

Stress in Illness – Questions by Topic

Q1.

During the last few months, Paula has suffered from headaches and colds, and has been having difficulty sleeping. She decided to keep a diary and found that her headaches, colds and sleep problems were associated with experiences such as having too much homework, losing house keys and being stuck in traffic.

(a) What is the name for these sorts of stress-related experiences?

(1)

(b) Use your knowledge of psychology to explain why Paula might be feeling unwell.

(4)

(Total 5 marks)

Q2.

Sandy and Vandita play for the same netball team. Two weeks ago, while playing in a competition, they both grazed their elbows. Vandita's wound is healing well, but Sandy's wound is taking much longer to heal. Sandy is very worried about the plans for her wedding and her forthcoming house move.

Using your knowledge of psychology, explain why Sandy's wound is taking longer to heal than Vandita's.

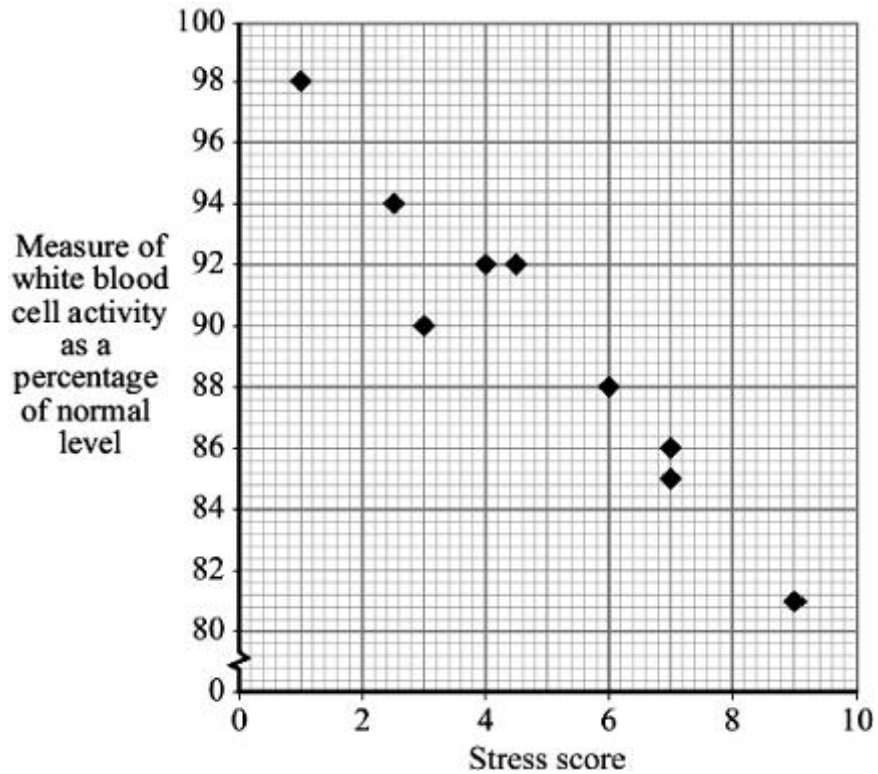
(Total 4 marks)

Q3.

One measure of the functioning of the immune system is the level of activity of white blood cells.

What does the graph below tell you about the relationship between stress and the level of activity of white blood cells?

Relationship between stress and the level of activity of white blood cells



(Total 2 marks)

Q4.

Discuss the role of stress in illness.

(Total 16 marks)

Q5.

Outline and evaluate research into the relationship between the immune system and stress-related illness.

(Total 12 marks)