# *Positive Psychology 4th edition Compton Test Bank*

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# Positive Psychology (4th)

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*Total Questions: 30*

**Multiple Choice (20)**

***Q1.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____, a Former President of American Psychological Association, would best be considered the parent of positive psychology.

**a) Martin Seligman ✓ correct**
**b)** Henry David Thoreau
**c)** Sigmund Freud
**d)** John Watson

***Q2.*** *[Multiple Choice] · Cognitive Domain: Analysis*

What is the best description of positive psychology?

**a) The scientific study of what enables individuals and communities to thrive. ✓ correct**
**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.

***Q3.*** *[Multiple Choice] · Cognitive Domain: Analysis*

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. ✓ correct**
**d)** Almost all research in positive psychology examines the effectiveness of positive forms of psychotherapy.

***Q4.*** *[Multiple Choice] · Cognitive Domain: Analysis*

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 ✓ correct**

***Q5.*** *[Multiple Choice] · Cognitive Domain: Analysis*

Which of the following is true?

**a)** Positive and negative emotions are relatively dependent.
**b)** Positive and negative emotions are associated with the same biological markers.
**c)** Interventions that influence one type of emotionality have an effect or even the opposing impact on the other type of emotionality.
**d) Positive and negative emotions can occur at the same time. ✓ correct**



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***Q6.*** *[Multiple Choice] · Cognitive Domain: Analysis*

Which of the following is true?

**a) illness do not automatically enhance well-being. ✓ correct**
**b)** relatively high in both mental illness and mental health at the same time.
**c)** for happiness appears to be largely an American quest.
**d)** individuals adjust well to life's stressors and challenges.

***Q7.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

The oldest approach to well-being and happiness is _____.

**a)** eudaimonia
**b) hedonism ✓ correct**
**c)** flourishing
**d)** utilitarianism

***Q8.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

What best describes the term hedonism?

**a)** Being true to oneself.
**b) Maximizing of pleasure and minimizing of pain. ✓ correct**
**c)** Maximizing of pleasure and minimizing of savoring.
**d)** Involvement in activities that produce flow.

***Q9.*** *[Multiple Choice] · Cognitive Domain: Application*

Loreto scores low on well-being but high on mental illness symptoms (in his case, depression). According to Keyes and Lopez (2002), they would be considered _____.

**a)** Dysthymic
**b) floundering ✓ correct**
**c)** languishing
**d)** struggling

***Q10.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct**

***Q11.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

According to Seligman (2020), the which of the following comes directly from the Greek and Roman philosophers?

**a) Agency ✓ correct**
**b)** Hedonism
**c)** Acceptance
**d)** Balance

***Q12.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

Aristotle proposed that there were 12 basic virtues that when cultivated allowed people to grow toward a state of _____.

**a)** hedonism
**b) eudaimonia ✓ correct**
**c)** flourishing
**d)** existentialism



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***Q13.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct**
**d)** the Delphic motto

***Q14.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

The Socrates taught that _____.

**a) true happiness is achieved only through self-knowledge ✓ correct**
**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

***Q15.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct**
**d)** utilitarianism

***Q16.*** *[Multiple Choice] · Cognitive Domain: Comprehension*

Abraham Maslow emphasized that people strive to make the most of their potential in a process called self-actualization within what tradition?

**a) Humanistic ✓ correct**
**b)** Behavioral
**c)** Eudaimonia
**d)** Empiricism

***Q17.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

_____ 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 ✓ correct**
**d)** Terman

***Q18.*** *[Multiple Choice] · Cognitive Domain: Analysis*

Haidt (2006) outlined several insights about well-being that we can learn from history. Which of the following is true?

**a)** Simple hedonism is not an adequate path to well-being.
**b) The human mind is divided into parts that can be in conflict. ✓ correct**
**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.

***Q19.*** *[Multiple Choice] · Cognitive Domain: Knowledge*

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)** Plato’s
**d) Adler’s ✓ correct**

***Q20.*** *[Multiple Choice] · Cognitive Domain: Analysis*

Given what you have 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. ✓ correct**
**d)** The role of the prefrontal lobe in passive–aggressive interactions.

**True/False (5)**

***Q21.*** *[True/False] · Cognitive Domain: Comprehension*

Based on Keyes and Lopez’s classification system, floundering, and languishing refer to the same phenomenon.

**a)** True
**b) False ✓ correct**

**Correct answer: False**

***Q22.*** *[True/False] · Cognitive Domain: Comprehension*

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.

**a)** True
**b) False ✓ correct**

**Correct answer: False**

***Q23.*** *[True/False] · Cognitive Domain: Comprehension*

Positive and negative emotions are relatively independent.

**a) True ✓ correct**
**b)** False

**Correct answer: True**

***Q24.*** *[True/False] · Cognitive Domain: Comprehension*

Positive psychology researchers have found that positive forms of therapy can be just as useful as older therapies that focus on eliminating negative emotions.

**a) True ✓ correct**
**b)** False

**Correct answer: True**

***Q25.*** *[True/False] · Cognitive Domain: Comprehension*

The term “the good life” comes from psychology and includes the possession of extreme wealth power, prestige, and beauty.

**a)** True
**b) False ✓ correct**

**Correct answer: False**



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**Essay (5)**

***Q26.*** *[Essay] · Cognitive Domain: Application*

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?

> ***Suggested answer:*** *Sample response: 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.*

***Q27.*** *[Essay] · Cognitive Domain: Application*

The field of positive psychology has been misunderstood to be merely the study of happiness or "happiology." Explain why this is a misconception. Include two other areas of research that a positive psychologist might study.

> ***Suggested answer:*** *Sample response: 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.*

***Q28.*** *[Essay] · Cognitive Domain: Application*

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.

> ***Suggested answer:*** *Sample response: Adler emphasized the importance of social feeling in healthy child development and adult functioning. They 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. They studied altered states of consciousness, hypnotism, and the psychology of religion.*

***Q29.*** *[Essay] · Cognitive Domain: Analysis*

Compare and contrast eudaimonia and hedonism.

> ***Suggested answer:*** *Sample response: Eudaimonia is translated as happiness but means more than simply positive emotions. It means true well-being and flourishing. It 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.*

***Q30.*** *[Essay] · Cognitive Domain: Analysis*

Choose one of the following: Socrates, Plato, or Aristotle. Explain how their ideas about the good life laid the groundwork for contemporary theories of happiness, well-being, and life satisfaction.

> ***Suggested answer:*** *Sample response: Socrates believed that happiness could be achieved only through self-knowledge and that only this examination of the soul was true wisdom. They distrusted perceptual forms of knowledge; they 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. They 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. They believed that emotions should be tamed "by rigorous self-discipline."*



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