

Time left 0:55:57

Question 31

Not yet answered

Marked out of 1.00

Emotion-focused coping involves attempts to:

- ☐ a. avoid the stressor entirely
- ☐ b. regulate and manage emotional reactions to stressful events
- ☐ c. directly confront and solve the stressor
- ☐ d. seek social support from friends and family

Question 32

Not yet answered

Marked out of 1.00

Effective message delivery in health communication is a one-way process from the sender to the receiver.

- ☐ a. True
- ☐ b. False

Question 33

Not yet answered

Marked out of 1.00

Ethan is overweight and feels conflicted about his eating habits. His therapist uses Motivational Interviewing to highlight the discrepancy between his beliefs and behaviors. Which psychological principle is being applied here?

- ☐ a. Cognitive dissonance
- ☐ b. Emotional regulation
- ☐ c. Self-affirmation
- ☐ d. Reinforcement

Question 34

Not yet answered

Marked out of 1.00

Health psychology is a multidisciplinary field that explores the relationship between physical illness and psychology.

- ☐ a. True
- ☐ b. False

Question 35

Not yet answered

Marked out of 1.00

According to health psychology, the patient is solely responsible for their treatment.

- ☐ a. False
- ☐ b. True