

Assignment 1 (Week 1)

1. Lazarus and Folkman (1984) proposed a three-process cognitive appraisals in stress and coping process. Which of the following is not one of these processes?

- (a) Reappraisal
- (b) Tertiary appraisal**
- (c) Primary appraisal
- (d) Secondary appraisal

2. Evaluation of ones coping resources is associated with.....

- (a) Reappraisal
- (b) Primary appraisal
- (c) Secondary appraisal**
- (d) Both primary and secondary appraisals

3. Which among the following statement is false?

- (a) Stress is not influenced by culture**
- (b) Stress is subjective
- (c) Stress may have spillover effects
- (d) Stress may be contagious

4. Question 4 has been removed (correct answer was Approach-avoidance)

5. Which of the following is an example of chronic stress?

- (a) Waiting for an examination test result
- (b) Making a presentation before a roomful of people
- (c) Skiing downhill on a difficult slope
- (d) Poverty**

6. “disease of adaptation” is associated with phase of the “general adaptation syndrome”.

- (a) Alarm
- (b) Resistance
- (c) Exhaustion**
- (d) Both alarm and resistance

7. Some research suggests that under stress, females show behaviors such as giving more attention to nurturant activities, creating and maintaining social network to aid in the process of protection and reducing distress. This is known as.....

- (a) Fight-or-flight response
- (b) Tend-and-befriend response**
- (c) Nurturant effect
- (d) Social support

8. Which among the following hormones are secreted by HPA axis during stress reaction?

- (a) epinephrine
- (b) norepinephrine
- (c) Cortisol**
- (d) Adrenaline

Assignment 2 (Week 2)

(1) secrete antibodies into the body fluids to destroy antigens.

(a) B cells

(b) Killer T cells

(c) Helper T Cells

(d) Phagocytes

(2) stage of the general adaptation syndrome proposed by Selye is associated with decrease in immune functions.

(a) Alarm

(b) Resistance

(c) Exhaustion

(d) Assimilation

(3) Which hormones among the following is most strongly associated with decrease in immune response?

(a) Serotonin

(b) Cortisol

(c) Estrogen

(d) Prolactin

(4) is buildup of fatty patches or plaques on arterial wall leading to the narrowing down of the artery of heart.

(a) Broken heart syndrome

(b) Atherosclerosis

(c) Hypertension

(d) None of the above

(5) John displays excessive competition, achievement orientation, time urgency, and anger. Most probably, he is personality.

(a) Type B

(b) Psychologically hardy

(c) Neuroticism

(d) Type A

(6) Friedman and Rosenman (1974) found that Type A individuals were twice as likely to develop than Type B individuals.

(a) Diabetes

(b) PTSD

(c) Depression

(d) Coronary heart disease

(7) The American Psychiatric Association (APA) added PTSD to the
in 1980

(a) DSM 1

(b) DSM 2

(c) DSM 3

(d) DSM 4

(8) According to the DSM 5 criteria, symptoms should last for more than
..... for the diagnosis of PTSD.

(a) 1 month

(b) 2 months

(c) 3 months

(d) 12 months

(9) Which of the following is associated with exposure to repeated, prolonged,
interpersonal trauma exposure?

(a) ASD

(b) PTSD

(c) Complex PTSD

(d) None of the above

Assignment 3 (Week 3)

(1) Positive psychological changes experienced by people as a result of the struggle with highly challenging life circumstances is known as

(a) Resilience

(b) Posttraumatic growth

(c) Recovery

(d) Posttraumatic stress

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

(a) Assimilation

(b) Positive accommodation

(c) Negative accommodation

(d) All of these

(3) Janoff-Bulman (2004) proposed which of the following explanatory model of posttraumatic growth?

(a) Strengths through suffering

(b) Psychological preparedness

(c) Existential Reevaluation

(d) All of these

(4) Susan Kobasa introduced the concept of

(a) Psychological hardiness

(b) Type A and Type B traits

(c) Locus of control

(d) All of these

(5) Commitment, control and challenge are the characteristics of

(a) Psychological hardiness

(b) Type A & Type B traits

(c) Locus of control

(d) None of these

(6) Which of the following factor is not included in the Weiner's model of attribution?

(a) Locus of control

(b) Stability

(c) Controllability

(d) Hardiness

(7) Which of the following is an example of internal, stable, uncontrollable factor?

(a) Hard work

(b) Ability

(c) Luck

(d) Task characteristics

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Assignment 4 (Week 4)

(1) 'Learned helplessness' is associated with which of the following coping strategy?

(a) Seeking social support

(b) Avoidance

(c) Positive reappraisal

(d) None of these

(2) Which of the following statement is false?

(a) Stress may lead to reduced impulse control and self-indulgence behavior

(b) Self-indulgence has high value as a coping strategy

(c) As a response to stress, people may develop alternative rewards as a compensation by self-indulgence

(d) All of these

(3) Who among the following proposed the concept of defense mechanisms?

(a) Abraham Maslow

(b) Carl Rogers

(c) Martin Seligman

(d) Sigmund Freud

(4) According to Freud, -----part of the mind consists of repressed unpleasant and unacceptable experiences and feelings.

(a) Conscious

(b) Sub-conscious

(c) Unconscious

(d) All of these

(5) In Freud's theory, is the only component of personality present from birth.

(a) ID

(b) Ego

(c) Super-ego

(d) All of these

(6) In Freud's theory,resorts to defense mechanisms by distorting reality.

(a) ID

(b) Ego

(c) Super-ego

(d) All of these

(7) A person with a lot of anger and aggressive impulse express his anger or aggression by joining boxing. This is an example of..... defense mechanism.

(a) Reaction formation

(b) Displacement

(c) Sublimation

(d) Compensation

(8) According to Freud, is the most healthy and successful defense mechanism.

(a) Reaction formation

(b) Displacement

(c) Sublimation

(d) Compensation

Assignment 5 (Week 5)

(1) Deep, slow breathing is also known as.....

(a) Diaphragmatic breathing

(b) Thoracic breathing

(c) Chest breathing

(d) None of these

(2) Progressive muscle relaxation was developed by.....

(a) Freud

(b) Kabat-Zinn

(c) Jacobson

(d) Seligman

(3) In Albert Elli's ABC model, B stands for.....

(a) Behavior

(b) Brain

(c) Belief system

(d) None of these

(4) Which of the following is NOT a characteristic of irrational beliefs?

(a) It distorts reality

(b) It prevents from reaching goals

(c) It leads to healthy emotions

(d) It leads to self-defeating behavior.

(5) According to..... individuals are surrounded by supportive others who move with them throughout the life course and vary in their closeness, their quality, their function

(a) Buffering hypothesis

(b) Direct hypothesis

(c) Social convoy model

(d) Both direct and buffering hypothesis

(6) Who among the following is the founder of mindfulness based stress reduction (MBSR)

(a) Shauna Shapiro

(b) Jon Kabat-Zinn

(c) Martin Seligman

(d) Carl Rogers

(7) Shapiro et al. (2006) proposedas the meta-mechanism by which mindfulness leads to various therapeutic effects on mind and body

(a) Perceiving

(b) Re-perceiving

(c) Apperceiving

(d) None of these

(8) Irrational/catastrophic thinking has many errors such as-

(a) Ignoring positive

(b) Exaggerating the negative

(c) Over-generalization

(d) All of these

Assignment 6 (Week 6)

(1) Pleasure, enjoyment, satisfaction are associated with..... well-being

(a) Hedonic

(b) Eudaimonic

(c) Psychological

(d) Both hedonic and eudaimonic

(2) Hedonic well-being is also known as

(a) Subjective well-being

(b) Happiness

(c) Psychological well-being

(d) Both subjective well-being and happiness

(3) Personal growth, autonomy, meaning in life are the components ofwell-being.

(a) Hedonic

(b) Eudaimonic

(c) Subjective

(d) Both hedonic and eudaimonic

(4) Aristotle was the proponent of well-being.

(a) Hedonic

(b) Eudaimonic

(c) Subjective

(d) Both hedonic and eudaimonic

(5)is dynamic process encompassing positive adaptation within the context of significant adversity.

(a) Resilience

(b) Posttraumatic growth

(c) Optimism

(d) None of these

(6) is about perseverance and passion for long-term goals introduced by Angela Duckworth.

(a) Resilience

(b) Grit

(c) Hardiness

(d) Locus of control

(7) Which of the following statement is true for Martin Seligman's model of flourish (PERMA)-

(a) It is a hedonic model of well-being.

(b) It is a eudaimonic model of well-being

(c) It is a combination of both hedonic and eudaimonic model of well-being

(d) None of these

(8) According to Corey L. M. Keyes (2005, 2007), positive mental health includes.....

(a) Emotional well-being

(b) Psychological well-being

(c) Social well-being

(d) A combination of emotional, psychological, and social well-being

Assignment 7 (Week 7)

- (1) Which is not part of the Ruut Veenhoven's qualities of life?
- (a) Livability of environment
 - (b) Life-ability of the person
 - (c) Utility of life
 - (d) **Meaning in life**
- (2) Job satisfaction is an example of type of satisfaction of Ruut Veenhoven's theory.
- (a) Pleasure
 - (b) **Part-satisfaction**
 - (c) life satisfaction
 - (d) top experience
- (3) include predictions about emotional reactions to future events.
- (a) **Affective forecasting**
 - (b) Retrospective impact bias
 - (c) Focalism
 - (d) Life-ability
- (4) "At a point in time both among and within nations, happiness varies directly with income, but over time (in the long term such as 10 years), happiness does not increase when a country's income increases". This is known as.....
- (a) Happiness U curve
 - (b) **Easterlin paradox**
 - (c) Objective-subjective discrepancy
 - (d) Theory of adaptation.
- (5) Happiness U-curve shows relationship between happiness and.....
- (a) Gender
 - (b) **Age**
 - (c) Education
 - (d) Income

(6) In the Fredrickson's list of positive emotions,is a combination of other positive emotions and it helps us to connect with others.

- (a) Serenity
- (b) Interest
- (c) Gratitude
- (d) Love**

(7) According to Fredrickson and Lasoda (2005), psychological well-being generally requires the ratio of positive emotions to negative emotions as.....

- (a) 2:1
- (b) 3:1**
- (c) 1:2
- (d) 3:3

(8) According to Fredrickson, there seems to be only positive emotions for every three to four negative emotions.

- (a) Two
- (b) One**
- (c) Five
- (d) Six

Assignment 8 (Week 8)

- (1) Which among the following is a barrier in increasing our happiness?
- (a) Genetic set point
 - (b) Hedonic adaptation
 - (c) Personality traits
 - (d) All of these**
- (2) Our happiness level remains relatively stable around a baseline because of.....
- (a) Life circumstances
 - (b) Genetics**
 - (c) Intentional activities
 - (d) None of these
- (3) According to AREA model of hedonic adaptation, determines the rate of adaptation.
- (a) Attention
 - (b) Explanation**
 - (c) Reaction
 - (d) None of these
- (4) According to the sustainable happiness model, intentional activities may include..... activities
- (a) Behavioral
 - (b) Cognitive
 - (c) Volitional
 - (d) Behavioral, cognitive and volitional**
- (5) According to Lyubomirsky and 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**

(6) Research shows that life circumstances account for a very small percentage of variance in happiness levels. One of the possible reason is.....

- (a) Genetics
- (b) Hedonic adaptation**
- (c) Personality traits
- (d) Intentional activities

(7) Hedonic adaptation is more likely to be complete and in case of positive experiences than negative experiences

- (a) Slower
- (b) Faster**
- (c) Demanding
- (d) Identical

(8)refers to the process by which individuals return to baseline levels of happiness following a change in life circumstances.

- (a) Affective regulation
- (b) Hedonic adaptation**
- (c) Personality Traits
- (d) Impact bias

Assignment 9

(1) is the appreciation of what is valuable and meaningful to oneself and represents a general state of thankfulness and/or appreciation

(a) Kindness

(b) Gratitude

(c) Awe

(d) Inspiration

(2) Keeping gratitude journal means

(a) Writing things for which one is grateful

(b) Expressing gratitude to a person face to face

(c) Expressing gratitude to a person by writing letters

(d) All of these

(3) Which of the following personality trait is incompatible to gratitude?

(a) Extrovert

(b) Introvert

(c) Neuroticism

(d) Narcissism

(4) Natural selection favors kindness to coordinate and collaborate with others who shares a common interest such as team mates and group members. This principle is known as

(a) Kin altruism

(b) Mutualism

(c) Reciprocal altruism

(d) Competitive altruism

(5) Natural selection favours kindness that impresses peers and attracts mates. This is known as

- (a) Kin altruism
- (b) Mutualism
- (c) Reciprocal altruism
- (d) Competitive altruism**

(6) Social comparison serves which of the following functions-

- (a) Evaluating the self
- (b) Making decisions
- (c) Being inspired
- (d) All of these**

(7) Negative self-evaluation results from which of the following-

- (a) Upward social comparison in assimilative manner
- (b) Upward social comparison in contrastive manner**
- (c) Downward social comparison in contrastive manner
- (d) None of these

(8) Which of the following statements is true for social comparison in social media?

- (a) Upward social comparison is more likely to take place on social networking sites (SNS)
- (b) Studies on social comparison on SNSs indicate that these comparisons typically result in decreases in SWB or happiness
- (c) In SNS, people are more often exposed to idealized images of others and share more often self-enhancing information themselves
- (d) All of these**

Assignment 10

(1) VIA Classification proposed by Peterson and Seligman classifies.....

(a) Talents

(b) Character strengths

(c) Intelligence

(d) Motivation

(2) Peterson and Seligman (2004) identified..... character strengths

(a) 24

(b) 25

(c) 26

(d) 23

(3) According to the VIA classification, the virtue of 'temperance' includes which of the following character strengths?

(a) Fairness

(b) Kindness

(c) Creativity

(d) Modesty

(4)is a naturally recurring pattern of thought, feeling or behavior that can be productively applied to multiple areas.

(a) Talent

(b) Strength

(c) Skill

(d) Knowledge

(5)is the ability to provide a consistent, high-level performance in a given activity

(a) Talent

(b) Strength

(c) Skill

(d) Knowledge

(6) According to Gallup's Strengths Finder, which of the following create a strength?

(a) Talent

(b) Skills

(c) Knowledge

(d) Skills and knowledge combined with talent

(7) Mihaly Csikszentmihalyi is associated with which of the following?

(a) Signature strengths

(b) Resilience

(c) Flow

(d) Psychological hardiness

(8) Flow happens under which of the following conditions?

(a) High skill-low challenge

(b) Low skill-high challenge

(c) High skill-high challenge

(d) Low skill-low challenge

Assignment 11

(1) Core assumptions of humanistic psychology include-

- (a) People are motivated to self-actualize their inner hidden potentials.
- (b) Humans have a free will
- (c) Humans are basically good intrinsically
- (d) All of these**

(2) Which of the following is a 'being need' in the Maslow's model of need hierarchy?

- (a) Esteem need
- (b) Love and belongingness need
- (c) Physiological need
- (d) Self-actualization need**

(3) According to Maslow, which of the following is an obstacle in achieving self-actualization?

- (a) Lack of desire
- (b) Stuck in fulfilling lower needs**
- (c) Societal conditions of worth
- (d) None of these

(4) According Carl Rogers, which of the following is essential in an environment for promoting growth and self-actualization?

- (a) Genuineness
- (b) Unconditional positive regard
- (c) Empathy
- (d) All of these**

(5) Which of the following theory explained human motivation based on the basic psychological need fulfillment?

- (a) Organismic valuing theory
- (b) Functional descriptive model
- (c) PERMA model
- (d) Self-determination theory**

(6) Which of the following are internalized forms of extrinsic motivation?

- (a) Introjection
- (b) Identification
- (c) Integration
- (d) Both identification and integration**

(7) A student generally completes school work independently, but only because of its value in gaining admission to college. This is an example of..... type of extrinsic motivation.

- (a) External regulation
- (b) Introjection
- (c) Identification**
- (d) Integration

(8) satisfaction is experienced when the individual feels a sense of choice and volition when carrying out an activity.

- (a) Autonomy**
- (b) Competence
- (c) Relatedness
- (d) All of these

Assignment 12

(1) Victor Frankl developed which of the following?

- (a) Cognitive therapy
- (b) Mindfulness based therapy
- (c) Behavioral therapy
- (d) Logotherapy**

(2) Coherence, purpose, and significance are the dimensions of.....

- (a) Posttraumatic growth
- (b) Resilience
- (c) Meaning in life**
- (d) Signature strengths

(3) 'Life has meaning under all circumstances, even the most miserable ones'. This statement is associated with.....

- (a) Cognitive therapy
- (b) Mindfulness based therapy
- (c) Behavioral therapy
- (d) Logotherapy**

(4) Who among the following introduced the idea of SMART goals?

- (a) Clifton
- (b) Peterson
- (c) George T. Doran**
- (d) Anderson

(5) According to Frankl, we can discover meaning in life in which of the following ways-

- (a) By creating a work or doing a deed
- (b) By experiencing something or encountering someone
- (c) By the attitude we take toward unavoidable suffering
- (d) All of these**

(6) Which of the following is a motivational component of meaning in life?

- (a) Coherence
- (b) Purpose**
- (c) Significance
- (d) Mattering

(7) Making sense of one's life is associated with.....dimension of meaning in life

- (a) Coherence**
- (b) Purpose
- (c) Significance
- (d) Mattering

(8) Which of the following statement is NOT a characteristic of intrinsic life goals?

- (a) Involves goals such as personal growth, emotional intimacy, community service
- (b) Contents of goals are naturally consistent with our nature and needs
- (c) Emerge from natural growth tendencies
- (d) Strongly shaped by cultural and societal beliefs and norms**