Chapter 1: An Introduction to Positive Psychology

Test Bank

Multiple Choice

1. _____, a Former President of American Psychological Association, would best be considered the father of positive psychology.
A. Martin Seligman
B. Henry David Thoreau
C. Sigmund Freud
D. John Watson
Ans: A
Cognitive Domain: Knowledge
Answer Location: The Rising Importance of the Social World
Difficulty Level: Easy

2. What is the best description of positive psychology?
A. the scientific study of what enables individuals and communities to thrive
B. the science and applications of building positive self-esteem
C. the psychological study of healthy children and adolescents
D. the practice of examining historical accounts of positive events
Ans: A
Cognitive Domain: Analysis
Answer Location: The Rising Importance of the Social World
Difficulty Level: Medium

3. Which of the following is TRUE?
A. Positive psychology examines positive subjective states and the sense of individual achievement removed from its social context.
B. Positive psychology focuses on positive institutions rather than positive traits of the individual.
C. Positive psychology focuses on positive functioning on a number of levels, such as biological, personal, relational, and cultural.
D. Almost all research in positive psychology examine the effectiveness of positive forms of psychotherapy.
Ans: C
Cognitive Domain: Analysis
Answer Location: The Rising Importance of the Social World
Difficulty Level: Hard

4. The Dynamic Model of Affect (DMA) proposes that _____.
A. emotions change so rapidly that it is not possible to measure them reliably
B. having more control over emotions is correlated with greater happiness

C. the independence of positive and negative emotions depends on one's biological makeup
D. when people are under stress, positive and negative emotions "fuse" and become dependent
Ans: D
Cognitive Domain: Analysis
Answer Location: Independence of Positive and Negative Emotions
Difficulty Level: Hard

5. Which of the following is FALSE?
A. Positive and negative emotions are relatively independent.
B. Positive and negative emotions are associated with the same biological markers.
C. Interventions that influence one type of emotionality may have no effect or even the opposing impact on the other type of emotionality.
D. Positive and negative emotions can occur at the same time.
Ans: B
Cognitive Domain: Analysis
Answer Location: Independence of Positive and Negative Emotions
Difficulty Level: Hard

6. Which of the following is TRUE?
A. Interventions to eliminate mental illness do not automatically enhance well-being.
B. It is not possible to be relatively high in both mental illness and mental health at the same time.
C. The search for happiness appears to be largely an American quest.
D. Positive psychology takes the position that only a small percentage of very unique individuals adjust well to life's stressors and challenges.
Ans: A
Cognitive Domain: Analysis
Answer Location: The Rising Importance of the Social World
Difficulty Level: Hard

7. The oldest approach to well-being and happiness is _____.
A. eudaimonia
B. hedonism
C. flourishing
B. utilitarianism
Ans: B
Cognitive Domain: Conceptual
Answer Location: Hedonism
Difficulty Level: Medium

8. What best describes the term hedonism?
A. being true to one self
B. maximizing of pleasure and minimizing of pain
C. maximizing of pleasure and minimizing of savoring

D. involvement in activities that produce flow
Ans: B
Cognitive Domain: Knowledge
Answer Location: Hedonism
Difficulty Level: Easy

9. Loreto scores low on well-being but high on mental illness symptoms (in his case, depression). According to Keyes and Lopez (2002), he would be considered _____.
A. dysthymic
B. floundering
C. languishing
D. struggling
Ans: B
Cognitive Domain: Application
Answer Location: People Can Flourish and Thrive
Difficulty Level: Medium

10. Based on Keys and Lopez's (2002) classification, people who score high on well-being and high on mental illness are _____.
A. happy
B. self-actualized
C. languishing
D. struggling
Ans: D
Cognitive Domain: Knowledge
Answer Location: People Can Flourish and Thrive
Difficulty Level: Medium

11. According to Robinson (1997), the Greek and Roman philosophers outlined four major theories of the good life. Which of the following is one of them?
A. the fatalistic life
B. the realistic life
C. the accepting life
D. the balanced life
Ans: A
Cognitive Domain: Knowledge
Answer Location: Summary of Greek Ideas on the Good Life
Difficulty Level: Medium

12. Aristotle proposed that there were 12 basic virtues that when cultivated allowed people to grow toward a state of _____.
A. hedonism
B. eudaimonia
C. flourishing
D. existentialism
Ans: B

Cognitive Domain: Knowledge
Answer Location: Aristotle
Difficulty Level: Medium

13. According to _____, happiness is found by living in accord with the commands or rules set down by a supreme being.
A. hedonic calculus
B. flourishing theory
C. divine command theory
D. the Delphic motto
Ans: C
Cognitive Domain: Conceptual
Answer Location: The Early Hebrews
Difficulty Level: Medium

14. The ancient stoics taught that _____.
A. true happiness is attained only when a person is true to his or her authentic self
B. material wealth, happiness, love, and admiration were all subject to change, therefore people must not base their well-being on these
C. happiness is found by living in accord with the commands or rules set down by a supreme being
D. there were 12 basic virtues that when cultivated allowed us to grow toward a state of eudaimonia
Ans: A
Cognitive Domain: Conceptual
Answer Location: The Stoics
Difficulty Level: Hard

15. John Stuart Mill disagreed with Bentham's belief that all pleasures should be given equal value, a notion that is central to _____.
A. humanism
B. empiricism
C. hedonic calculus
D. stoicism
Ans: C
Cognitive Domain: Conceptual
Answer Location: The Rising Importance of the Social World
Difficulty Level: Medium

16. Abraham Maslow emphasized that people strive to make the most of their potential in a process called self-actualization within what tradition?
A. humanistic
B. behavioral
C. eudaimonia
D. behaviorism
Ans: A

Cognitive Domain: Knowledge
Answer Location: Humanistic Psychology
Difficulty Level: Medium

17. _____ emphasized our capacity for personality growth in the second half of life. In addition, his ideas have perhaps been most influential in the psychology of religion.
A. Freud
B. Aristotle
C. Jung
D. Terman
Ans: C
Cognitive Domain: Knowledge
Answer Location: The 20th Century
Difficulty Level: Medium

18. Kupperman (2006) outlined several insights about well-being that we can learn from history. Which of the following is FALSE?
A. Simple hedonism is not an adequate path to well-being.
B. A stress-free life is the most desirable life.
C. Happiness should not be the sole criteria for well-being.
D. It is not necessary to be perfect to be an admirable and a good person.
Ans: B
Cognitive Domain: Knowledge
Answer Location: Lessons on Well-Being From History
Difficulty Level: Hard

19. In _____ view, traits such as compassion, friendliness, nurturance, and altruism are innate in every child but are affected by the level of social support they have. His slogan, "Any child can learn anything," inspired many people in Europe and the United States.
A. Freud's
B. Aristotle's
C. the ancient stoics'
D. Adler's
Ans: D
Cognitive Domain: Knowledge
Answer Location: The 20th Century
Difficulty Level: Easy

20. Given what you're learned in the introductory chapter of the text, which of the following studies would most likely be included in the reference list for this positive psychology text?
A. childhood and adult cumulative trauma as predictors of symptoms of post-traumatic stress disorder
B. the Reliability and Validity of the Parental Anxiety Scale
C. capitalizing on human strengths in pursuit of academic success

D. the role of the prefrontal lobe in passive–aggressive interactions
Ans: C
Cognitive Domain: Analysis
Answer Location: Positive Psychology Today
Difficulty Level: Easy

True/False

1. Based on Keyes and Lopez's classification system, floundering and languishing refer to the same phenomenon.
Ans: F
Cognitive Domain: Conceptual
Answer Location: People Can Flourish and Thrive
Difficulty Level: Medium

2. A basic assumption of positive psychology is that biology and genetic predispositions are much more influential in determining people's psychological adjustment than other factors.
Ans: F
Cognitive Domain: Conceptual
Answer Location: People Can Flourish and Thrive
Difficulty Level: Medium

3. Positive and negative emotions are relatively independent.
Ans: T
Cognitive Domain: Conceptual
Answer Location: Independence of Positive and Negative Emotions
Difficulty Level: Medium

4. Before the field of positive psychology existed, case studies of clients in psychotherapy were conducted in the early 20th century in an effort to understand well-being and the good life.
Ans: T
Cognitive Domain: Knowledge
Answer Location: The Science of Well-Being
Difficulty Level: Medium

5. Both Plato and Socrates believed that changeable sensory experience could not be the basis of true wisdom.
Ans: T
Cognitive Domain: Analysis
Answer Location: Socrates | Plato
Difficulty Level: Hard

Essay

1. Describe a study that a researcher in the area of positive psychology might conduct? Discuss practical implications of the findings. In other words, why is this research important?
Ans: Examples will vary. A researcher might examine the link between optimism and various health outcomes. This work is important because people may be able to improve various aspects of their health by changing their appraisals on events. Changes might be accomplished via cognitive therapy.
Cognitive Domain: Application
Answer Location: The Scope of Positive Psychology
Difficulty Level: Medium

2. The field of positive psychology has been misunderstood to be merely the study of happiness or "happiology." Explain why is this a misconception? Include two other areas of research that a positive psychologist might study.
Ans: Positive psychologists study many other aspects of mental and physical health in addition to happiness and they recognize that a good life does not mean that people never experience negative emotions. These findings can help those people who are suffering from mental illness as well as helping people achieve an optimum level of functioning. Examples for areas of research will vary but might include the study of gratitude (using the method of keeping a gratitude journal) and its link with a number of positive outcomes. They might also examine the link between positive social relationships and well-being.
Cognitive Domain: Application
Answer Location: The Scope of Positive Psychology
Difficulty Level: Medium

3. Although the field of positive psychology offers a new approach to the study of positive emotions and behavior, the ideas, theories, research, and motivation to study positive aspects of human behavior are as old as humanity. Drawing upon the ideas of Adler, Jung, Maslow, or James, give an example of one of these areas of research and how it overlaps with areas of contemporary positive psychology.
Ans: Adler emphasized the importance of social feeling in healthy child development and adult functioning. He believed that traits such as compassion, friendliness, and altruism are innate but are shaped by whether or not one has social support. Jung believed that a healthy personality integrates different components of the self, such as the social self and striving for meaning. Maslow, a humanistic psychologist, believed that people strive for self-actualization, their optimum level of functioning. James believed that people used only a fraction of their potential in daily life. He studied altered states of consciousness, hypnotism, and the psychology of religion.
Cognitive Domain: Comprehension
Answer Location: The 20th Century
Difficulty Level: Medium

4. Explain the difference between eudaimonia and hedonism.

Ans: It is translated as happiness but means more than simply positive emotions. It means true well-being and flourishing. Eudaimonia is an ideal toward which one strives. Hedonism refers to sensual pleasure and the avoidance of pain and suffering. When focused on too exclusively, it does not produce lasting benefits to personal growth.
Cognitive Domain: Comprehension
Answer Location: A Short History of Well-Being in the Western World
Difficulty Level: Medium

5. Choose one of the following: Socrates, Plato, Aristotle, the Epicureans, or the stoics. Explain how their ideas about the good life laid the groundwork for contemporary theories of happiness, well-being, and life satisfaction.
Ans: Socrates believed that happiness could be achieved only through self-knowledge and that only this examination of the soul was true wisdom. He distrusted perceptual forms of knowledge; he believed conclusions based on sensory experiences of emotions cannot reveal the truth because they are constantly changing. Plato also believed that changeable sensory experiences could not be the basis for wisdom. He believed that those who undertake the quest for wisdom must have the courage to find the truth hidden beneath superficial appearances. For Aristotle, the idea was poise, harmony, and the avoidance of emotional extremes. He believed that emotions should be tamed "by rigorous self-discipline." The epicureans believed that happiness is achieved by withdrawing from the work of politics to lead a life of quiet existence of moderate pleasures. The stoics believed that wealth, happiness, love, and admiration are subject to change. Therefore, a person should not base their happiness on them. He believed one should accept their place in the divine plan--a common theme in several religions.
Cognitive Domain: Comprehension
Answer Location: A Short History of Well-Being in the Western World
Difficulty Level: Medium