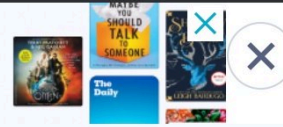


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Solved MCQ's

PSY 409

BY: Zaman Khalid

Part-1 (lecture 01 to 45)

NOTE: For midterm please read from bottom of the file while for finals read from top.

Please like the post if it is helpful. It took more than a day to solve, thanks and remember in your prayer the answer are 100 % right, verified with handouts.



The core of Strengths Quest program for positive schooling is the question that:

Select correct option:

What would result if we studied what is the quest of people?

What would result if we studied what is wrong with people?

What would result if we studied what is right rather than wrong with people?

What would result if we studied what suits people?

Saving...

BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 54

sec(s)

Question # 2 of 10 (Start time: 03:56:55 PM) Total Marks: 1

"My friend tries not to make a big deal out of it but is happy for me" is an example of _____ style.

Select correct option:

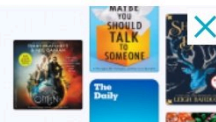
Active/Constructive

Passive/Constructive

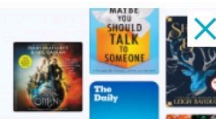
Active/Destructive

Passive/Destructive

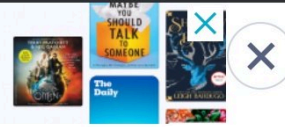
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BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 19

sec(s)

Question # 3 of 10 (Start time: 03:57:34 PM) Total Marks: 1

"My partner says little, but I know he/she is happy for me" is an example of _____ style.

Select correct option:

Active/Constructive

Passive/Constructive

Active/Destructive

Passive/Destructive

BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 70

sec(s)

Question # 4 of 10 (Start time: 03:58:49 PM) Total Marks: 1

Which of the following actions lessen, eliminate or contain problems after they appear?

Select correct option:

Primary preventions

Major preventions

Prime preventions

Secondary preventions

BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 74

sec(s)

Question # 5 of 10 (Start time: 03:59:16 PM) Total Marks: 1

Which of the following refers to the tendency to over estimate the internal and underestimate the external factors when explaining the behaviors of others?

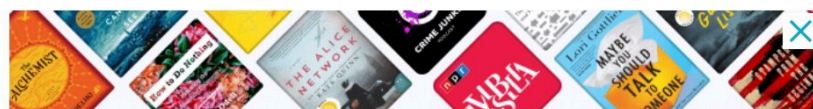
Select correct option:

Fundamental attribution error

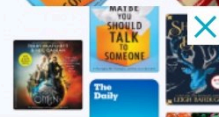
Fundamental downbeat

Fundamental unfairness

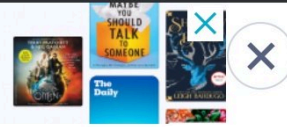
Fundamental negative bias



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Quiz Start Time: 03:55 PM

Time Left 71

sec(s)

Question # 6 of 10 (Start time: 03:59:41 PM) Total Marks: 1

"My relative reminds me that most good things have their bad aspects as well" is an example of _____ style.

Select correct option:

- Active/Constructive
- Passive/Constructive
- Active/Destructive**
- Passive/Destructive

BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 74

sec(s)

Question # 7 of 10 (Start time: 04:00:07 PM) Total Marks: 1

Which of the following refers to a strong motivation in which a person repeatedly takes a course of action that is intrinsically satisfying?

Select correct option:

- Calling**
- Happiness
- Well-being
- Companionship

BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 65

sec(s)

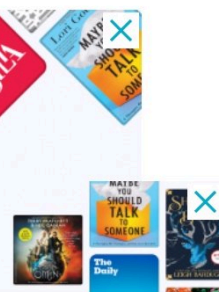
Question # 8 of 10 (Start time: 04:00:36 PM) Total Marks: 1

The idea of "Jigsaw classroom" was presented by _____.

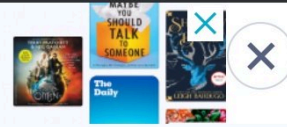
Select correct option:

- Snyder & Lopez
- Marilyn Watson
- Laura Ecken

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Quiz Start Time: 03:55 PM

Time Left 50

sec(s)

Question # 9 of 10 (Start time: 04:01:08 PM) Total Marks: 1

"My relative seems even more happy and excited than I am" is an example of _____ style.

Select correct option:

Active/Constructive

Passive/Constructive

Active/Destructive

Passive/Destructive

BC120200403 : Khalid Zaman

Quiz Start Time: 03:55 PM

Time Left 61

sec(s)

Question # 10 of 10 (Start time: 04:01:56 PM) Total Marks: 1

Which of the following primary preventions are focused on a particular at-risk population?

Select correct option:

Universal prevention

Selective prevention

Derived preventions

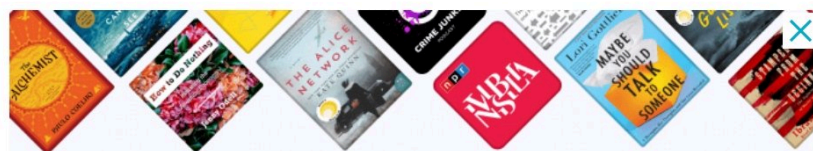
Resultant preventions

BC120200403 : Khalid Zaman

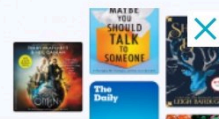
Quiz Start Time: 05:50 PM

Time Left 48

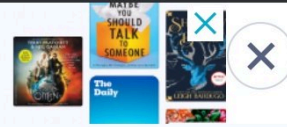
sec(s)



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Question # 1 of 10 (Start time: 05:50:23 PM) Total Marks: 1

_____ is referred to as seeing things as if for the first time, creating possibility by paying attention to all feedback in the present moment.

Select correct option:

Empathy

Gratitude

Generosity

Openness

BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

Time Left 43

sec(s)

Question # 2 of 10 (Start time: 05:51:14 PM) Total Marks: 1

Which of the following is a research method used to study flow experiences. Participants are signaled via watches, phones or hand-held computers and asked to answer questions about their experiences at the moment they are paged.

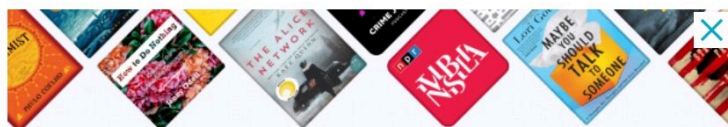
Select correct option:

Quasi experimental method

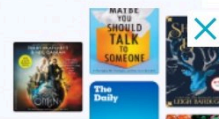
Experience sampling method

Correlational research method

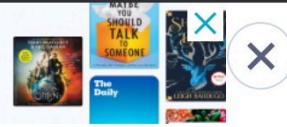
Survey method



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Quiz Start Time: 05:50 PM

Time Left 35

sec(s)

Question # 3 of 10 (Start time: 05:52:12 PM) Total Marks: 1

Which of the following is a dimension of courage in the Values in Action Classification system, which involves acknowledging and representing one's true self, values, beliefs and behaviors to oneself and others?

Select correct option:

Valor

Authenticity

Enthusiasm/Zest

Industry/Perseverance

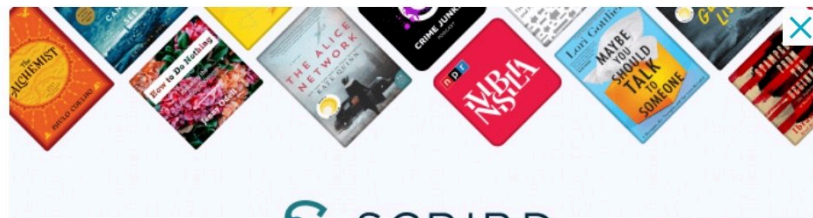
BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

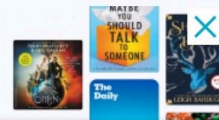
Time Left 65

sec(s)

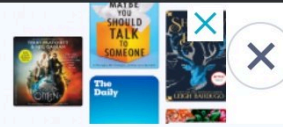
Question # 4 of 10 (Start time: 05:53:13 PM) Total Marks: 1



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Which of the following is the quality of reverence, appreciating and being thankful for the present moment?

Select correct option:

Empathy

Gratitude

Love-kindness

Openness

BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

Time Left 54

sec(s)

Question # 5 of 10 (Start time: 05:53:53 PM) Total Marks: 1

When we are mindful, we become _____.

Select correct option:

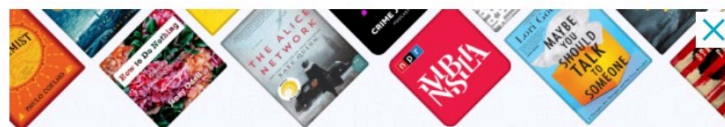
Obvious to context or perspective

Sensitive to context or perspective

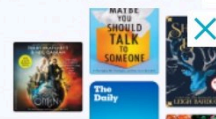
Apparent to context or perspective

Evident to context or perspective

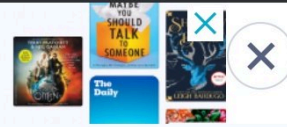
BC120200403 : Khalid Zaman



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Quiz Start Time: 05:50 PM

Time Left 55

sec(s)

Question # 6 of 10 (Start time: 05:54:39 PM) Total Marks: 1

Which of the following is a subtype of vital courage?

Select correct option:

Moral courage

Physical courage

Panic-specific courage

Health courage

BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

Time Left 60

sec(s)

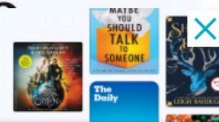
Question # 7 of 10 (Start time: 05:55:25 PM) Total Marks: 1

_____ is referred to as giving in the present moment within a context of love and compassion, without attachment to gain or thought of return.

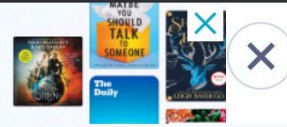
Select correct option:

Empathy

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Gratitude

Generosity

Openness

BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

Time Left 32

sec(s)

Question # 8 of 10 (Start time: 05:56:06 PM) Total Marks: 1

Which of the following term describes a nonenduring characteristic, a quality that is subject to change depending on the situation, context or when it is needed?

Select correct option:

Phasic

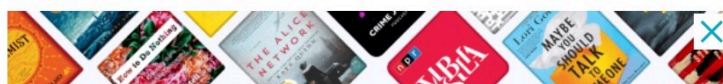
Tonic

Boost

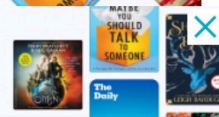
Energizer

BC120200403 : Khalid Zaman

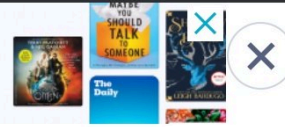
Quiz Start Time: 05:50 PM



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Time Left 58

sec(s)

Question # 9 of 10 (Start time: 05:57:15 PM) Total Marks: 1

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

Select correct option:

Valor

Authenticity

Enthusiasm/Zest

Industry/Perseverance

BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

Time Left 58

sec(s)

Question # 9 of 10 (Start time: 05:57:15 PM) Total Marks: 1

Which of the following is a dimension of courage in the Values in Action Classification system, which involves thriving or having motivation in challenging situations or tasks?

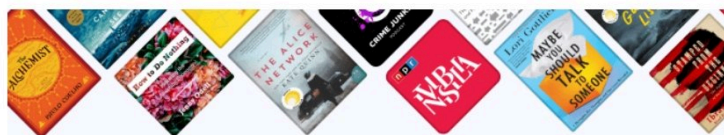
Select correct option:

Valor

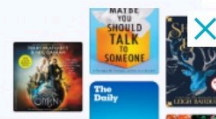
Authenticity

Enthusiasm/Zest

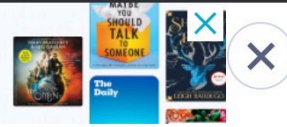
Industry/Perseverance



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BC120200403 : Khalid Zaman

Quiz Start Time: 05:50 PM

Time Left 58

sec(s)

Question # 10 of 10 (Start time: 05:57:58 PM) Total Marks: 1

Which of the following is a quality embodying benevolence, compassion, and cherishing, a quality filled with forgiveness and unconditional love?

Select correct option:

Empathy

Gratitude

Love-kindness

Openness

_____ is a nondescript term that refers to strength of belief but does not necessarily specify what the certainty is about?

Select correct option:

Self-efficacy

Self-confidence

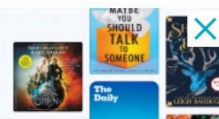
Self-assurance

Self-actualization

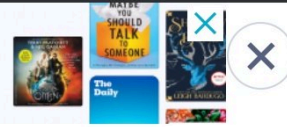


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Cancel Anytime.

Stanton and his associates studied the impact of emotion focused coping on women's adjustment to:

Select correct option:

- Depression
- Headache
- Hypertension
- Breast cancer**

Who stressed on the adaptive potential of emotion-focused coping?

Select correct option:

- LeDoux
- Diener
- David Myers
- Annette Stanton**

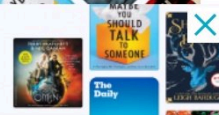
Who described subjective well-being as "An increase in happiness is the closest thing psychology has to a general tonic for greater well-being"?

Select correct option:

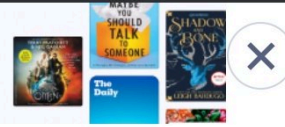
- Diener**
- Csikszentmihalyi
- Costa
- McCare

Which of the following person makes internal, stable and global attributions for positive events?

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Select correct option:

Optimist

Pessimist

Cynic

Skeptic

_____ theory of optimism presents an excuse like process of
distracting from bad things that have happened in the past.

Select correct option:

Seligman's

Scheier's

Carver's

Herzberg's

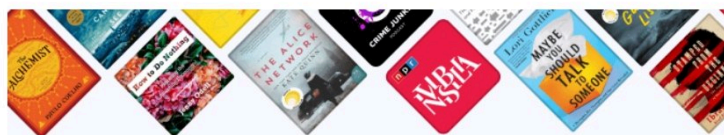
Which of the following intellect defined self-efficacy as "people's beliefs in their
capabilities to produce desired effects by their own actions"?

Select correct option:

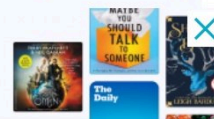
- Henry Ford
- **Albert Bandura**
- Marie Curie
- Immanuel Kant

The book "The Conquest of Happiness", giving the view that most people are unhappy,
was written by _____.

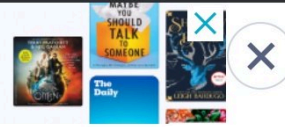
Select correct option:



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- Rousseau
- Samuel Johnson
- **Bertrand Russell**
- Thomas Szasz

Who defines Emotional Intelligence as an array of non-cognitive capabilities, competencies, and skills that help us deal with the demands of the environment?

Select correct option:

Bar-On

Goleman

Salovey

Mayer

Traits of happy people are that they demonstrate all of those given below EXCEPT:

Select correct option:

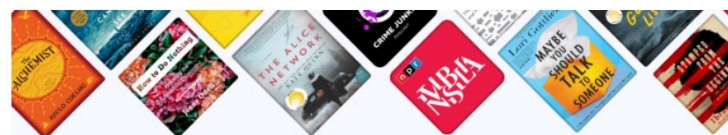
- Less vulnerable to disease
- **More self- focused**
- Less hostile and abusive
- More loving, forgiving and trusting

According to Salovey and Mayer (1990) model, emotional intelligence is all EXCEPT

_____.

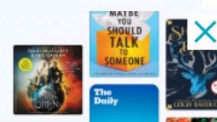
Select correct option:

- Perceiving emotions
- Using emotions to facilitate thought
- **Suppressing emotions**
- Understanding emotions

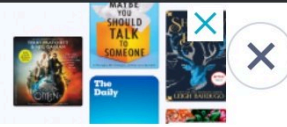


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Written disclosure of emotional upheaval is referred to as:

Select correct option:

- ☐ Emotional approach
- ☐ Emotional processing
- ☒ **Emotional storytelling**
- ☐ Emotional intelligence

Pennebaker paradigm refers to systematic written disclosure across brief sessions. The results of Dr Jamie Pennebaker's research showed:

Select correct option:

- ☐ Immediate and long-term beneficial effects
- ☐ Immediate and long-term distress
- ☒ **Immediate distress but beneficial effects over time**
- ☐ Immediate beneficial effects but distress over time

Who stressed on the adaptive potential of emotion-focused coping?

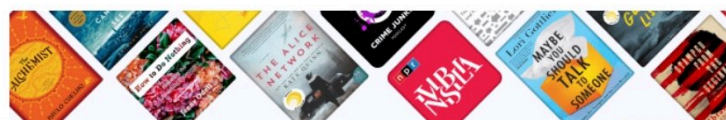
Select correct option:

- ☐ LeDoux
- ☐ Diener
- ☐ David Myers
- ☒ **Annette Stanton**

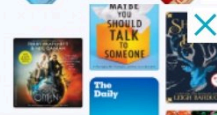
Friendship and well-being have strong correlation because friends _____.

Select correct option:

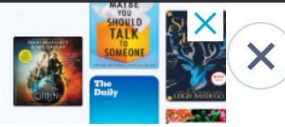
- ☐ Help financially on and off
- ☐ More appreciative
- ☒ **Redouble joy and cut grief in half**
- ☐ Help spiritually off and on



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How many items are there in The Self-Efficacy Scale?

Select correct option:

- ☐ 13
- ☒ 23
- ☐ 33
- ☐ 43

“It will work” is an example of:

Select correct option:

- ☐ Self-efficacy
- ☒ Response efficacy
- ☐ Personal control
- ☐ Optimism

Which one of the following is NOT the type of happiness according to the division of Seligman?

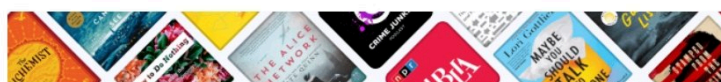
Select correct option:

- ☐ The pleasant life
- ☐ The good life
- ☐ The meaningful life
- ☒ The social life

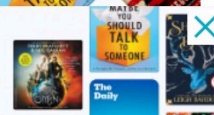
_____ is a nondescript term that refers to strength of belief but does not necessarily specify what the certainty is about?

Select correct option:

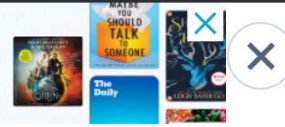
- ☐ Self-efficacy
- ☒ Self-confidence
- ☐ Self-assurance
- ☐ Self-actualization



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Question # 1 of 10 (Start time: 03:28:17 PM) Total Marks: 1

To cure mental illness was the _____.

Select correct option:

First early mission of psychology

Second early mission of psychology

Third early mission of psychology

Fourth early mission of psychology

Question # 2 of 10 (Start time: 03:28:37 PM) Total Marks: 1

Which of the following model may provide some explanation for the robust social and cognitive effects of positive emotional experience?

Select correct option:

Broaden and build model

Psychodynamic model

Behavioral model

Existential model

Question # 3 of 10 (Start time: 03:29:28 PM) Total Marks: 1

According to Individualistic cultures, what is happiness?

Select correct option:

It is closeness to God

It can be achieved through self knowledge

It is found in the message and life of Jesus

It can be achieved through competition and personal achievement

Question # 4 of 10 (Start time: 03:30:08 PM) Total Marks: 1

Which of the following theme was NOT included in Clifton Strengths Finder Themes?

Select correct option:

Consistency

Discipline

Ideation

Honesty

Which of the following is a person's immediate, physiological response to a stimulus and it is typically based on an underlying sense of arousal?

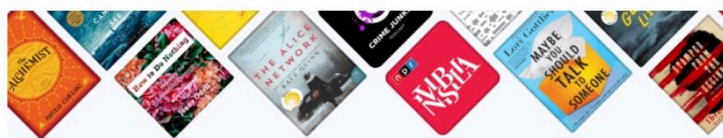
Select correct option:

Emotion

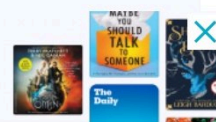
Happiness

Affect

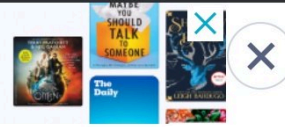
Satisfaction



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Select correct option:

23

Which of the following theorist proposes that hope has no hereditary contributions?
Select correct option:

- Snyder

Goal directed thinking in which a person has the perceived capacity to find routes to desired goals and the requisite motivations to use those routes is called:
Select correct option:

- Hope

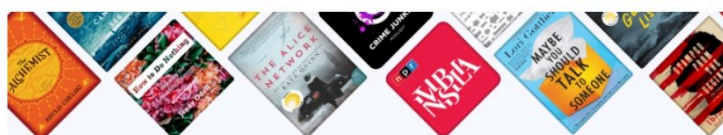
CAVE stands for:
Select correct option:

- Content Analysis of Verbal Explanation

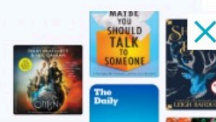
Which of the following is a person's immediate, physiological response to a stimulus and it is typically based on an underlying sense of arousal?

Select correct option:

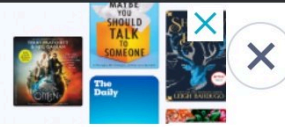
- Emotion
- Happiness
- Affect
- Satisfaction



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All of the followings are the pillars of knowledge that have sustained in Western culture,
EXCEPT _____.

Select correct option:

- Greeks
- **Hinduism**
- Hebrews
- Christianity

How do you pronounce the name of the Eastern European researcher Dr. Csikszentmihalyi?

Select correct option:

- **Cheek-sent-me-high**
- Zick-ant-mile
- Shick-zen-hale
- Zick-sent-mile

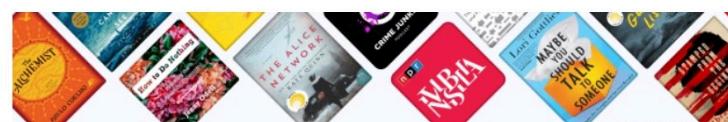
Clifton Strength Finder is modified for individuals with:

Select correct option:

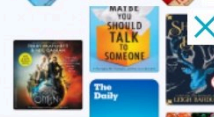
- **Disability**
- High IQ level
- Specific strengths
- Healthy body structure

In 1900, what was the life expectancy in USA?

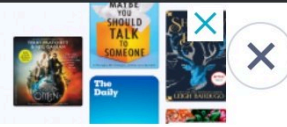
Select correct option:



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- 40 years
- **45 years**
- 50 years
- 55 years

According to _____ good life and proper path to happiness can be discovered through logic and rational analysis.

Select correct option:

- Hebrews
- Christians
- **Greeks**
- Buddhism

Keyes suggests that complete mental health can be conceptualized via combination of _____.

Select correct option:

- High levels of emotional well-being
- Psychological well-being
- Social well-being
- **All of the given options**

What was the third early mission of psychology prior to World War II?

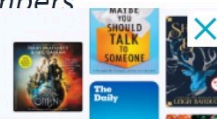
Select correct option:

- To cure mental illness
- To find and nurture genius and talent
- **To make normal life more fulfilling**
- To boost up social skills of special children

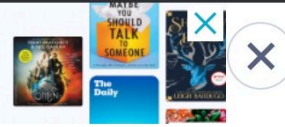
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To cure mental illness was the _____.

Select correct option:

- **First early mission of psychology**
- Second early mission of psychology
- Third early mission of psychology
- Fourth early mission of psychology

_____ was conceptualized in 1980 in response to the following question "What protects children from today's problems?"

Select correct option:

- The Gallup Themes of Talent
- The Values in Action
- **The Search Institution's 40 Development Assets**
- Life Orientation Test

Which of the following is the requisite motivation to use routes to desired goals?

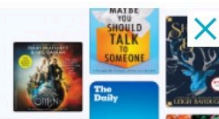
Select correct option:

- **Agency thinking**
- Alleyway thinking
- Conduit thinking
- Pathways thinking

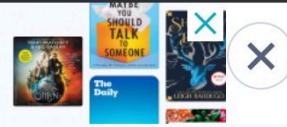
Life Orientation Test (LOT, 1985) has been developed to measure _____.

Select correct option:

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- Courage
- Self-efficacy
- **Optimism**
- Wisdom

Which of the following person makes external, variable and specific attributions for negative events?

Select correct option:

- **Optimist**
- Pessimist
- Cynic
- Skeptic

Which of the following is the perceived capacity to find routes to desired goals?

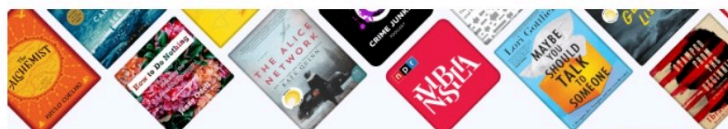
Select correct option:

- Agency thinking
- Action thinking
- Bureau thinking
- **Pathways thinking**

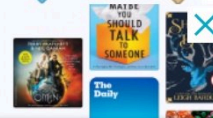
Who defines Emotional Intelligence as an array of non-cognitive capabilities, competencies, and skills that help us deal with the demands of the environment?

Select correct option:

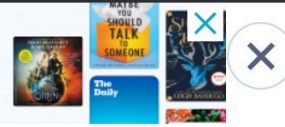
- **Bar-On**
- Goleman
- Salovey
- Mayer



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Emotion-focused approach involves:

Select correct option:

- Actively demonstrating one's emotions
- Moving away from, rather than toward, a stressful encounter
- Focusing on emotions and then doing catharsis by crying, screaming, etc
- **Active movement toward, rather than away from, a stressful encounter**

Which of the following expectancies are included in the Life Orientation Test?

Select correct option:

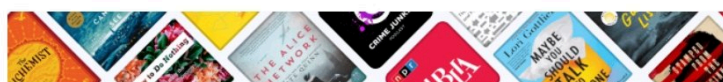
- Positive expectancies
- Negative expectancies
- **Both positive and negative expectancies**
- None of the given options

Traits of happy people are that they demonstrate all of those given below
EXCEPT:

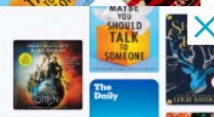
- Less hostile and abusive
- Less vulnerable to disease
- **More self- focused**
- More loving, forgiving, trusting, energetic, decisive, creative, sociable,

Which one of the following is NOT the type of happiness according to the
division of Seligman

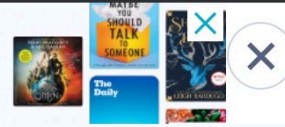
- The pleasant life



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- The good life
- The meaningful life
- **The social life**

Which of the following expert is considered as pioneer in the examination of positive emotions?

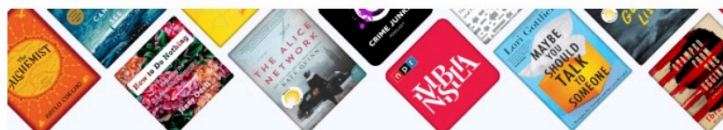
- Bradburn
- **Isen**
- Watson
- Anna Clark

A person's immediate, physiological response to a stimulus is called _____.

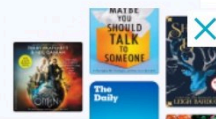
- Emotion
- Happiness
- **Affect**
- Satisfaction

Which of the following theme was NOT included in Clifton Strengths Finder Themes?

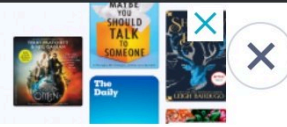
- Consistency
- Discipline
- Ideation
- **Honesty**



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According to Individualistic cultures, what is happiness?

- Is closeness to God
- Can be achieved through self knowledge
- Is found in the message and life of Jesus
- **Can be achieved through competition and personal achievement**

According to the philosophers of early Middle Ages true happiness _____.

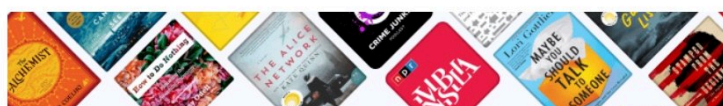
- Is closeness to God
- Can be achieved through self knowledge
- **Is found in the message and life of Jesus**
- Can be achieved through competition and personal achievement

Who provided the label of Positive Psychology?

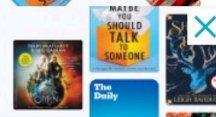
- Abraham Maslow
- Snyder
- Albert Bandura
- **Seligman**

To cure mental illness was the _____.

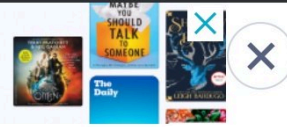
- **First early mission of psychology**
- Second early mission of psychology
- Third early mission of psychology
- Fourth early mission of psychology



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Which of the following is linked with future dimension of positive psychology?

- Happiness, joy, flow, etc
- **Hope and optimism**
- Well-being, contentment, and satisfaction
- Wisdom, courage, religiosity

 _____

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