



TEXTBOOK TESTBANKS

Test Bank for Managing Stress 11th Seaward

TEST BANK SAMPLE PREVIEW

PUBLISHER

JBLearning

COPYRIGHT

2025

RESOURCE TYPE

Test Bank

ISBN

9781284283150

*Test Bank for Managing Stress 11th
Edition by Seaward*

ISBN: 9781284283150

Multiple Choice

1. As discussed in Chapter 1, all but one of these are considered dramatic issues in our changing world.

- A) Climate change
- B) Flooding
- C) Economic uncertainty
- D) A divisive society

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

2. This item is considered important to reduce stress in times of an emergency.

- A) Screen device
- B) Grab and go bag
- C) Cash and credit cards
- D) Stash of food

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

3. This is not considered to be included in the model of healthy grieving.

- A) Acknowledge your pain
- B) Seek out support
- C) Be aware of emotional grief triggers
- D) Escape with books or movies

Ans: D

Complexity: Moderate

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

4. These three topics are highlighted in Chapter 1 as issues in an upside down world.

- A) Climate change, economic uncertainty, and a divisive society
- B) Political unrest, climate change, and a divisive society
- C) Fake news, political unrest, and climate change
- D) Ukraine war, suicide rates, and the Opioid epidemic

Ans: A

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

5. This type of trauma is associated with multiple traumatic events.

- A) Acute trauma
- B) Chronic trauma
- C) Complex trauma
- D) Generational trauma

Ans: C

Complexity: Difficult

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

6. This demographic is cited as having the hardest time making and keeping friends.

- A) Baby Boomers
- B) Gen Z
- C) Millennials
- D) Gen X

Ans: B

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

7. Regarding “healthy grieving,” rituals in the grieving process do the following *except*:

- A) rituals help suppress anger.
- B) rituals help people cope with anxiety.
- C) rituals help increase comfort with the unknown.
- D) rituals help promote a sense of community.

Ans: A

Complexity: Difficult

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

8. Experts have a new name associated with the stress of climate change, which is:

- A) climate adaptation.
- B) climate anxiety.
- C) climate refugees.
- D) climate deniers.

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

True/False

1. As employees returned to work after the pandemic, many chose not to return, leading to what has become known as the great resignation.

Ans: True

Complexity: Easy

Ahead: Introduction

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

2. Health experts agree that mental health issues are the same now as before the COVID-19 pandemic.

Ans: False

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

3. A new term used by stress experts to describe people (and communities) dealing with climate Change is Climate resiliency.

Ans: True

Complexity: Moderate

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

4. Collective trauma is best described as the combination of two acute traumatic events.

Ans: False

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

5. The COVID-19 pandemic is considered by health experts to be a traumatic event.

Ans: True

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

Import Settings:

Base Settings: Brownstone Default

Information Field: Complexity

Information Field: Ahead

Information Field: Subject

Information Field: Title

Information Field: Taxonomy

Highest Answer Letter: D

Multiple Keywords in Same Paragraph: No

NAS ISBN13: 9781284283594, add to Ahead, Title tags

Chapter: Chapter 01 - Living in an Upside Down World

Note to the Instructor:

Based on test-taking research, where students will often choose “C” when in doubt about a multiple-choice question or go for the choice with the longest answer, these test questions were made so that each answer seems like a viable answer to those who haven’t studied the text. In this new edition, several new questions have been created based on new content as well as some questions reworked from previous content. The best test is where students are able to demonstrate a command of facts and a synthesis of knowledge, which is why several forms of questions are included for you to use. While every attempt has been made to ensure the accuracy of these test questions, it is incumbent upon you as the instructor to review and validate each question and answer before using it as a bona fide test question (and if you see an error, please kindly let us know). In the age of grade inflation, these test questions are meant to serve as a platform for you to create your own test questions, and we encourage you to do so.

Multiple Choice

1. As discussed in Chapter 1, all but one of these are considered dramatic issues in our changing world.

- A) Climate change
- B) Flooding
- C) Economic uncertainty
- D) A divisive society

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

2. This item is considered important to reduce stress in times of an emergency.

- A) Screen device
- B) Grab and go bag
- C) Cash and credit cards
- D) Stash of food

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

3. This is not considered to be included in the model of healthy grieving.

A) Acknowledge your pain

B) Seek out support

C) Be aware of emotional grief triggers

D) Escape with books or movies

Ans: D

Complexity: Moderate

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

4. These three topics are highlighted in Chapter 1 as issues in an upside down world.

A) Climate change, economic uncertainty, and a divisive society

B) Political unrest, climate change, and a divisive society

C) Fake news, political unrest, and climate change

D) Ukraine war, suicide rates, and the Opioid epidemic

Ans: A

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

5. This type of trauma is associated with multiple traumatic events.

A) Acute trauma

B) Chronic trauma

C) Complex trauma

D) Generational trauma

Ans: C

Complexity: Difficult

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

6. This demographic is cited as having the hardest time making and keeping friends.

A) Baby Boomers

B) Gen Z

C) Millennials

D) Gen X

Ans: B

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

7. Regarding “healthy grieving,” rituals in the grieving process do the following *except*:

A) rituals help suppress anger.

B) rituals help people cope with anxiety.

C) rituals help increase comfort with the unknown.

D) rituals help promote a sense of community.

Ans: A

Complexity: Difficult

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

8. Experts have a new name associated with the stress of climate change, which is:

A) climate adaptation.

B) climate anxiety.

C) climate refugees.

D) climate deniers.

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

True/ False

1. As employees returned to work after the pandemic, many chose not to return, leading to what has become known as the great resignation.

Ans: True

Complexity: Easy

Ahead: Introduction

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

2. Health experts agree that mental health issues are the same now as before the COVID-19 pandemic.

Ans: False

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

3. A new term used by stress experts to describe people (and communities) dealing with climate Change is Climate resiliency.

Ans: True

Complexity: Moderate

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

4. Collective trauma is best described as the combination of two acute traumatic events.

Ans: False

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

5. The COVID-19 pandemic is considered by health experts to be a traumatic event.

Ans: True

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

Essay

1. Please define the following terms or concepts in no more than two sentences and give an example to support your definition.

A) Climate resiliency

Complexity: Moderate

Ans: Answers will vary.

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

B) Acute trauma

Ans: Answers will vary.

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

C) Chronic trauma

Ans: Answers will vary.

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

D) Complex trauma

Ans: Answers will vary.

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

E) Collective trauma

Ans: Answers will vary.

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

F) Intergenerational trauma

Ans: Answers will vary.

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

2. Please answer the following questions as an essay. Begin with an opening statement, document and outline your content in a clear, succinct manner, and end with a concluding statement. Please explain the nature of trauma, including the several types of trauma (please give examples).

Ans: Answers will vary.

Complexity: Difficult

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency, Eleventh Edition

Brian Luke Seaward

Test Bank

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

Multiple Choice

1. As discussed in Chapter 1, all but one of these are considered dramatic issues in our changing world.

- A) Climate change
- B) Flooding
- C) Economic uncertainty
- D) A divisive society

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

2. This item is considered important to reduce stress in times of an emergency.

- A) Screen device
- B) Grab and go bag
- C) Cash and credit cards
- D) Stash of food

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

3. This is not considered to be included in the model of healthy grieving.

- A) Acknowledge your pain
- B) Seek out support
- C) Be aware of emotional grief triggers
- D) Escape with books or movies

Ans: D

Complexity: Moderate

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

4. These three topics are highlighted in Chapter 1 as issues in an upside down world.

- A) Climate change, economic uncertainty, and a divisive society
- B) Political unrest, climate change, and a divisive society
- C) Fake news, political unrest, and climate change
- D) Ukraine war, suicide rates, and the Opioid epidemic

Ans: A

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

5. This type of trauma is associated with multiple traumatic events.

- A) Acute trauma
- B) Chronic trauma
- C) Complex trauma
- D) Generational trauma

Ans: C

Complexity: Difficult

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

6. This demographic is cited as having the hardest time making and keeping friends.

- A) Baby Boomers
- B) Gen Z
- C) Millennials
- D) Gen X

Ans: B

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

7. Regarding “healthy grieving,” rituals in the grieving process do the following *except*:

- A) rituals help suppress anger.
- B) rituals help people cope with anxiety.
- C) rituals help increase comfort with the unknown.
- D) rituals help promote a sense of community.

Ans: A

Complexity: Difficult

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Evaluating/Creating

8. Experts have a new name associated with the stress of climate change, which is:

- A) climate adaptation.
- B) climate anxiety.
- C) climate refugees.
- D) climate deniers.

Ans: B

Complexity: Easy

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

True/False

1. As employees returned to work after the pandemic, many chose not to return, leading to what has become known as the great resignation.

Ans: True

Complexity: Easy

Ahead: Introduction

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

2. Health experts agree that mental health issues are the same now as before the COVID-19 pandemic.

Ans: False

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

3. A new term used by stress experts to describe people (and communities) dealing with climate Change is Climate resiliency.

Ans: True

Complexity: Moderate

Ahead: Colossal Sources of Stress in the Current Landscape

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

4. Collective trauma is best described as the combination of two acute traumatic events.

Ans: False

Complexity: Moderate

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Applying/Analyzing

5. The COVID-19 pandemic is considered by health experts to be a traumatic event.

Ans: True

Complexity: Easy

Ahead: Trauma: A Colossal Mental Health Crisis on Our Hands

Subject: Chapter 1

Title: Living in an Upside Down World

Taxonomy: Remembering/Understanding

