1. One way to look is to think of stress as any extreme _____________________________.

2. ____________________________ illnesses are health problems that are caused primarily by ____________________________ factors rather than physical ones.

3. How did Holmes and Rahe decide to measure life stress?

4. Examine table 23-1 on page 178. What are the five greatest stressors on the Social Readjustment Rating Scale?

   a. Go through the list and identify which stressors have occurred in your own life over the past 12 months. Answer the questions below:

      i. How many different stressors did you identify as true of you? _________

      ii. Add up the stressors. What’s your total “LCU score”? _____________

      iii. According to figure 23-1 on page 179, what is your percentage likelihood of experiencing a major health change based on your “LCU score”? ______

5. True or false (circle one): Research has demonstrated that certain events such as those that are sudden, negative, and out of your control are more predictive of illness than are positive, controllable life changes.

6. How does the Perceived Stress Scale developed by Cohen, Kamarch, and Mermelstein differ from the SRRS?

7. Why might the SRRS not be as appropriate to use in “collectivist” cultures?

8. Among Rahe’s four factors that he suggested must be considered to predict psychosomatic illness, which one do you believe plays the biggest role? Explain/defend your answer.