

Paragraph 2: Massage and Stress Reduction

1. Physical approaches can play a role in reducing stress.

True False

2. A short intervention cannot produce measurable changes in stress levels.

True False

3. Researchers can use both subjective and objective measures when studying stress.

True False

4. Feeling relaxed does not necessarily mean that physiological changes have occurred.

True False

5. The researchers measured participants' stress levels only by asking them how they felt.

True False

6. Evidence from a single study is enough to prove that one stress-management strategy is superior to all others.

True False