Chapter 14
Stress and Health

Review 14.2: Smoking: An Illness-Related Behavior
Malcolm has been trying to quit smoking for years, but it’s very difficult. He started smoking during early (1) adolescence for two main reasons: He wanted to look cool and grown-up, so he (2) modeled his behavior after admired actors he’d seen smoking in movies, and he felt pressured by his (3) friends who were already smoking. Today, 20 years later, Malcolm has tried several techniques for quitting (the patch, gum, etc.), but nothing works because he is (4) dependent on nicotine. In fact, he now needs two packs instead of one to get the same effect, because he has developed a (5) tolerance for the drug. Malcolm’s addiction is due to several factors: First, nicotine triggers the release of (6) epinephrine and (7) norepinephrine, which boosts (8) alertness and mental efficiency, abilities that Malcolm feels are important for his work. Second, nicotine stimulates the central nervous system to release (9) neurotransmitters, calm (10) anxiety, and reduce sensitivity to (11) pain. To make matters worse, Malcolm’s family and friends, almost all of whom smoke, (12) will not support his efforts by quitting with him.