



Sample Interview Questions - Rosch

What is Stress?

How do you define stress?

What is the purpose of stress?

What does the fight or flight response have to do with stress?

What are the most common physical signs of stress?

What are the most common behavioral signs of stress?

What are the most common emotional signs of stress?

What are the most common illnesses aggravated or caused by stress?

Are there any illnesses you can point to that are ONLY caused by stress?

It's often said that up to 90% of all doctors visits are for stress-related conditions. Where does that figure come from?

If so much illness is the result of stress, why don't doctors know more about stress?

What's the difference between physical and psychological stress?

Explain anticipatory stress?

What causes you stress?

So many medical problems are aggravated by stress, but how do we know whether illnesses and disorders like infertility, asthma, ulcers, allergies, gastrointestinal problems actually have a stress component or not?

Is there any link between cancer and stress?

What about insomnia?

What about chronic fatigue?

What about various forms of chronic pain?

What about migraine headaches?

What about fibromyalgia?

Can stress really cause things like gray hair, balding, and stunting your growth?

What's the oddest stress-related condition you've ever seen or heard of?

What's the relationship between coffee, adrenalin and stress?

Tell us about stress and weight gain.

Is that emotional eating?

Talk about the history of stress?

Tell us about some of the early pioneers like Walter Cannon.

What about Edmund Jacobsen?

Why do you think Harvard has been such a magnet for stress research?

Apparently Jacobsen, wanted to study under William James at Harvard, but I read on Wikipedia that he was disappointed with James, considered to be the father of psychology, because he overly nervous!

So who besides these people are some of the founding fathers of stress research?

Tell us about Hans Selye?

What is his contribution to our understanding of stress?

Tell us the story about how Selye wished he had used a different word other than stress.

What are some of the other stress terms Selye introduced into the lexicon?

When did you first meet Selye?

How long did you work with Selye?

Selye founded the organization that you are now president of, The American Institute of Stress. Has your mission been the same as his?

In your role as president of the Institute, you've befriended a lot of celebrities over the years. How did these people become interested in the subject of stress?

You are retiring and soon handing over the reins of the organization to Daniel Kirsch. Tell us about Dr. Kirsch?

What are some of the changes you see that are in store for the Institute.

Will you still be involved in any way?