

Behavioral Medicine  
Exam 2  
Review

Questions: 65 Multiple Choice  
Chapters: 5,6,7

Chapter 5

1. Divisions of the nervous system
2. Specific physiological and behavioral effects of the sympathetic nervous system
3. What is the Fight/Flight response  
What are the neurotransmitters and hormones involved?  
What are the behavioral and physiological outcomes?
4. What is the adrenomedullary response
5. What is the adrenocortical response
6. What is Lazarus' theory of stress (Appraisals and all that)
7. What is Selye's theory of stress (General Adaptation Syndrome)
8. Emotion focused and problem focused coping
9. The role of social support in coping and how it is different by gender
10. Size vs. quality of network
11. Ways to improve social support
12. Perceived control and the Langer study on perceived control

Chapter 6

1. What is the structure and purpose of the immune system
2. What is the nonspecific immune response
3. What is the specific immune response
4. What are the disorders of the immune system
5. Know what psychoneuroimmunology is
6. What is the diathesis-stress model
7. How does stress lead to disease
8. Know something about the research with stress and colds and the study on unemployment (on the slides)
9. What is reactivity and what does it mean

Chapter 7

1. What is the anatomy and physiology of the somatosensory system
2. Know gate control theory and how to open and close the gate
3. Types of pain
4. Chronic vs acute pain
5. Burns 2006 study
6. Pharmacological treatments for pain (ways they work, effectiveness, side-effects)
7. Other medical treatment for pain (surgery, massage, acupuncture)
8. Forms of relaxation training ... mindfulness
9. Cognitive behavioral therapy for pain (inoculation)