Assignment 4

The due date for submitting this assignment is 2pm on 2019-08-28, 23:59 IST. As per your university rules, you have not submitted this assignment.

1. History patients benefit the most from being given procedural and sensory information preoperatively. 2 point
   a. Those who experience severe anxiety
   b. Those who experience moderate anxiety
   c. Those with high negative affect

2. No, the answer is incorrect.
   Option: Accepted Answers:
   a. Those who experience severe anxiety

3. The goal of relaxation techniques is to enable the individual to relax throughout the night and during times of stress. Which of the following three phrases relaxation is used to relax through?
   a. Learning basic relaxation skills, such as monitoring tension in daily life, and using relaxation at times of stress
   b. Learning basic relaxation skills, monitoring tension in daily life, and using relaxation at times of stress
   c. Learning basic relaxation skills, monitoring tension in daily life, and using relaxation at times of stress

4. No, the answer is incorrect.
   Option: Accepted Answers:
   a. Learning basic relaxation skills, monitoring tension in daily life, and using relaxation at times of stress

5. The relaxation process that is most commonly taught is based on Jacobson’s (1929) deep muscle relaxation technique. It involves ___________ throughout the body in order.
   a. Tensing and relacing muscle groups
   b. Tensing and releasing muscle groups
   c. Tensing and relaxing muscle groups

6. No, the answer is incorrect.
   Option: Accepted Answers:
   a. Tensing and releasing muscle groups

7. Which of the following are true about the updated imagery techniques?
   a. It is used in hypnotherapy
   b. You need to imagine a scene in your mind
   c. It is used in sleep
   d. It is the most common technique

8. No, the answer is incorrect.
   Option: Accepted Answers:
   a. It is the most common technique

9. Which of the following mindfulness meditation techniques can help relieve stress?
   a. Body scan
   b. Mindful meditation
   c. It is used in sleep
   d. It can be used during teaching

10. No, the answer is incorrect.
    Option: Accepted Answers:
    a. It can be used during teaching

11. Exercise is best for Stress Management.

12. Exercise is best for Stress Management.

13. Exercise is best for Stress Management.

14. Exercise is best for Stress Management.

15. Exercise is best for Stress Management.

16. Exercise is best for Stress Management.

17. Exercise is best for Stress Management.

18. Exercise is best for Stress Management.

19. Exercise is best for Stress Management.

20. Exercise is best for Stress Management.


22. Seeking social support is generally considered an important coping strategy.

23. Option: Accepted Answers:
   a. Active
   b. Emotional
   c. Problem-focused
   d. Avoidant

24. No, the answer is incorrect.
   Option: Accepted Answers:
   a. Active