The exam consists of 43 Multiple-choice questions.

Be sure you are familiar with the following points and concepts (this list is fairly comprehensive, though not exhaustive):

- Sources of stress and types of conflict
- "Fight-or-flight" response (stress response), including the physical sequence of events (H-P-A axis activation, hormones involved)
- Characteristics of hardy individuals
- Ways of coping with stress
- Unhealthy reactions to stress
- Burnout and associated factors
- Myths related to love
- Characteristics of authentic and inauthentic love
- Sternberg's triangular theory of love
- Characteristics of meaningful relationships
- Crises/problems in relationships
- John Gottman's research on couples
- Traditional gender roles
- Current status of gender roles
- The concept of androgyny
- Gender-role transcendence model