Bio-Social Psychology and Human Health

Social Psychology · Answer Key · 8 Questions

1. Which hormone, often associated with social bonding and trust, has been clinically shown to inhibit the release of adrenocorticotropic hormone (ACTH) and reduce cortisol levels during social stress?

A) Oxytocin
B) Prolactin
C) Thyroxine
D) Melatonin

2. In social psychoneuroimmunology, chronic social isolation is most consistently linked to the upregulation of which specific gene expression profile in circulating leukocytes?

A) Conserved Transcriptional Response to Adversity (CTRA)
B) Major Histocompatibility Complex (MHC)
C) Interleukin-6 Receptor (IL-6R)
D) Tumor Necrosis Factor alpha (TNF-a)

3. Research into 'social buffering' indicates that the presence of a supportive partner significantly lowers the physiological reactivity of which specific axis during a public speaking task?

A) Hypothalamic-Pituitary-Adrenal (HPA) axis
B) Renin-Angiotensin-Aldosterone system
C) Hypothalamic-Pituitary-Gonadal axis
D) Sympathoadrenal-medullary system

4. What is the physiological effect of prolonged social exclusion on the body's baseline temperature, as observed in studies utilizing thermal imaging?

A) A decrease in peripheral skin temperature
B) An increase in core body temperature
C) A spike in metabolic rate
D) A reduction in basal heart rate

5. Social status hierarchies affect health outcomes through the modulation of which specific neurotransmitter system in the primate brain, subsequently influencing serotonin transporter (SERT) binding potential?

A) Dopaminergic
B) GABAergic
C) Glutamatergic
D) Cholinergic

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6. The 'tend-and-befriend' theory, proposed as a physiological alternative to 'fight-or-flight', suggests that which hormone interacts with oxytocin to facilitate social stress management in females?

A) Estrogen
B) Progesterone
C) Testosterone
D) Growth Hormone

7. Studies on social touch demonstrate that light, affective touch (C-tactile afferent stimulation) specifically reduces activity in which brain region responsible for processing homeostatic and interoceptive states?

A) Posterior Insular Cortex
B) Prefrontal Cortex
C) Amygdala
D) Cerebellum

8. Chronic interpersonal conflict is associated with elevated levels of which pro-inflammatory cytokine, independent of other behavioral health factors like smoking or BMI?

A) Interleukin-6 (IL-6)
B) Interferon-gamma
C) Interleukin-10
D) Interleukin-4

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