



**NPTEL Online Certification Course
Psychology of Stress, Health and Well-being
Assignment Number 1: Detailed Solution
Indian Institute of Technology Guwahati**



Assignment 1

(1) “Stress is that which happens to the man, not that which happens in him; it is a set of causes, not a set of symptoms”. This is an example of definition of stress.

- (a) Response based
- (b) Stimulus based**
- (c) Interactional
- (d) Subjective

(2) Appraisal of harm-loss, threat, and/or challenge are associated with

- (a) Reappraisal
- (b) Primary appraisal**
- (c) Secondary appraisal
- (d) None of these

(3) The process where one person’s reaction to stress affects the health of a significant other such as spouse is known as.....

- (a) Stress spillover effect
- (b) Stress contagion**
- (c) Stress additive effect
- (d) Stress cumulative effect

(4) Choosing between surgery and radiation treatment for the cancer is an example of conflict.

- (a) Approach-approach
- (b) Approach-avoidance
- (c) **Avoidance-avoidance**
- (d) None of these

(5) "Fight-or-flight" is associated with phase of the "general adaptation syndrome".

- (a) **Alarm**
- (b) Resistance
- (c) Exhaustion
- (d) None of these

(6) Which of the following statement is false?

- (a) **Chronic stress facilitates functioning of pre-frontal cortex**
- (b) Stress can disrupt synaptic regulation
- (c) Chronic stress adversely influences functioning of hippocampus
- (d) Chronic stress also increases the activity of amygdala

(7) Adrenal cortex secretes.....hormone.

- (a) Epinephrine
- (b) Norepinephrine
- (c) **Cortisol**
- (d) Adrenaline

(8) Social readjustment rating scale measures.....

- (a) **Life changes**
- (b) Conflicts
- (c) Frustrations
- (d) Pressures



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Indian Institute of Technology Guwahati**



Assignment 2

(1) General adaptation syndrome was proposed by.....

- (a) Sigmund Freud
- (b) Walter Canon
- (c) Claude Bernard
- (d) Hans Selye**

(2) What does psychoneuroimmunology (PNI) study?

- (a) Relationship between stress and sleep.
- (b) The link between thoughts/stress, the brain, and immune functions**
- (c) Stress related appraisals
- (d) Defense mechanisms

(3) Which of the following statement is false? Stress may contribute to heart diseases by-

- (a) increasing an erratic heart beat
- (b) promoting atherosclerosis
- (c) decreasing levels of low-density lipoproteins (LDL)**
- (d) behavioral disturbances such as smoking

(4) takes account of type of stress (acute or chronic) and their effect on immune response.

- (a) Biphasic model**
- (b) Homeostasis
- (c) Multiphasic model

(d) Stress appraisal model

(5) Which of the following is NOT a direct symptom of PTSD?

(a) Re-experiencing of traumatic events

(b) Avoidance of trauma related stimuli

(c) Delusions

(d) Trauma related arousal

(6) Stress affects health through-

(a) Sympathetic nervous system

(b) Neuroendocrine responses

(c) Changes in the behavioral responses such as smoking

(d) All of these

(7) Which of the following statement is false?

(a) Acute stress disorder (ASD) occurs immediately after the trauma

(b) Symptoms of Acute stress disorder (ASD) lasts more than one month

(c) Acute stress disorder (ASD) share core symptoms of PTSD

(d) Acute stress disorder (ASD) may develop into PTSD if persists for longer duration

(8) In addition to core PTSD symptoms, complex-PTSD may include

(a) Re-experiencing of traumatic events

(b) Avoidance of trauma related stimuli

(c) Disturbances in self-identity

(d) Trauma related arousal



**NPTEL Online Certification Course
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Assignment 3

(1) Tedeschi and Calhoun proposed a of posttraumatic growth to explain its processes.

(a) Functional descriptive model

(b) Organismic valuing theory

(c) Existential reevaluation model

(d) All of these

(2) The organismic valuing theory of growth through adversity is based on the..... school of psychology.

(a) Cognitive

(b) Behavioral

(c) Psychodynamic

(d) Humanistic

(3) Tedeschi and Calhoun (2006), 'expert companionship' can facilitate.....

(a) Posttraumatic stress

(b) Posttraumatic growth

(c) Depression

(d) None of these

(4) Which of the following is NOT a characteristic of Type A individuals?

(a) Competitive

- (b) Achievement oriented
- (c) Anger/hostility
- (d) Relaxed and easygoing**

(5) External locus of control has been associated with..... coping strategies.

- (a) Help seeking
- (b) Avoidance**
- (c) Positive thinking
- (d) All of these

(6) Low expectancy of future success and low self-esteem is generally associated with attribution of failure to.....

- (a) Internal, stable and uncontrollable factor**
- (b) Internal, unstable and controllable factor
- (c) External, unstable and uncontrollable factor
- (d) None of these

(7) Which disease is associated with type A behavior patterns?

- (a) Obesity
- (b) Cancer
- (c) Coronary heart disease**
- (d) Diabetes

(8) According to the organismic valuing theory of growth through adversity, results in psychopathology.

- (a) Assimilation
- (b) Positive accommodation
- (c) Negative accommodation**
- (d) All of these



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Assignment 4

(1) In Freud's theory, ego operates on principle.

- (a) Pleasure
- (b) Reality**
- (c) Moral
- (d) All of these

(2) Which of the following statements is NOT a characteristic of defense mechanisms?

- (a) Defense mechanisms are conscious mental processes.**
- (b) Defense mechanisms help us to manage instincts and affect.
- (c) Defense mechanisms can be adaptive as well as pathological
- (d) There are varieties of defense mechanisms

(3) When a person with adulterous nature blame his partner of cheating him, he/she is using defense mechanism.

- (a) Denial
- (b) Displacement
- (c) Projection**
- (d) Regression

(4) Physical exercise reduces stress and anxiety by giving a break from whatever is causing an individual problems or worry. This is called as hypothesis.

- (a) Time out**

- (b) Time break
- (c) Relaxation
- (d) None of these

(5) Which of the following is a category in Vaillant's hierarchical structure of defense mechanisms?

- (a) Psychotic/pathological defenses
- (b) Immature defenses
- (c) Neurotic defenses
- (d) All of these**

(6) Sigmund Freud used iceberg analogy to explain

- (a) Levels of EGO
- (b) Levels of defense mechanisms
- (c) Levels of mind**
- (d) Levels of disorders

(7) In Freud's theory focuses on ideal rather than real.

- (a) Ego
- (b) ID
- (c) Super-ego**
- (d) All of these

(8) is consciously removing/blocking/forgetting unpleasant thought, impulses or memories.

- (a) Repression
- (b) Suppression**
- (c) Regression
- (d) None of these



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Indian Institute of Technology Guwahati**



Assignment 5

1. Stress and anxiety changes our breathing to.....
 - (a) diaphragmatic breathing
 - (b) Abdominal breathing
 - (c) Thoracic breathing**
 - (d) All of these
2. Who among the following based his theory based on the idea of “you feel the way you think”?
 - (a) Sigmund Freud
 - (b) Abraham Maslow
 - (c) Carl Rogers
 - (d) Albert Ellis**
3. Which among the following is an irrational/catastrophic thought?
 - (a) I must be outstandingly competent, or I am worthless
 - (b) Others must treat me considerately, or they are absolutely rotten
 - (c) The world should always give me happiness
 - (d) All of these**
4.predicts that the social support is primarily beneficial during the period of high stress.
 - (a) Buffering hypothesis**
 - (b) Direct hypothesis
 - (c) Mediating hypothesis
 - (d) Moderating hypothesis
5. Intention, attention, and attitude are components of
 - (a) Relaxation
 - (b) Concentrative Meditation
 - (c) Mindfulness**
 - (d) All of these

6. According to Shapiro et al. (2006),can explain the therapeutic effects of mindfulness.
- (a) Perceiving
 - (b) Re-perceiving**
 - (c) Apperceiving
 - (d) None of these
7.involves placing close and important individuals in our social network into concentric circles varying in their closeness to us.
- (a) Buffering hypothesis
 - (b) Direct hypothesis
 - (c) Social convoy model**
 - (d) Both direct and buffering hypothesis
8.support is most likely to benefit the recipient as there is very less/no cost involved in it.
- (a) Emotional support
 - (b) Tangible support
 - (c) Informational support
 - (d) Invisible support**



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Assignment 6

1. Which of the following is NOT used in measuring subjective well-being?
 - (a) Positive emotions
 - (b) Negative emotions
 - (c) Life satisfaction
 - (d) Autonomy**
2. Aristippus was the proponent ofwell-being.
 - (a) Hedonic**
 - (b) Eudaimonic
 - (c) Both hedonic and eudaimonic
 - (d) None of these
3. Some research indicates that newer, complex, cerebral part of our brain is associated with.....processing.
 - (a) Hedonic
 - (b) Eudaimonic**
 - (c) Both hedonic and eudaimonic
 - (d) None of these
4. The state ofis a combination of high level of subjective well-being with an optimal level of psychological and social functioning.
 - (a) Flourishing**
 - (b) Languishing
 - (c) Resilience
 - (d) None of these
5. Believing people, groups, and society have potential and can evolve or grow positively is.....
 - (a) Self actualization
 - (b) Social actualization**
 - (c) Social acceptance

(d) Social coherence

6. Which of the following is not a component of Social well-being?

(a) Autonomy

(b) Social actualization

(c) Social acceptance

(d) Social coherence

7. Which of the following is not a component of PERMA model of well-being?

(a) Positive affect

(b) Environmental mastery

(c) Achievement

(d) Meaning

8. According to Keyes Model of Mental Health, there arefactors anddimensions of mental health:

(a) 2 and 13

(b) 3 and 13

(c) 4 and 15

(d) 3 and 15



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Indian Institute of Technology Guwahati



Assignment 7

1. Happiness and well-being is more specifically associated with.....branch of Psychology
 - (a) Social psychology
 - (b) **Positive psychology**
 - (c) Personality psychology
 - (d) Abnormal psychology
2. Subjective well-being is measured in terms of affect balance and -----
 - (a) Positive emotions
 - (b) Autonomy
 - (c) **Life satisfaction**
 - (d) Meaning in life
3. Which of the following explains Easterlin paradox?
 - (a) Social comparison
 - (b) Adaptation
 - (c) **Social comparison and adaptation**
 - (d) Affective forecasting
4. Which among the following is not a basic emotion in Ekman's classification?
 - (a) Fear
 - (b) Anger
 - (c) **Gratitude**
 - (d) Sadness
5. Which of the following statements is false?
As compared to negative emotions
 - (a) Positive emotions are less studied emotions
 - (b) **Positive emotions are more in number**
 - (c) Positive emotions are less distinct

(d) Positive emotions are difficult to define

6. According to the Ruut Veenhoven's model, passing satisfaction that include intense and oceanic experiences is called as-----

- (a) Pleasure
- (b) Part-satisfaction
- (c) Life satisfaction
- (d) Top experience**

7.is about overestimating how happy or unhappy we would become if we get a desirable or undesirable thing respectively in future.

- (a) Focalism
- (b) Impact bias**
- (c) Affective forecasting
- (d) All of these

8. Which theory is associated with the following statement-
Positive emotions expand our attention and thoughts

- (a) Ekman's theory of emotion
- (b) Broaden and build theory**
- (c) Theory of affective forecasting
- (d) None of these



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Indian Institute of Technology Guwahati**



Assignment 8

1. Which of the following is not a function of hedonic adaptation?
 - (a) It protect people from potentially dangerous psychological and physiological consequences of prolonged emotional states.
 - (b) It allows unchanging stimuli to fade into the attentional background, so that change in the environment receives extra attention.
 - (c) It allows individuals to disengage from goals that are less likely to be successful by reducing emotional reactions associated with them.
 - (d) It promotes sustainable happiness**

2. According to sustainable happiness model proposed by Lyubomirsky, Sheldon, and Schkade (2005),provides greatest potential to sustainably increase happiness
 - (a) Genetics
 - (b) Life circumstances
 - (c) Intentional activities**
 - (d) Personality traits

3. Positive intentional activities enhances our happiness by.....
 - (a) Increasing positive emotions
 - (b) Increasing positive thoughts and behaviors
 - (c) Facilitating psychological need satisfaction
 - (d) All of these**

4. -----model talks about attending, reacting, explaining, and ultimately adapting to events
 - (a) Sustainable happiness model
 - (b) AREA model**
 - (c) Genetic set point model
 - (d) None of these

5. Which among the following is not an obstacle in increasing happiness?
- (a) Genetic set point
 - (b) Personality traits
 - (c) **Intentional activities**
 - (d) Hedonic adaptation
6. Hedonic adaptation is much weaker in case of intentional activities because intentional activities are.....
- (a) **Episodic in nature**
 - (b) Exciting in nature
 - (c) Novel in nature
 - (d) None of these
7. According to Lyubomirsky & Layous (2013), which of the following factors may influence the success of positive intentional activities in enhancing happiness?
- (a) Characteristics of the activity
 - (b) Characteristics of the person
 - (c) Person-activity fitness
 - (d) **All of these**
8. Which of the following is true in the context of research findings about the adaptation to negative life events-
- (a) **The level of adaptation is not same for all the negative events**
 - (b) Individuals completely adapt to negative events
 - (c) Individuals adapt faster to negative events as compared to positive events
 - (d) All of these



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Indian Institute of Technology Guwahati**



Assignment 9

(1) According to Lyubomirsky (2007), which of the following is a recommended strategy for gratitude exercise-

- (a) Watching a motivational video every morning
- (b) Listening to a gratitude podcast everyday
- (c) Reflecting on 3-5 things for which you are currently grateful and writing about it**
- (d) None of these

(2) Which of the following is not true in the context of gratitude-

- (a) Gratitude facilitates coping with stress
- b) Gratitude reduces toxic emotions resulting from self and social comparisons
- c) Gratitude increases materialistic strivings**
- d) Gratitude improves self-esteem

(3) Which of the following attitudes is compatible with gratitude?

- a) Perceptions of victimhood
- b) Being able to admit to one's shortcomings**
- c) Envy and resentment
- d) Overemphasis on materialistic values

(4) Which of the following evolutionary mechanisms of kindness predicts that individuals are more likely to be kind to those they expect to interact with again in the future?

- A) Kin altruism
- B) Mutualism
- C) Reciprocal altruism**
- D) Competitive altruism

(5) Apart from the evolutionary reasons, which psychological reason can explain why people engage in acts of kindness?

- A) Happiness**
- B) Competition
- C) Enhancing Status
- D) Selfishness

(6) Which of the following statement is false?

- (a) Kindness leads you to perceive self and others more positively and more charitably.
- (b) Kindness can lead to a cascade of positive social consequences
- (c) Acts of kindness to others may distract people from their own troubles
- (d) None of these**

(7) According to research, which type of helping behavior may be detrimental to physical and mental health?

- a) Random acts of kindness
- b) Full-time caregiving of chronically ill or disabled loved ones**
- c) Volunteering at a local shelter
- d) Donating to a charity

(8) What type of social comparison has a negative impact on subjective well-being?

a) Downward contrasting social comparisons

b) Upward contrasting social comparisons

c) Lateral social comparisons

d) Non-comparative social comparisons

Indian Institute of Technology Guwahati



**NPTEL Online Certification Course
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Assignment Number 10: Detailed Solution
Indian Institute of Technology Guwahati**



Assignment 10

1. What is the purpose of the VIA classification system?

- A) To classify mental disorders
- B) To classify character strengths and virtues**
- C) To classify academic skills and abilities
- D) To classify leadership styles

2. How are character strengths related to virtues?

- A) Character strengths define virtues**
- B) Virtues define character strengths
- C) They are unrelated concepts
- D) None of these

3. How are the 24 character strengths organized?

- A) Into 6 major virtues**
- B) Into 12 minor virtues
- C) Into 34 minor virtues
- D) Into 6 minor virtues

4. Which of the following strength that is part of the temperance virtue?

- A) Hope
- B) Forgiveness**
- C) Social intelligence
- D) Leadership

5. How are strengths produced, according to Clifton and Anderson (2002)?

- A) By refining talents with knowledge and skills**
- B) By having a natural ability to do something
- C) By having a pattern of thought, feeling, or behaviour
- D) All of these

6. According to Clifton and Anderson (2002), what do top achievers do in order to apply their talents to achievement tasks?

- a) They do not apply their talents to achievement tasks.
- b) They use their talents in the same way for every task.
- c) They invent ways to apply their greatest talents to their achievement tasks.**
- d) None of these

7. What is the distortion of temporal experience that can occur in flow?

- a) Time feels like it has slowed down
- b) Time feels like it has stopped
- c) Time feels like it has passed faster than normal**
- d) Time feels irrelevant

8. Why are activities like sports, dancing, creative arts, and socializing more likely to be conducive to flow experience than activities like housework or watching TV?

- a. Because they are more physically demanding
- b. Because they involve more social interaction
- c. Because they activate high challenge and high skills**
- d. Because they are more relaxing and calming

Indian Institute of Technology Guwahati



**NPTEL Online Certification Course
Psychology of Stress, Health and Well-being
Assignment Number 11: Detailed Solution
Indian Institute of Technology Guwahati**



Assignment 11

1. Who were some of the first eudaimonists in the twentieth century?
 - a) Psychoanalysts
 - b) Behaviorists
 - c) Humanistic psychologists**
 - d) Cognitive psychologists

2. How is the hierarchy of needs organized in Maslow's pyramid?
 - a) From top to bottom, with the most basic needs at the top
 - b) From bottom to top, with the most basic needs at the bottom**
 - c) Randomly, with no clear organization
 - d) None of these

3. How does Maslow describe self-actualization?
 - a) A static state of being
 - b) A deficit need arising from the lack of something in the environment
 - c) An ongoing process of utilizing one's capacities fully, creatively, and joyfully**
 - d) A desire to fit in with society

4. What is the main difference between self-actualization needs and other needs in Maslow's hierarchy?

- a) **Self-actualization needs are growth needs while other needs are deficit needs**
- b) Self-actualization needs are deficit needs while other needs are growth needs
- c) Self-actualization needs are related to basic survival while other needs are related to personal growth
- d) Self-actualization needs are related to social belongingness while other needs are related to power and control

5. How do people with self-actualization needs view autonomy and social pressure?

- a) They enjoy autonomy and are highly susceptible to social pressure to fit in
- b) They dislike autonomy and are highly susceptible to social pressure to fit in
- c) **They enjoy autonomy and are less susceptible to social pressure to fit in**
- d) They dislike autonomy and are less susceptible to social pressure to fit in

6. According to Carl Rogers, why do inconsistencies between the real self and ideal self-create sufferings and neurosis?

- a. Because the ideal self is always better than the real self
- b. Because the real self is always better than the ideal self
- c. Because achieving consistency between the two selves is impossible
- d. **Because the inconsistencies cause inner conflict and dissatisfaction**

7. What is competence frustration in the context of SDT?

- a. Feeling free of external constraints on behavior
- b. Feeling effective and capable of achieving desired outcomes

c. Feeling a sense of connectedness with others

d. Feeling a sense of failure and doubt about one's ability

8. Which of the following is an example of an autonomous form of extrinsic motivation?

a. Doing a task because you will receive a monetary reward

b. Doing a task because your boss told you to

c. Doing a task because you value the outcome or goal

d. Doing a task because you are afraid of being punished if you don't



**NPTEL Online Certification Course
Psychology of Stress, Health and Well-being
Assignment Number 12: Detailed Solution
Indian Institute of Technology Guwahati**



Assignment 12

1. What did Frankl propose about seeking meaning in life?
 - a) It is crucial only to well-being
 - b) It is crucial only to survival
 - c) It is crucial to both well-being and survival**
 - d) It is not crucial to either well-being or survival

2. What is the name of the school of psychotherapy developed by Viktor Frankl?
 - a) Psychoanalysis
 - b) Cognitive Behavioral Therapy
 - c) Logotherapy**
 - d) Humanistic Therapy

3. How does literature suggest that maintaining a sense of significance/mattering can facilitate coping and mental health?
 - a) By focusing on the significance and positive value of traumatic events**
 - b) By focusing on negative aspects of one's life
 - (c) By accepting that one's life does not matter in the grand scheme of things
 - (d) None of these

4. Which of the following is not an evaluative dimension of meaning in life?

a) **Coherence**

b) Purpose

c) Significance

d) None of these

5. How are the dimensions of meaning in life related to each other?

a) They are unrelated constructs

b) **Low levels of one dimension may lead to low levels in other dimensions and high levels of one dimension may lead to high levels in other dimensions**

c) They are negatively correlated constructs

d) They are independent constructs

6. What is the concept of freedom of attitudinal choice according to Frankl?

A) **The ability to choose one's attitude towards unavoidable suffering**

B) The ability to change the course of one's life

C) The ability to control one's emotions

D) The ability to choose one's physical circumstances

7. What is the key difference between intrinsic and extrinsic life goals?

a) Intrinsic goals are shaped by societal beliefs and norms, while extrinsic goals are consistent with our nature and needs.

b) **Intrinsic goals involve personal growth and deeper connections with others, while extrinsic goals involve financial success and social fame.**

c) Intrinsic goals are less consistent with our nature and needs, while extrinsic goals emerge from natural growth tendencies.

d) Intrinsic goals are based on cultural beliefs and norms, while extrinsic goals are based on personal beliefs and values.

8. What is the potential consequence of focusing excessively on extrinsic goals?

a) Enhanced well-being

b) Becoming too dependent on outside circumstances for happiness

c) Higher levels of self-esteem and mind openness

d) Acting in a community-oriented and growth-oriented manner