Risk factors for HIV/AIDS include: A. oral sex B. sharing intravenous needles 
D. A&B 

Based on the discussion in class, as well as the information in the stress book, which of the following infections has the highest occurrence among (incoming) freshmen? 
D. meningococcal 

BBQ #7 (Chapters 8-16)
Which of the following is incorrect? (A. Hepatitis B is extremely contagious. B. Meningitis is 2.6 times greater in the college student population versus the non-college student population. C. Meningitis and Hepatitis B are listed as potential sources of environmental stressors. )
D. Close dormitory living quarters do not contribute to infectious diseases associated with college students. 

Kobasa was associated with (A. hardiness B. control C. challenge)
D. all the above 

The main areas of stress outcomes include (A. physical effects B. behavior effects C. cognitive effects)
D. all the above 

As mentioned in the book, there are approximately 3-6 million teenagers and young adults struggling with_____.
C. Panic Disorders 

Although stress has been viewed in the past as a casual factor for ulcers, recent evidence suggests that ulcers may also be caused by...
C. a bacterium called Helicobacter Pylori 

Reactive hypoglycemia refers to
A. high consumption of sugars within a limited amount of time 

As discussed in class, post-traumatic stress and critical incident stress are associated with
D. distress 

Which hormone literally provides the fuel of battle (i.e the fight-or-flight response)?
A. Cortisol 

Being a perfectionist, having unrealistic expectations and engaging in negative self-talk fall under which of the following categories in the book?
D. Mind traps

Which of the following is correct? 
B. Frustration= blocked aspirations + needs + desires