**IB Paper 2 Exam Final Review Sheet**

**Overview:** When you take the Paper 2 Exam you will most probably get either Question #1 (or a version of Question #1) or Question #2 (or a version of Question #2). Sometimes the question might begin by asking you to also briefly include Question #3. This review sheet tells you how you could answer these questions.

**Question #1) Evaluate two strategies of coping with Stress:**

Strategy #1: Lazarus Transactional Model of Stress & Hobfoll Conservation of Resources Model

Vs Strategy #2: MBSR Mindfulness Based Stress Reduction

**Question #2) Discuss Physiological vs Psychological Views of Stress:**

Physiological View- Seyle GAS “General Adaptation Syndrome Model”

Vs. Psychological View- Lazarus Transactional Model of Stress & Hobfoll Conservation of Resources Model

**Question #3) Sometimes the question will also ask you to briefly “Outline 2 Stressors”:**

Sapolsky- acute physical stressors vs chronic physical stressors vs psychological and Social stressors (Textbook Page 351)

Let’s break down the Main Ideas

1. **Transactional Model of Stress:**

-proposed by Richard Lazarus in 1966

a. Overview and Key Words: primary / secondary appraisal-explains individual differences in stress response-a framework which emphasizes appraisal to evaluate harm, threat and challenges, which results in the process of coping with stressful events-Proposes different methods for managing psychological responses to stressors and has consequently enhanced understanding of the importance of stress-management strategies

b. Limitations:-the transactional model of stress fails to explain the whole process by which performance decreases for threatened individuals- the model cannot specifically differentiate between the two kinds of stressors- the transactional definition of threat appraisals may be too global and not focused on threats to the identity (personal and/or social). Because stereotype threat is a threat to the social and personal aspect of identity and not to the global well-being or the self, results failed to confirm the adequacy of the transactional model.- often an overlap between primary and secondary appraisal(as these are interdependent)- does not account for biological and sociocultural factors

c. Look at Textbook Page 355

d. 1 Classic Study to do APPLE for would be on Page 355-356 **Speisman et al (1964)**

e. You can say Hobfoll then improved upon Lazarus’s model with **Hobfoll’s Conservation of Resources Model (1989).** Explain the main ideas in our Textbook Page 356

f. THE BEST STUDY TO DO “APPLE” for that supports the Conservation of Resources Model is **Bakker et al (2007**) in our Textbook Page 359-360

2. **Mindfulness Based Stress Reduction**

-Check out the Homework in **Canvas March 28 “Paper 2 Mindfulness Essay”** for these details of what to include here! It will include the main ideas and key words you need to mention. It also gives you come studies to do “APPLE” for.

3. **GAS- General Adaptation Model**

General Adaptation Syndrome(GAS) Model:-proposed by Hans Selye (1951)

1. Overview and Key Words: ALARM REACTION,RESISTANCE, EXHAUSTION

The GAS model provides explanation for interaction between environmental stressor and physiological response unlike the Canon theory of fight or flight, which only addresses the physiological aspects of stress and not the cognitive or psychological facto

1. Limitations of the Model:- much of research conducted on animals,cannot be generalized tohumans- model assumes that all stressors are equal,which may not always be valid- the link between cognitive factors, coping with the problem and the recovery stage not clearly explained- oversimplification of a complex process
2. Read our Textbook pages 361-363 to give main ideas of the physiology of stress and Seyle’s GAS Model
3. You will need to include 1 study here to do APPLE on also. You can do one or both of the studies mentioned in our textbook Page 364- Kiecolt-Glaser (1984) or Uchino, Caciopppo And Kiecorlt-Glaser (1996)