

UNIT 8B — EMOTIONS, STRESS AND HEALTH

Vocabulary Term	Definition of Term	Example
Emotion	Response of the whole organism, involving (1) psychological arousal, (2) expressive behaviors, and (3) conscious experience.	Angry, sad, happy etc.
James-Lange theory	Theory that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuli.	Afraid cause we tremble, feel sorry when we cry, etc.
Cannon-Bard theory	Theory that an emotion-arousing stimulus simultaneously triggers (1) physiological responses and (2) the subjective experience of emotion.	Heart pounding when experiencing fear.
Two-factor theory	Schachter-Singer theory that to experience emotion one must (1) be physically aroused and (2) cognitively label the arousal.	Perceptions, memories, and interpretations-together create emotion.
Polygraph	A machine, commonly used in attempts to detect lies, that measures several of the physiological responses accompanying emotion (such as perspiration and cardiovascular and breathing changes).	Lie detector. Innocent vs. guilty
Catharsis	Emotional release. In psychology, the catharsis hypothesis maintains that “releasing” aggressive energy relieves aggressive urges.	Expressing anger can be temporarily calming if it does not leave us feeling guilty or anxious.
Feel-good, do-good phenomenon	People’s tendency to be helpful when already in a good mood.	Helping a person with their groceries because you are happy.
Subjective well-being	Self-perceived happiness or satisfaction with life. Used along with measures of objective well-being to evaluate people’s quality of life.	Feelings of happiness or as a sense of satisfaction with life.
Adaptation-level phenomenon	Our tendency to form judgments relative to a neutral level defined by our prior experience.	Events neither pleasant nor un pleasant based on our experiences.
Relative deprivation	The perception that one is worse off relative to those with whom one compares oneself.	Seeing other people being promoted, makes people have more expectations.
Stress	Process by which we perceive and respond to certain events.	Getting piles of homework.
Behavioral Medicine	An interdisciplinary field that integrates behavioral and medical knowledge and applies that knowledge to health and disease.	Psychologists and physicians
General adaptation syndrome (GAS)	Selye’s concept of the body’s adaptive responses to stress in three stages-alarm, resistance, exhaustion.	First experience an alarm reaction, then go to phase 2 resistance where your temperature, blood pressure, and respiration remain high. Phase 3, exhaustion more vulnerable to illness.
Health psychology	A subfield of psychology that provides psychology’s contribution to behavioral medicine.	Emotions and personality influence are risk of disease.

Type A vs. Type B	Type A- competitive Type B- laid back	Type A would want to climb the mountain, type B would want to relax at the bottom.
Problem-focused coping	Attempting to alleviate stress directly.	Impatience leads to a family fight; we can go directly to that family member to work things out.
Emotion-focused coping	Attempting to alleviate stress by avoiding or ignoring a stressor and attending to emotional needs.	If we cannot work out a family fight we may reach out to our friends.

Authors of Important Study	Basic of What Was Done	Lesson(s) learned from the study
Stanley Schacter and Jerome Singer	Aroused college men with injections of the hormone epinephrine.	People “catch” the emotions of other people in the room.
Paul Whalen	Used fMRI scans to observe amygdala’s response to subliminally presented fearful eyes.	When fearful eyes were flashed too briefly for people to perceive them, fMRI scans revealed that their hypervigilant amygdale was alerted.

Name of Important Person	What this person is known for	Impact on Psychology
William James and Carl Lange	James-Lange theory	Emotion is our awareness of our physiological responses to emotion-arousing stimuli.
Walter Cannon and Philip Bard	Cannon-Bard theory	Our physiological arousal and our emotional experience occur simultaneously.
Stanley Schachter and Jerome Singer	Two- factor theory	Emotions consist of physical arousal and a cognitive label.
Harry Helson	Adaptation-level phenomenon	We adjust our neutral levels
Hans Selye	General adaptation syndrome (GAS)	Experience three phases dealing with stress-alarm, resistance, and exhaustion.
Friedman and Rosenman	Type A vs. Type B	Competitive vs. relaxed