



ICPSR 4458

Stress Training for Probation Officers and Their Families in Harris County, Texas, 2001

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Data Collection Instrument for Knowledge of
Stress Inventory Data



National Institute of Justice
Data Resources Program

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Knowledge of Stress Survey

Utilized with:

- Pretest
- Posttest
- Follow-up

Knowledge of Stress Survey – Answer Key

Name: _____
Please print neatly

Knowledge of Stress Survey

- _____ 1. Which of the following statements is not true about stress?
- a. Experiencing stress is a normal part of life
 - b. If you have no symptoms of stress, then stress is not taking a toll on you.
 - c. If you are taking medications or have developed defense mechanisms to mask the symptoms of stress, then you are unable to reduce the strain on your body.
 - d. When you are highly stressed, it is more difficult to plan and prioritize your activities.
 - e. Our schedules and physical limitations can limit our choices of how to manage the stress in our lives.
- _____ 2. Which of the following is the definition of self-esteem?
- a. the feelings a person has of high or low self worth
 - b. a judgment that one can master and perform needed behaviors when needed
 - c. all our thoughts and feelings about ourselves
 - d. our personality plus our character traits
- _____ 3. According to which theory about stress are there three stages of reaction to stress: reaction, resistance, and exhaustion?
- a. Appraisal and Caring
 - b. Flight or Fight
 - c. General Adaptation Syndrome
 - d. Eustress Syndrome
 - e. None of the above
- _____ 4. Which of the following statements is true regarding organizational stress?
- a. organizations have a finite amount of resources such as time and money
 - b. having support from co-workers has not been found to be particularly helpful in reducing stress at work
 - c. you have control over all of the elements of your job functions
 - d. the organization is responsible for resolving your stress issues
 - e. when your job is really "stressing you out" it is not possible to learn new techniques on how to manage that stress; you have to wait until a period of time when the stress has passed

- _____ 5. Which of the following is not a benefit of a cooperative style of communication?
- a. a healthier lifestyle
 - b. more respect
 - c. greater comfort with conflict
 - d. better coordination of life activities
 - e. none of the above
- _____ 6. "Stress Reaction" means:
- a. an individual response to a given stressor
 - b. the prolonged impact of a stressor on the system that results in overload and fatigue
 - c. a specific problem or personal conflict that can be either an external or internal threat to the individual
 - d. positive experiences of success followed by higher expectations
 - e. disappointment, failure, threat or other negative experiences
- _____ 7. Which of the following is not a commonly recognized and accepted method of stress reduction?
- a. training oneself to exclude an anxiety producing event from the conscious awareness
 - b. assertiveness training
 - c. conflict resolution training
 - d. progressive muscle relaxation
 - e. resistance training
- _____ 8. Listening *responsively* involves a person
- a. acknowledging what another has said
 - b. agreeing with what another has said
 - c. advising another on what to do in a situation
 - d. persuading others to your point of view
- _____ 9. An example of a secondary stressor is:
- a. a student has three final exams in a 2 day period
 - b. a teenager has been denied by her parents the opportunity to go to an overnight party with a group of friends
 - c. the loss of a job leads to a shortage of money which leads to hand me down clothes which leads to an embarrassed child which leads to more stress for the adult
 - d. a boss is mad and yells at a co-worker
- _____ 10. Which type of people take on additional tasks that allow them to remain challenged but then become inefficient and anxious when under stress?
- a. strivers
 - b. inner con artists
 - c. worriers
 - d. pleasers
 - e. internal time keepers

- _____ 11. The practice of bringing together people in order to demonstrate the power of the group as well as ways of appreciating individual differences is known as:
- a. social support networking
 - b. stress mediation
 - c. team building
 - d. peer backing
- _____ 12. Which of the following responses work well for a person in the long run?
- a. distracting
 - b. denying
 - c. generalizing
 - d. a & c only
 - e. none of the above
- _____ 13. Which of the following are indications of "burnout"?
- a. physical fatigue
 - b. development of negative self-concepts and attitudes toward work
 - c. a sense of helplessness or hopelessness
 - d. all of the above
 - e. a and c only
- _____ 14. Examples of coping mechanisms used during times of high levels of anxiety include:
- a. aggressive anger or hostility
 - b. assertive problem solving
 - c. withdrawal, physically and/or emotionally
 - d. all of the above
 - e. a and c only
- _____ 15. All but which of the following are reasons that learning new communication skills takes effort?
- a. we are surrounded by good examples of communication
 - b. cooperation between people is more demanding than coercing or threatening to get what we want
 - c. our ways of communicating are woven into our personalities
 - d. we must participate in and observe conversations at the same time
- _____ 16. Indicate which of the following is an example of nonproductive or unfulfilling conversational intent.
- a. telling you about my experiences/feelings
 - b. negotiating or bargaining with you about a project
 - c. hearing what is happening with you
 - d. hiding what is important to me from you
 - e. resolving a conflict that I have with you

- _____ 17. Which of the following is an example of *denial*, a defense mechanism used as a means of coping with stress?
- a. a woman criticizes her neighbor for being a terrible gossip when in fact the woman gossips herself
 - b. an officer has stacks of case files on his desk with volumes of work to be done, but informs co-workers and supervisors he is keeping up
 - c. an officer expresses anger toward another officer because she just had a disagreement with her supervisor
 - d. an officer forgets the due date of an important report
 - e. an officer is not skilled at making written notations in case files but does excellent casework
- _____ 18. In which personality type is a person likely to be time oriented, tending to watch the clock and make sure that something is not taking too much time?
- a. Type B
 - b. Type A
 - c. Type C
 - d. Type D
 - e. a combination of two or more of the above
- _____ 19. In which of the following systems in humans can signs of stress be noted?
- a. cognitive-perceptual
 - b. behavioral
 - c. psychological
 - d. physical
 - e. all of the above
- _____ 20. Choose the item below that is not one of the techniques for practicing good communication.
- a. inviting consent to pursue the intent of your conversation
 - b. translating your complaints into specific requests and explaining them
 - c. expressing more appreciation to your listener
 - d. expressing yourself more clearly and completely
 - e. none of the above
- _____ 21. What type of communication moves people toward cooperation?
- a. a justified complaint
 - b. asking "why?"
 - c. stating that something "should" be done
 - d. making a generalization about a situation
 - e. explaining a request

- _____22. Which behavior are men likely to not demonstrate as a reaction to stress?
- a. providing greater nurturing to their children
 - b. initiating a confrontation
 - c. retreating
 - d. isolating themselves
- _____23. Which of the following is not a true statement about our predisposition to stress?
- a. those who have experienced a great deal of stress over their lives tend to react more positively to stress than others
 - b. sensitization occurs because we have “learned” over the years to react in a certain manner
 - c. the amount of stress we have experienced throughout our lives makes us respond more quickly to stressful situations
 - d. future stressful events are likely to be dealt with in the same manner as previously handled
- _____24. Which of the following are methods people use to cope with difficult situations when they don’t know how to negotiate and work through them?
- a. breaking things, hitting people or running away
 - b. acting out feelings one doesn’t have in order to avoid ones they do have
 - c. going “crazy” to get oneself out of a seemingly impossible situation
 - d. all of the above
 - e. a and c only
- _____25. The situation where the body that has experienced stress never returns to a state of balance is known as:
- a. residual stress
 - b. forecasting
 - c. role ambiguity
 - d. role overload
 - e. resistance

Knowledge of Stress Survey Answer Key

1. B
2. A
3. C
4. A
5. E
6. A
7. A
8. A
9. C
10. E
11. C
12. E
13. D
14. D
15. A
16. D
17. B
18. B
19. E
20. E
21. E
22. A
23. A
24. D
25. A