

Stress and Models of Stress — Practice Worksheet

This worksheet covers types of stress and stressors, and the three models of stress: GAS, the Social Readjustment Scale, and the Transactional Theory.

Part A — Stress and stressors

Q1. Define the term 'stress'. *(1 mark)*

Q2. Contrast Selye's (1983) constructs of distress and eustress. *(4 marks)*

Q3. List four types of stressors. *(4 marks)*

One: _____

Two: _____

Three: _____

Four: _____

Part B — General Adaptation Syndrome

Q4. Describe the three stages of the General Adaptation Syndrome and the heart-rate pattern associated with each. *(12 marks)*

Part C — Other models of stress

Q5. Name the tool Holmes and Rahe (1967) developed, and state the type of data it produces. (2 marks)

Q6. Outline the role of cognitive appraisal (primary and secondary) and the two methods of coping in Lazarus and Folkman's (1984) Transactional Theory. (4 marks)

Three models, three ideas: GAS treats stress as a bodily response (alarm → resistance → exhaustion); Holmes and Rahe treat it as a stimulus (life events); Lazarus and Folkman treat it as a transaction (appraisal and coping).