | small intestine. |  |  |  | | --- | --- | | D. | large intestine. | |

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| 40. | Muscles that are attached to bones are called:      |  |  | | --- | --- | | A. | smooth muscles. |  |  |  | | --- | --- | | B. | tendons. |  |  |  | | --- | --- | | **C.** | skeletal muscles. |  |  |  | | --- | --- | | D. | large muscles. | |

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| 41. | Muscles that control the contraction of internal organs are called:      |  |  | | --- | --- | | **A.** | smooth muscles. |  |  |  | | --- | --- | | B. | ligaments. |  |  |  | | --- | --- | | C. | internal muscles. |  |  |  | | --- | --- | | D. | large muscles. | |

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| 42. | The electrodermal response or the electrical conductance of the skin is called:      |  |  | | --- | --- | | A. | vasoconstriction. |  |  |  | | --- | --- | | **B.** | galvanic skin response. |  |  |  | | --- | --- | | C. | trophotropic response. |  |  |  | | --- | --- | | D. | none of these. | |

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| 43. | The average blood pressure for a young adult is:      |  |  | | --- | --- | | **A.** | 120/80. |  |  |  | | --- | --- | | B. | 160/90. |  |  |  | | --- | --- | | C. | 125/75. |  |  |  | | --- | --- | | D. | 140/90. | |

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| 44. | Cortisol is secreted from the adrenal cortex and is responsible for:      |  |  | | --- | --- | | A. | the growth of fat cells. |  |  |  | | --- | --- | | **B.** | an increase in blood glucose. |  |  |  | | --- | --- | | C. | the secretion of saliva. |  |  |  | | --- | --- | | D. | aggressive behavior. | |

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| 45. | Aldosterone is the primary mineral corticoid and is responsible for:      |  |  | | --- | --- | | A. | an increase in blood volume. |  |  |  | | --- | --- | | B. | a decrease in urine production. |  |  |  | | --- | --- | | C. | an increase in blood pressure. |  |  |  | | --- | --- | | **D.** | all of these. | |

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| 46. | In males, testosterone levels increase significantly with acute stress, and this increase is associated with:      |  |  | | --- | --- | | A. | nurturing emotions. |  |  |  | | --- | --- | | B. | relaxation. |  |  |  | | --- | --- | | **C.** | hostility. |  |  |  | | --- | --- | | D. | all of these. | |

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| 47. | In females, the increase of oxytocin and estrogen during stress response:      |  |  | | --- | --- | | A. | initiates the fight-or-flight response. |  |  |  | | --- | --- | | **B.** | initiates the tend-and-befriend response. |  |  |  | | --- | --- | | C. | initiates the trophotropic response. |  |  |  | | --- | --- | | D. | does all of these. | |

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| 48. | In females, the effects of cortisol and epinephrine are mediated by the hormones:      |  |  | | --- | --- | | A. | testosterone and oxytocin. |  |  |  | | --- | --- | | B. | estrogen and testosterone. |  |  |  | | --- | --- | | C. | oxytocin and progesterone. |  |  |  | | --- | --- | | **D.** | oxytocin and estrogen. | |

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| 49. | The temporal lobe of the brain is associated with:      |  |  | | --- | --- | | A. | reasoning, planning, parts of speech, movement, emotions, and problem solving. |  |  |  | | --- | --- | | B. | movement, orientation, recognition, and perception of stimuli. |  |  |  | | --- | --- | | **C.** | the perception and recognition of sounds, memory, and speech. |  |  |  | | --- | --- | | D. | vision. | |

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| 50. | High cortisol levels that do not decline during the day have been found in:      |  |  | | --- | --- | | A. | trauma survivors with posttraumatic stress disorder (PTSD). |  |  |  | | --- | --- | | B. | people with depression. |  |  |  | | --- | --- | | C. | Holocaust survivors. |  |  |  | | --- | --- | | **D.** | all of these. | |

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| 51. | Total cholesterol between 200 and 239 mg/dl is considered:      |  |  | | --- | --- | | A. | high. |  |  |  | | --- | --- | | **B.** | borderline high. |  |  |  | | --- | --- | | C. | low. |  |  |  | | --- | --- | | D. | dangerous. | |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Cardiovascular System* |

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| 52. | Identify the correct order in which food moves through the gastrointestinal system.      |  |  | | --- | --- | | A. | Esophagus, large intestine, and small intestine |  |  |  | | --- | --- | | B. | Large intestine, small intestine, and esophagus |  |  |  | | --- | --- | | **C.** | Esophagus, small intestine, and large intestine |  |  |  | | --- | --- | | D. | Small intestine, esophagus, and large intestine | |

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| 53. | The nervous system includes:      |  |  | | --- | --- | | A. | the brain. |  |  |  | | --- | --- | | B. | the spinal cord. |  |  |  | | --- | --- | | C. | the peripheral nerves. |  |  |  | | --- | --- | | **D.** | all of these. | |

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| 54. | The hormone that instructs the kidneys to retain water is:      |  |  | | --- | --- | | A. | oxytocin. |  |  |  | | --- | --- | | **B.** | vasopressin (ADH). |  |  |  | | --- | --- | | C. | adrenocorticotropic hormone (ACTH). |  |  |  | | --- | --- | | D. | thyroxin. | |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Endocrine System* |

**True / False Questions**

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| 55. | The cerebral cortex is also called the gray matter.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Brain* |

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| 56. | A relatively frail person lifting a car off of a child pinned beneath it would be an example of the power of the fight-or-flight response.    **TRUE** |

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| 57. | The ciliary muscles of the eye are influenced by the sympathetic system only, and sweat glands and blood glucose are influenced by the parasympathetic system alone.    **FALSE** |

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| 58. | Muscle bracing can lead to problems such as headaches and backaches.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Muscles* |

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| 59. | When we experience little or no stress, the limbic system is in charge, and when we have significant levels of stress, the cerebral cortex is in charge.    **FALSE** |

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| *Accessibility: Keyboard Navigation Blooms: Understand Topic: The Brain* |

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| 60. | When measuring blood pressure, the higher number is the diastolic reading and the lower number is the systolic.    **FALSE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Endocrine System* |

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| 61. | Brain cells destroyed by prolonged stress can regenerate on their own.    **FALSE** |

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| 62. | Men and women respond to stress differently because of gender-based hormonal differences.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Understand Topic: The Endocrine System* |

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| 63. | A systolic blood pressure greater than 140 and/or a diastolic blood pressure greater than 90 are classified as high blood pressure or hypertension.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Cardiovascular System* |

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| 64. | Cortisol and aldosterone are types of muscle tissue.    **FALSE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Endocrine System* |

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| 65. | When the hypothalamus experiences a stressor, it activates the two major stress reactivity pathways: the endocrine system and the autonomic nervous system.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Brain* |

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| 66. | Stress causes a decrease in saliva production and an increase in hydrochloric acid in the stomach.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Gastrointestinal System* |

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| 67. | During stress, the hypothalamus activates the adrenal and thyroid glands, which in turn secrete cortisol, aldosterone, epinephrine, norepinephrine, and thyroxin.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Endocrine System* |

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| 68. | Contraction of the smooth muscles results in constriction in the walls of the blood vessels.    **TRUE** |

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| 69. | The frontal lobe of the brain is associated with movement, orientation, recognition, and perception of stimuli.    **FALSE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Brain* |

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| 70. | The reticular activating system (RAS) is the part of the brain where the world outside meets the thoughts and feelings from inside.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Brain* |

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| 71. | The reticular activating system (RAS) needs to be activated to normal levels for the rest of the brain to function as it should.    **TRUE** |

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| 72. | In most people, cortisol levels are lowest a few hours after waking and continue to rise throughout the day.    **FALSE** |

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| 73. | Persistent stress results in the death of cardiac muscle cells and a loss of contractility of the heart. This damage is irreversible.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Muscles* |

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| 74. | During stress, the surface temperature of the skin increases.    **FALSE** |

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| 75. | Perspiration increases during stress.    **TRUE** |

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| 76. | Stress may alter peristalsis of the small and large intestines necessary for the transport of food substances.    **TRUE** |

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| *Accessibility: Keyboard Navigation Blooms: Remember Topic: The Gastrointestinal System* |

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| 77. | The heart increases its force of contraction and pumps out more blood when stressed.    **TRUE** |

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