

Emotions, Stress, and Health

Overview






Emotions are responses of the whole individual, involving physiological arousal, expressive behaviors, and conscious experience. Chapter 12 first discusses several theoretical controversies concerning the relationship and sequence of the components of emotion, primarily regarding whether the body's response to a stimulus causes the emotion that is felt and whether thinking is necessary to and must precede the experience of emotion. After describing the physiology of emotion and emotional expressiveness, the chapter examines the components of emotion in detail, particularly as they relate to the emotions of anger and happiness.

Behavioral factors play a major role in maintaining health and causing illness. The effort to understand this role more fully has led to the emergence of the interdisciplinary field of behavioral medicine. The subfield of health psychology is psychology's contribution to behavioral medicine, while neuroimmunology focuses on mind-body interactions.

Chapter 12 addresses key topics in health psychology. First and foremost is stress—its nature, its effects on the body, psychological factors that determine how it affects us, and how stress contributes to heart disease, infectious diseases, and cancer. The chapter concludes by looking at physical and psychological factors that promote good health, including aerobic exercise, relaxation, mindfulness, faith, and social support.

NOTE: Answer guidelines for all Chapter 12 questions begin on page 296.

Outline

-  Introduction to Emotion
-  Expressing Emotion
-  Experiencing Emotion
-  Stress and Illness
-  Health and Coping

Instructions

First, skim each section, noting headings and boldface items. After you have read the section, review each objective by answering the fill-in, essay-type, and multiple-choice questions for that section. In some cases, Study Tips explain how best to learn a difficult concept and Applications and Section Reviews help you to know how well you understand the material. Finally, try to define the important terms and concepts using your own words. As you proceed, evaluate your performance by consulting the answers on page 296. Do not continue with the next section until you understand each answer. If you need to, review or reread the section in the textbook before continuing.

Before You Move On includes activities that test you on material from the entire unit.



Introduction to Emotion

Emotion: Arousal, Behavior, and Cognition

Objective 12-1: Describe how arousal, cognition, and expressive behavior interact in emotion.

- Emotions have three components: _____
_____, _____,
_____, and _____.
- According to the James-Lange theory, emotional states _____ (precede/follow) bodily responses.

Describe two problems that Walter Cannon identified with the James-Lange theory.

- Cannon proposed that emotional stimuli in the environment are routed simultaneously to the _____, which results in awareness of the emotion, and to the _____ nervous system, which causes the body's reaction. Because another scientist concurrently proposed similar ideas, this theory has come to be known as the _____ theory.
- Cannon's theory _____ (is/is not) contradicted by the fact people with high spinal cord injury _____ (do/do not) report a change in their emotions' intensity.

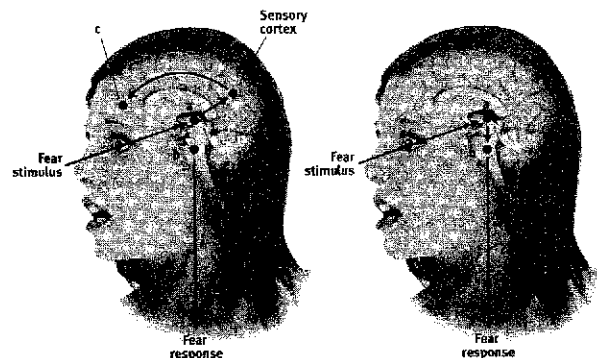
Objective 12-2: Explain whether we must consciously interpret and label emotions in order to experience them.

- The two-factor theory of emotion proposes that emotion has two components: _____ arousal and a _____ label. This theory was proposed by _____ and _____.

- The *spillover effect* refers to occasions when our _____ response to one event carries over into our response to another event.
- Schachter and Singer found that physically aroused college men told that an injection would cause arousal _____ (did/did not) become emotional in response to the experimenters' accomplice's aroused behavior. Physically aroused volunteers not expecting arousal _____ (did/did not) become emotional in response to the accomplice's behavior.
- Arousal _____ emotion; cognition _____ emotion.
- Robert Zajonc believes that the feeling of emotion _____ (can/cannot) precede our cognitive labeling of that emotion.

Cite two pieces of evidence that support Zajonc's position.

- A pathway from the _____ via the (a) _____ to the (b) _____ enables us to experience emotion before _____. For more complex emotions, sensory input is routed through the (c) _____ for interpretation.



11. The researcher who disagrees with Zajonc and argues that most emotions require cognitive processing is _____. According to this view, emotions arise when we _____ an event as beneficial or harmful to our well-being.

12. Complex emotions are affected by our _____ and _____.

Express some general conclusions that can be drawn about cognition and emotion.

STUDY TIP/APPLICATION: The theories of emotion discussed in this section seem so similar that it's often hard to tell them apart. As you think about the theories, remember: The theories differ in the order of importance they assign to the three components of emotions: physical arousal (increased heart rate, for example), the expression of the emotion (feeling angry, for example), and the importance of cognitive appraisal of the situation in which the emotion has occurred. To help ensure your understanding of the theories, see if you can fill in the missing information in the chart below for a common emotional experience: Hearing the screeching of a car's tires. For example, the first response might be a physical reaction such as increased heart beat or an emotional expression of fear, or it might be the opposite.

13. Theory	Stimulus Event	First Response	Second Response	Third Response
James-Lange	Screeching tires			
Cannon-Bard	Screeching tires			
Schachter-Singer	Screeching tires			

APPLICATIONS:

14. You are on your way to school to take a big exam. Suddenly, you notice that your pulse is racing and you are sweating, and so you feel nervous. This fits with the _____ theory of emotion.

15. Two years ago, Maria was in an automobile accident in which her spinal cord was severed, leaving her paralyzed from the neck down. Today, Maria finds that she experiences emotions less intensely than she did before her accident. This tends to support the _____ theory of emotion.

16. After hitting a grand-slam home run, Mike noticed that his heart was pounding. Later that evening, after nearly having a collision while driving on the freeway, Mike again noticed that his heart was pounding. That he interpreted this reaction as fear, rather than as ecstasy, can best

be explained by the _____ theory of emotion.

Embodied Emotion

Objective 12-3: Describe the link between emotional arousal and the autonomic nervous system, and explain how arousal affects performance.

17. Describe the major physiological changes that each of the following undergoes during emotional arousal
- a. heart: _____
 - b. liver: _____
 - c. respiration: _____
 - d. digestion: _____
 - e. pupils: _____
 - f. blood: _____
 - g. skin: _____

18. The responses of arousal are activated by the _____ nervous system. In response to its signal, the _____ glands release the stress hormones _____ and _____.
19. When the need for arousal has passed, the body is calmed through activation of the _____ nervous system.
20. The body's response to danger is coordinated and adaptive, preparing you to _____.

Objective 12-4: Discuss whether different emotions activate different physiological and brain-pattern responses.

21. The various emotions are associated with _____ (similar/different) forms of physiological arousal. In particular, the emotions of _____, _____, and _____ are difficult to distinguish physiologically.
22. A neural center in the brain called the _____ is activated when we experience lust, pride, and _____.
23. The emotions _____ and _____ prompt similar increased _____, but they stimulate different facial muscles.
24. The brain circuits underlying some of our emotions _____ (are/are not) different. For example, seeing a fearful face elicits greater activity in the _____ than seeing a(n) _____ face. People who have generally negative personalities, and those who are prone to _____, show more _____ lobe activity.
25. When people experience positive moods, brain scans reveal more activity in the _____.
26. Individuals with more active _____ (right/left) _____ lobes tend to be more cheerful than those in whom this pattern of brain activity is reversed.

Objective 12-5: Discuss the effectiveness of polygraphs in using body states to detect lies.

27. (Thinking Critically) The technical name for the "lie detector" is the _____.
- (Thinking Critically) Explain how lie detectors supposedly indicate whether a person is lying.

28. (Thinking Critically) How well the lie detector works depends on whether a person exhibits _____ while lying.
29. (Thinking Critically) Those who criticize lie detectors feel that the tests are particularly likely to err in the case of the _____ (innocent/guilty), because different _____ all register as _____.
30. (Thinking Critically) By and large, experts _____ (agree/do not agree) that lie detector tests are highly accurate.
31. (Thinking Critically) A test that assesses a suspect's knowledge of details of a crime that only the guilty person should know is the _____.

APPLICATIONS:

32. A student participating in an experiment concerned with physical responses that indicate emotions reports that her mouth is dry, her heart is racing, and she feels flushed. Can the emotion she is experiencing be determined?
- Yes, it is anger.
 - Yes, it is fear.
 - Yes, it is ecstasy.
 - No, it cannot be determined from the information given.

33. Julio was extremely angry when he came in for a routine EEG of his brain activity. When he later told this to the doctor, she was no longer concerned about the
- increased electrical activity in Julio's right hemisphere.
 - increased electrical activity in Julio's left hemisphere.
 - decreased electrical activity in Julio's amygdala.
 - increased electrical activity in Julio's amygdala.
34. As part of her job interview, Jan is asked to take a lie-detector test. Jan politely refuses and points out the problems with the test, which are that
- _____
 - _____
35. Nine-month-old Nicole's left frontal lobe is more active than her right frontal lobe. We can expect that, all other things being equal, Nicole
- may suffer from mild depression for most of her life.
 - may have trouble "turning off" upsetting feelings later in her life.
 - may be more cheerful than those with more active right frontal lobes.
 - may have trouble expressing feelings later in her life.
38. The Cannon-Bard theory of emotion states that
- emotions have two ingredients: physical arousal and a cognitive label.
 - the conscious experience of an emotion occurs at the same time as the body's physical reaction.
 - emotional experiences are based on an awareness of the body's responses to an emotion-arousing stimulus.
 - emotional ups and downs tend to balance in the long run.
39. Which of the following was NOT raised as a criticism of the James-Lange theory of emotion?
- The body's responses are too similar to trigger the various emotions.
 - Emotional reactions occur before the body's responses can take place.
 - The cognitive activity of the cortex plays a role in the emotions we experience.
 - People with spinal cord injuries at the neck typically experience less emotion.
40. (Thinking Critically) Current estimates are that an innocent person taking a polygraph test would have been declared guilty approximately _____ of the time.
- | | |
|------------------|---------------|
| a. three-fourths | c. one-third |
| b. one-half | d. one-fourth |

SECTION REVIEW:

36. Which division of the nervous system is especially involved in bringing about emotional arousal?
- somatic nervous system
 - peripheral nervous system
 - sympathetic nervous system
 - parasympathetic nervous system
37. Concerning emotions and their accompanying bodily responses, which of the following appears to be true?
- Each emotion has its own bodily response and underlying brain circuit.
 - All emotions involve the same bodily response as a result of the same underlying brain circuit.
 - Many emotions involve similar bodily responses but have different underlying brain circuits.
 - All emotions have the same underlying brain circuits but different bodily responses.
41. In the Schachter-Singer experiment, which college men reported feeling an emotional change in the presence of the experimenter's highly emotional confederate?
- those receiving epinephrine and expecting to feel physical arousal
 - those receiving a placebo and expecting to feel physical arousal
 - those receiving epinephrine but not expecting to feel physical arousal
 - those receiving a placebo and not expecting to feel physical arousal
42. Emotions consist of which of the following components?
- physiological reactions
 - behavioral expressions
 - conscious feelings
 - all of these components

43. (Thinking Critically) Law enforcement officials sometimes use a lie detector to assess a suspect's responses to details of the crime believed to be known only to the perpetrator. This is known as the
- inductive approach.
 - deductive approach.
 - guilty knowledge test.
 - screening examination.
44. In laboratory experiments, fear and joy
- result in an increase in heart rate.
 - stimulate different facial muscles.
 - increase heart rate and stimulate different facial muscles.
 - result in a decrease in heart rate.
45. Research with subliminally flashed stimuli supports Robert Zajonc's view that
- the heart is always subject to the mind.
 - emotional reactions involve deliberate rational thinking.
 - cognition is not necessary for emotion.
 - responding to a subliminal stimulus is a learned skill.
46. The stress hormones epinephrine and norepinephrine are released by the _____ gland(s) in response to stimulation by the _____ branch of the nervous system.
- pituitary; sympathetic
 - pituitary; parasympathetic
 - adrenal; sympathetic
 - adrenal; parasympathetic
47. Which of the following most accurately describes emotional arousal?
- Emotions prepare the body to fight or flee.
 - Emotions are voluntary reactions to emotion-arousing stimuli.
 - Because all emotions have the same physiological basis, emotions are primarily psychological events.
 - Emotional arousal is always accompanied by cognition.
48. Schachter's and Singer's two-factor theory emphasizes that emotion involves both
- the sympathetic and parasympathetic divisions of the nervous system.
 - verbal and nonverbal expression.
 - physical arousal and a cognitive label.
 - universal and culture-specific aspects.
49. Which theory of emotion emphasizes the simultaneous experience of the body's response and emotional feeling?
- James-Lange theory
 - Cannon-Bard theory
 - two-factor theory
 - Schachter-Singer theory
50. (Thinking Critically) The polygraph measures
- lying.
 - brain rhythms.
 - chemical changes in the body.
 - physiological indexes of arousal.
51. People who are exuberant and persistently cheerful show increased activity in the brain's _____
- right frontal lobe
 - left frontal lobe
 - amygdala
 - thalamus
52. Which theory of emotion implies that every emotion is associated with a unique physiological reaction?
- James-Lange theory
 - Cannon-Bard theory
 - two-factor theory
 - Schachter-Singer theory
53. Which of the following was NOT presented in the text as evidence that some emotional reactions involve no deliberate, rational thinking?
- Some of the neural pathways involved in emotion are separate from those involved in thinking and memory.
 - Emotional reactions are sometimes quicker than our interpretations of a situation.
 - People can develop an emotional preference for visual stimuli to which they have been unknowingly exposed.
 - Arousal of the sympathetic nervous system will trigger an emotional reaction even when artificially induced by an injection of epinephrine.
54. In an emergency situation, emotional arousal will result in
- increased rate of respiration.
 - increased blood sugar.
 - a slowing of digestion.
 - all of these events.

55. Several studies have shown that physical arousal can intensify just about any emotion. For example, when people who have been physically aroused by exercise are insulted, they often misattribute their arousal to the insult. This finding illustrates the importance of
- cognitive labels of arousal in the conscious experience of emotions.
 - a minimum level of arousal in triggering emotional experiences.
 - the simultaneous occurrence of physical arousal and cognitive labeling in emotional experience.
 - all of these things.
56. (Thinking Critically) Many psychologists are opposed to the use of lie detectors because
- they represent an invasion of a person's privacy and could easily be used for unethical purposes.
 - there are often serious discrepancies among the various indicators such as perspiration and heart rate.
 - polygraphs cannot distinguish the various possible causes of arousal.
 - they are accurate only about 50 percent of the time.

TERMS AND CONCEPTS TO REMEMBER:

- emotion
- James-Lange theory
- Cannon-Bard theory
- two-factor theory
- polygraph

Essay Question

Discuss biological influences on emotions. (Use the space below to list the points you want to make, and organize them. Then write the essay on a separate sheet of paper.)



Expressing Emotion

Detecting Emotion in Others

Objective 12-6: Describe how we communicate nonverbally.

- Most people are especially good at reading nonverbal _____, and we are particularly good at detecting nonverbal _____. Although we are good at detecting emotions, we find it difficult to detect _____ expressions.
- Introverts are _____ (better/worse) at reading others' emotions, whereas extraverts are themselves _____ (easier/harder) to read.
- The absence of nonverbal cues to emotion is one reason that _____ communications are easy to misread.

Gender, Emotion, and Nonverbal Behavior

Objective 12-7: Discuss whether the genders differ in their ability to communicate nonverbally.

- Women are generally _____ (better/worse) than men at detecting nonverbal signs of emotion. Women possess greater emotional _____ than men, as revealed by the tendency of men to describe their emotions in _____ terms. This gender difference may contribute to women's greater emotional _____. Although women are _____ (more/less) likely than men to describe themselves as empathic, physiological measures reveal a much _____ (smaller/larger) gender difference. Women are _____ (more/less) likely than men to express empathy.

APPLICATION:

- Pat is very accurate at reading others' nonverbal behavior and is more likely to express empathy. Based on body responses, Alex seems to feel almost as much empathy. Pat is _____ (male/female); Alex is _____ (male/female).

Culture and Emotional Expression

Objective 12-8: Explain whether gestures and facial expressions mean the same thing in all cultures.

6. Gestures have _____ (the same/different) meanings in different cultures.
7. Studies of adults indicate that in different cultures facial expressions have _____ (the same/different) meanings. Studies of children indicate that the meaning of their facial expressions _____ (varies/does not vary) across cultures. The emotional facial expressions of blind children _____ (are/are not) the same as those of sighted children.
8. According to _____, human emotional expressions evolved because they helped our ancestors communicate before language developed. It has also been adaptive for us to _____ faces in particular _____.
9. Cultures that encourage _____ display mostly visible emotions. In cultures such as that of Japan people _____ emotions from the surrounding context. This points to the importance of realizing that emotions are not only biological and psychological but also _____.

APPLICATION:

10. Who is the LEAST likely to display personal emotions openly?
 - a. Paul, a game warden in Australia
 - b. Niles, a stockbroker in Belgium
 - c. Deborah, a physicist in Toronto
 - d. Yoko, a dentist in Japan

The Effects of Facial Expressions

Objective 12-9: Describe how facial expressions influence our feelings.

11. Darwin believed that when an emotion is accompanied by an outward facial expression, the emotion is _____ (intensified/diminished).
12. In one study, students who were induced to _____ reported feeling a little angry.
13. The _____ effect occurs when expressions amplify our emotions by activating muscles associated with specific states.
14. Studies have found that imitating another person's facial expressions _____ (leads/does not lead) to greater empathy with that person's feelings.
15. Similarly, moving our body as we would when experiencing a particular emotion causes us to feel that emotion. This is the _____ effect.

APPLICATIONS:

16. The candidate stepped before the hostile audience, panic written all over his face. It is likely that the candidate's facial expression caused him to experience
 - a. a lessening of his fear.
 - b. an intensification of his fear.
 - c. a better understanding of the audience.
 - d. a desire to run from the scene.
17. Children in New York, Nigeria, and New Zealand smile when they are happy and frown when they are sad. This suggests that
 - a. children imitate the facial expressions of their parents.
 - b. some emotional expressions are learned at a very early age.
 - c. the children have not yet learned their culture's form of expressiveness.
 - d. facial expressions of emotion are universal and biologically determined.

SECTION REVIEW:

18. Research on nonverbal communication has revealed that
 - a. it is easy to hide your emotions by controlling your facial expressions.
 - b. facial expressions tend to be the same the world over, while gestures vary from culture to culture.
 - c. most authentic expressions last between 7 and 10 seconds.
 - d. most gestures have universal meanings; facial expressions vary from culture to culture.
19. With regard to emotions, Darwin believed that
 - a. the expression of emotions helped our ancestors to survive.
 - b. all humans express basic emotions using similar facial expressions.

- c. human facial expressions of emotion retain elements of animals' emotional displays.
 - d. all of these statements are true.
20. Which of the following is true regarding gestures and facial expressions?
- a. Gestures are universal; facial expressions, culture-specific.
 - b. Facial expressions are universal; gestures, culture-specific.
 - c. Both gestures and facial expressions are universal.
 - d. Both gestures and facial expressions are culture-specific.

TERMS AND CONCEPTS TO REMEMBER:

- 21. facial feedback effect
- 22. behavior feedback effect

Essay Question

Discuss cultural influences on emotions. (Use the space below to list the points you want to make, and organize them. Then write the essay on a separate sheet of paper.)

2. Throughout the world, people place emotions along two dimensions: _____, which refers to whether a feeling is _____ or _____, and high versus low _____.

Anger

Objective 12-11: Identify the causes and consequences of anger.

- 3. Most people become angry when another person's act seems _____, _____, and _____.
- 4. The belief that expressing pent-up emotion is adaptive is most commonly found in cultures that emphasize _____. This is the _____ hypothesis. In cultures that emphasize _____, such as those of _____ or _____, expressions of anger are less common.
- 5. Psychologists have found that when anger has been provoked, retaliation may have a calming effect under certain circumstances. List the circumstances.
 - a. _____
 - b. _____
 - c. _____

Identify some potential problems with expressing anger.



Experiencing Emotion

Objective 12-10: Name some basic emotions, and describe two dimensions that help to differentiate them.

- 1. Carroll Izard believes that there are _____ basic emotions, most of which _____ (are/are not) present in infancy. Although others claim that emotions such as pride and love should be added to the list, Izard contends that they are _____ of the basic emotions.

- 6. List three suggestions offered by experts for handling anger.
 - a. _____
 - b. _____
 - c. _____
- 7. If used wisely, anger can communicate _____ and _____, and it can motivate people to take action and achieve _____.

8. Researchers have found that students who _____ someone who had hurt them had increased _____ to brain regions that help people understand their own emotions and make socially appropriate decisions.

APPLICATIONS:

9. Who will probably be angrier after getting a parking ticket?
 a. Bob, who has just awakened from a nap
 b. Veronica, who has just finished eating a big lunch
 c. Dan, who has just completed a tennis match
 d. Alicia, who has been reading a romantic novel
10. Marysol was so mad at her brother that she exploded at him when he entered her room. That she felt less angry afterward is best explained by
 a. a negative valence.
 b. physiological arousal.
 c. bloodflow to the amygdala.
 d. catharsis.
11. Expressing anger can be adaptive when you
 a. retaliate immediately.
 b. have mentally rehearsed all the reasons for your anger.
 c. count to 10, then blow off steam.
 d. first wait until the anger subsides, then deal with the situation in a civil manner.

Happiness

Objective 12-12: Define the *feel-good, do-good phenomenon*, and describe the focus of positive psychology research.

12. Happy people tend to perceive the world as _____ and feel more _____. They are _____ and live more energized and satisfied lives.
13. Happy people are also _____ (more/less) willing to help others. This is called the _____ phenomenon.
14. Researchers working in the area of _____ use scientific methods to study human flourishing. In particular, they are studying positive _____ and _____.

15. An individual's self-perceived happiness or satisfaction with life is called his or her _____.

Objective 12-13: Describe how time, wealth, adaptation, and comparison affect our happiness levels.

16. Tracking positive and negative emotion words in billions of Facebook entries, a social psychologist found that the most positive mood days of the week are _____ and _____.
17. Positive emotions _____ (rise/fall) in the early to middle part of most days. The gloom of stressful events usually _____ (is gone by/continues into) the next day.
18. After experiencing tragedy or dramatically positive events, people generally _____ (regain/do not regain) near-normal levels of happiness.
19. Most people tend to _____ (underestimate/overestimate) the duration of emotions and _____ (underestimate/overestimate) their resiliency and capacity to adapt.
20. Researchers have found that, after people achieve a certain level of income, money _____ (does/does not) increase their feelings of happiness.
21. During the last half-century, buying power in the United States has almost tripled; personal happiness has _____ (increased/decreased/remained almost unchanged). Those who strive hardest for wealth tend to live with _____ (higher/lower) well-being.
22. Research has demonstrated that people generally experience a higher quality of life and greater well-being when they strive for _____ than when they strive for _____.
23. The idea that happiness is relative to one's recent experience is stated by the _____ phenomenon.

Explain how this principle accounts for the fact that, for some people, material desires can never be satisfied.

24. The principle that one feels worse off than others is known as _____. This helps to explain why the middle- and upper-income people who compare themselves with the relatively poor are _____ (more/less/equally) satisfied with life.

25. Over the last half-century, inequality in Western countries has _____ (increased/decreased). Places with great inequality have higher _____ rates, _____ and _____ and lower _____.

Objective 12-14: Identify some predictors of happiness.

26. List six factors that have been shown to be positively correlated with feelings of happiness.
- _____
- _____
- _____
- _____
- _____
- _____
27. List four factors that are evidently unrelated to happiness.
- _____
- _____
- _____
- _____

28. Research studies of identical and fraternal twins have led to the estimate that _____ percent of the variation in people's happiness ratings is heritable. But personal history and _____ also matter.

State several research-based suggestions for increasing your satisfaction with life.

APPLICATIONS:

29. As elderly Mr. Hooper crosses the busy intersection, he stumbles and drops the packages he is carrying. Which passerby is most likely to help Mr. Hooper?
- a. Drew, who has been laid off from work for three months
 - b. Leon, who is on his way to work
 - c. Bonnie, who earned her doctoral degree the day before
 - d. Nancy, whose father recently passed away
30. Cindy was happy with her promotion until she found out that Janice, who has the same amount of experience, receives a higher salary. Cindy's feelings are BEST explained according to
- a. the adaptation-level phenomenon.
 - b. subjective well-being.
 - c. the catharsis hypothesis.
 - d. the principle of relative deprivation.
31. When Professor Simon acquired a spacious new office, he was overjoyed. Six months later, however, he was taking the office for granted. His behavior illustrates the
- a. relative deprivation principle.
 - b. adaptation-level phenomenon.
 - c. catharsis theory.
 - d. valence of emotion.

SECTION REVIEW:

32. Which of the following is true regarding happiness?
- People with less education tend to be happier.
 - Beautiful people tend to be happier than plain people.
 - Women tend to be happier than men.
 - People who are socially outgoing or who exercise regularly tend to be happier.
33. Catharsis will be most effective in reducing anger toward another person if
- you wait until you are no longer angry before confronting the person.
 - the target of your anger is someone you feel has power over you.
 - your anger is directed specifically toward the person who angered you.
 - the other person is able to retaliate by also expressing anger.
34. Research suggests that people generally experience the greatest well-being when they strive for
- wealth.
 - modest income increases from year to year.
 - slightly higher status than their friends, neighbors, and co-workers.
 - intimacy and personal growth.
35. Research indicates that a person is most likely to be helpful to others if he or she
- is feeling guilty about something.
 - is happy.
 - recently received help from another person.
 - recently offered help to another person.
36. A graph depicting the course of positive emotions over the hours of the day since waking would
- start low and rise steadily until bedtime.
 - start high and decrease steadily until bedtime.
 - remain at a stable, moderate level throughout the day.
 - rise over the early hours and fall during the day's last several hours.
37. When students studied others who were worse off than themselves, they felt greater satisfaction with their own lives. This is an example of the principle of
- relative deprivation.
 - adaptation level.
 - behavioral contrast.
 - opponent processes.
38. Izard believes that there are _____ basic emotions.
- 3
 - 5
 - 7
 - 10
39. Concerning the catharsis hypothesis, which of the following is true?
- Expressing anger can be temporarily calming if it does not leave one feeling guilty or anxious.
 - The arousal that accompanies unexpressed anger never dissipates.
 - Expressing one's anger always calms one down.
 - Psychologists agree that under no circumstances is catharsis beneficial.
40. When he asked people how they handled anger, James Averill found that they often recalled
- reacting hurtfully.
 - walking away from the situation.
 - reacting assertively.
 - internalizing the anger.
41. Which of these factors have researchers NOT found to correlate with happiness?
- age
 - high self-esteem
 - religious faith
 - optimism

TERMS AND CONCEPTS TO REMEMBER:

- catharsis
- feel-good, do-good phenomenon
- positive psychology
- subjective well-being
- adaptation-level phenomenon
- relative deprivation