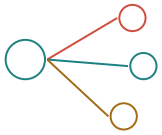
5.1 / Introduction to Health Psychology



Name _____ Date _____

1 Make the connection.

Explain each concept in your own words. Add a brief example that shows why it fits.

Health psychology

Eustress

Distress

Daily hassles

2 Build the explanation.

A demand and its context. Build the stress model.

Choose from the pieces below. Some do not belong. Write a letter in each position and explain the connection.

A. The team evaluates demands alongside available time and help.

B. The challenge may feel manageable or overwhelming depending on context.

C. Everyone must have the same reaction to the same event.

D. A fictional team faces overlapping deadlines.

External demand - Piece: _____

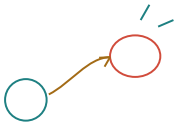
Appraisal and resources - Piece: _____

Possible experience - Piece: _____

Show the connection.

Sketch a diagram or example that connects two ideas. Label the parts.

Use the idea. Explain the connection.



3 Choose, then explain.

1. Which classroom design protects learners while teaching ACE research?

A. Rank classmates by an adversity score.

B. Analyze invented aggregate data without collecting personal histories.

C. Require every student to disclose childhood adversity.

My choice: _____ Why it fits:

2. Simulated study: the researchers tell participants they may stop without penalty. Which safeguard is described?

A. Right to withdraw

B. An unstated guarantee of anonymity

C. A treatment plan

My choice: _____ Why it fits:

4 Bring it together.

Distinguish a controllable stressor from the emotional response to it.

One idea I corrected: _____

One question I still have: _____