

populations of those two regions (which include India and China, for example)," said the WHO report.

Although there are known, effective treatments for depression, fewer than half of those affected in the world (in many countries, fewer than 10%) receive such treatments, added the WHO report. Barriers to effective care include lack of resources, dearth of trained health-care providers, and social stigma associated with mental disorders. India, for instance, has less than 4,000 psychiatrists to treat its mentally ill people.

The WHO report also said that inaccurate assessment was another barrier to effective care. "In countries of all income levels, people who are depressed are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed anti-depressants," it added.

QUESTIONS

A. Multiple Choice Questions :

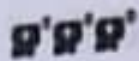
- _____ is the healthy, positive and developmental stress response.
 - Distress
 - Eustress
 - Hypostress
 - Burnout
- _____ is the unhealthy and negative stress response.
 - Mistress
 - Hyperstress
 - Distress
 - Eustress
- _____ may be classified as the extreme low side of Eustress.
 - Hypostress
 - Hi-stress
 - Low-stress
 - Distress
- _____ are psychologically or physically demanding events or circumstances.
 - stressifiers
 - Stressors
 - stressites

- stressants
- Overeating is a _____ symptom of stress.
 - Physiological
 - Psychological
 - Internal
 - behavioural
 - _____ people get irritated by minor mistakes of self and others.
 - Type B
 - Type A
 - Type One
 - Type X
 - _____ is not an organizational stressor.
 - Task Demand
 - Role demand
 - Leadership
 - Life changes
 - The _____ model proposes that for an employee to be successful in any job, he needs to have some degree of autonomy.
 - Job Characteristics
 - Diathesis-Stress
 - Jobs-Demand
 - Person Environment Fit
- [Ans. : (1 - b), (2 - c), (3 - a), (4 - b), (5 - d), (6 - b), (7 - d), (8 - a)]

B. Match the following :

Column A	Column B
1. Person Environment Fit	a) physiological
2. Eustress	b) Cause of stress
3. Burnout	c) aptitude -job match
4. Insomnia	d) Exhaustion
5. Work Overload	e) Positive stress

[Ans. : (1 - c), (2 - e), (3 - d), (4 - a), (5 - b)]



C. State whether True or False :

1. Stress is always detrimental.
- ~~2.~~ The stress response is the body's way of protecting you.
3. Stressors are only physiological in nature.
- ~~4.~~ Change in technology is an environmental source of stress.
5. Job dissatisfaction is a behavioural symptom of stress.
- ~~6.~~ Role Conflict takes place when people have different expectations from the performing a particular role.

[Ans. : [(True : 2, 4, 6) (False : 1, 3, 5)]]

D. Answer in one sentence :

1. Define Stress.
2. How does work underload lead to stress?
3. Define Hyperstress.
4. What is Burnout?
5. List out any two group stressors.
6. What are extra organizational stressors?
7. Explain the Diathesis-Stress Model.

E. Answer in brief :

1. Distinguish between Stress and Burnout.
2. Elaborate on Work Stress Model.
3. What are the impacts of Stress on Performance?
4. Enlist the main causes of stress outside work or organization.
5. State the various physiological symptoms of stress.
6. Write a note about Environmental Factors leading to stress.
7. What are the characteristics of stress?



QUESTIONS

A. Multiple Choice Questions:

- _____ is a feeling of apprehension and fear, characterized by physical symptoms.
 - headache
 - anxiety
 - nausea
 - cardiac arrest
- _____ is the most common anxiety disorder.
 - Generalized anxiety disorder
 - Panic disorder
 - Phobia
 - anger
- _____ is an anxiety disorder characterized by thoughts or actions that are repetitive, distressing, and intrusive.
 - OCD
 - trauma
 - inconvenience
 - tension
- _____ is an irrational fear and avoidance of an object or situation.
 - anger
 - anxiety
 - phobia
 - mental imbalance
- The idea of relaxation in psychology was popularized by _____.
 - Philip Kotler
 - Sigmund Freud
 - Marshall
 - Dr. Edmund Jacobson
- _____ may help you reinforce a positive vision of yourself.
 - Guided imagery
 - Motivation
 - Appreciation
 - esteem
- _____ is a specifically, designed programme to solve the personal problems of executives.
 - Appraisal
 - Open door policy
 - Employee Assistance Programme
 - Grievance interview
- The _____ technique to stress management deals with identifying our thoughts or having internal conversation.



- cognitive
- action oriented
- Relaxation

[Ans. : [(1 - b), (2 - a), (3 - a), (4 - c), (5 - d), (6 - a), (7 - c), (8 - b)]

B. Match the following :

Column A	Column B
1. Social anxiety disorder	a) Prioritize
2. Anxiety	b) Relaxation technique
3. Body scan	c) Fear of humiliation
4. Time Management	d) Organizational stress management
5. Job enrichment	e) tension

[Ans. (1 - c), (2 - e), (3 - b), (4 - a), (5 - d)]

C. State whether True or False :

- Brief or sudden attacks of intense terror and apprehension characterize panic disorder.
- Repetitive prayer technique is only appealing to those who are religious.
- Delegation of responsibilities leads to poor time management.
- The acceptance-oriented techniques help us survive the situations that we genuinely cannot change.
- The health realization / innate health model of stress is founded on the idea that stress does not necessarily follow the presence of a potential stressors.
- Career planning and counseling is one of the organizational techniques of stress management.

[Ans. : [(True : 1, 4, 5) (False : 2, 3, 6)]

D. Answer in one sentence :

- Define anxiety.
- Explain Obsessive-compulsive disorder.

angry that his schedule turned out this way, and he complained bitterly about it to anyone who would listen. Then he got into an argument with his roommate, who was listening to music while James was trying to study.

The night before his exams, James studied at the library all night. He skipped breakfast the next morning because he wanted get to the classroom early. The teacher passed out the test and James began to read it. He felt absolute panic. All the typing on the page was running together, his vision was blurred, and he couldn't remember anything. The longer he sat there, the worse it got. Finally, he decided to guess on the questions and get out of the room as fast as he could. He was so upset that he skipped his next two finals as well. He spent the rest of the day hiding out in his bed, wondering what he was going to do and how he was going to tell his mother he flunked out of school.

DISCUSSION QUESTIONS

1. Is there anything James could have done to handle this situation better?
2. What was the cause of tension between James and his roommate?
3. What are some test-taking strategies that would have helped him do better on the test?
4. Should James approach his teachers about what happened with his final exams? What would be the best way for him to do this?
5. If you were James's professor, how would you handle this situation?

QUESTIONS

A. Multiple Choice Questions :

1. _____ model is also called as the Innate Health Model of Stress.
 - a) Transactional
 - b) Health realization
 - c) Occupational
 - d) None
2. General Adaptation Syndrome is proposed by _____.
 - a) Richard Lazarus
 - b) Susan Folkman
 - c) Hans Selye
 - d) Philip Kotler
3. The _____ stage can be referred to as the gate towards burnout or stress overload.
 - a) Alarm

b) Resistance

c) initial

d) exhaustion

4. Digestive disorder is an example of ____ response to stress.

a) physiological

b) psychological

c) behavioural

d) cognitive

5. Addictive/excessive behavior is an example of ____ response to stress.

a) cognitive

b) behavioural

c) physiological

d) psychological

6. Neurodegenerative diseases are ____ response to stress.

a) psychological

b) physiological

c) cognitive

d) behavioural

7. ____ prevention strategies are the only ones that reduce or eliminate mental health problems at work at their source.

a) Tertiary

b) Optional

c) Primary

d) Secondary

8. ____ prevention aims to help individuals develop the knowledge to manage their reactions to stress.

a) Tertiary

b) Optional

c) Primary

d) Secondary

[Ans. : [(1 - b), (2 - c), (3 - d), (4 - a), (5 - c), (6 - c), (7 - c), (8 - d)]

B. Match the following :

Column A	Column B
1. Meditation	a) breathe control
2. Pranayama	b) rehabilitation
3. Music therapy	c) Cognitive Appraisal
4. Tertiary prevention strategies	d) Science
5. Transactional Model	e) stimulates endorphins

[Ans. : (1 - d), (2 - a), (3 - e), (4 - b), (5 - c)]

C. State whether True or False :

- According to transactional model, stress results from individual's inability to satisfy demands.
- Resistance stage is the initial reaction of the body to stress.
- Withdrawal is a common physiological symptom of stress.
- Yoga can have a positive effect on the parasympathetic nervous system.
- Tertiary prevention activities are often part of employee assistance programs.
- You must close your eyes when meditating.

[Ans. : [(True: 1, 4, 5) (False: 2, 3, 6)]

D. Answer in one sentence :

- Define meditation.
- What is Pranayama?
- Explain the Alarm stage of the GAS model.
- List out an advantage of tertiary prevention strategies.
- What is Music therapy?
- List out an advantage of primary prevention strategies.

E. Answer in brief :

- Elaborate on the Models to Stress Management.
- Explain the General Adaption Syndrome.

6. Stress thermometer

Just like the others, the stress thermometer measures the skin's temperature to determine your stress level. If it reads 87 to 91 degrees Fahrenheit, then you are relaxed, below 84 degrees Fahrenheit and you're nervous or stressed. This device is affordable and is easy to use. Response time is also fast as the reading changes every 2 seconds.



QUESTIONS

A. Multiple Choice Questions :

- _____ is a positive form of stress having a beneficial effect on performance.
 - Distress
 - Eustress
 - Mistress
 - Plus stress
- In _____, people are taught to recognize and change negative thought patterns.
 - Psychotherapy
 - Music therapy
 - Cognitive Behaviour therapy
 - None
- _____ type of therapy takes place with the help of a mental health professional.
 - Alternative therapy
 - Psychotherapy
 - Music therapy
 - Hypnotherapy
- _____ is usually less directive than usual physical medical help
 - Homeopathy
 - Surgery
 - Counseling
 - Yoga

5. _____ involves a change in the employee's psychic self through a change in basic goals and values.
- Meditation
 - Psychotherapy
 - Communication
 - Reorientation
6. In _____ of the Stress audit, the audit plan is carefully presented within the organization.
- Phase 3
 - Phase 5
 - Phase 1
 - Phase 0
7. In a mood card, _____ means that your brain is active.
- Yellow
 - Blue
 - Red
 - Green
8. Release of Emotional Tension is sometimes called _____.
- emotional catharsis
 - emotional breakdown
 - emotional turmoil
 - emotional therapy

[Ans. : [(1 - b), (2 - c), (3 - b), (4 - c), (5 - d), (6 - c), (7 - d), (8 - a)]

9. Match the following :

Column A	Column B
Activities of Counselling	a) Eustress
Stages of counseling	b) assessment of stress
Expressive therapies	c) Reassurance
Competition	d) Explore
Stress audit	e) music therapy