

Autism Initiative: Training Series

Module 2: Key Components in Residential Service Provision Chapter 2.1: Staff Stress and Stress Management

Part 1: Key Components of Stress and Burnout

Self-Assessment of Material

1. What is stress?
 - a. A biological term for anxiety and tension.
 - b. A lack of energy experienced when treating individuals as objects or numbers.
 - c. A result of emotional exhaustion, depersonalization of others, and feelings of reduced personal accomplishment.
 - d. A biological term for the body's response to demands or threats in the environment.
2. What are the two hormones involved in stress response?
 - a. Testosterone and Estrogen.
 - b. Estrogen and Cortisol.
 - c. Cortisol and Adrenaline.
 - d. Adrenaline and Epinephrine.
3. Which two of the following four items are symptoms of stress (select both that apply)?
 - a. Headaches and migraine headaches.
 - b. Heart attacks.
 - c. Stomachaches and fatigue.
 - d. Carpal Tunnel Syndrome.
4. What are two job stressors for people working with individuals with autism?
 - a. Challenging behaviors and physical exhaustion.
 - b. Role boundary issues and work overload.
 - c. Physical exhaustion and role boundary issues.
 - d. Emotional exhaustion and challenging behaviors.
5. What is burnout?
 - a. A biological term for body's response to the demands or threats in the environment due to stress.
 - b. The result of excessive stress over long periods of time.
 - c. The biological process of releasing adrenaline and cortisol.
 - d. The result of too much cholesterol in an individual's diet.
6. What are the three dimensions of burnout?
 - a. Challenging behaviors, maladaptive coping methods, and work overload.
 - b. Challenging behaviors, emotional exhaustion, and maladaptive coping methods.
 - c. Emotional exhaustion, depersonalization of others, and reduced feeling of personal accomplishment.
 - d. Emotional exhaustion, depersonalization of others, and maladaptive coping methods.