

Chapter 1: Welcome to Positive Psychology

Test Bank

Multiple Choice

1. Which of the following are topics included in the definition of positive psychology?

- a. Psychological strengths and positive emotions.
- b. Pathology and methods of therapy
- c. Personality traits and psychological strengths
- d. Positive functioning and emotion management

Ans: A

Cognitive Domain: Knowledge

Answer Location:

Difficulty Level: Easy

2. Robert Kennedy's 1968 speech at the University of Kansas focused on which of the following points?

- a. The importance of achievement to well-being
- b. The things in life that make it worthwhile
- c. An emphasis on more positive ways to raise children
- d. The value of encouraging racial harmony

Ans: B

Cognitive Domain: Knowledge

Answer Location:

Difficulty Level: Easy

3. With most psychologists preoccupied with human weakness and pathology, what would most of their focus be on?

- a. Keeping psychology in the laboratory.
- b. Fostering strengths in their clients.
- c. Understanding and treating mental illness.
- d. Analyzing the brain's connection to pathology.

Ans: C

Cognitive Domain: Application

Answer Location:

Difficulty Level: Medium

4. The authors believe that for positive psychology to become more prevalent, it must be based upon _____.

- a. scientific principles
- b. desirable virtues
- c. anecdotes from clients
- d. sociocultural perspectives

Ans: A

Cognitive Domain: Comprehension

Answer Location:

Difficulty Level: Medium

5. Which of the following best describes the two aims of positive psychology?

- a. examine their maladaptive behaviors
- b. test their mental abilities
- c. build their emotional intelligence
- d. To uncover people's strengths and promote their positive functioning.

Ans: D

Cognitive Domain: Analysis
Answer Location:
Difficulty Level: Hard

6. Which perspectives help provide information about various factors that underpin positive psychology?
- Physiology, neurobiology, and evolutionary.
 - Phrenology, introspection, and psychodynamic.
 - Neurobiology, adaptive, and behaviorism.
 - Existentialism, evolutionary, and cultural.

Ans: A
Cognitive Domain: Knowledge
Answer Location:
Difficulty Level: Easy

7. As a result of increased research and funding for understanding and treating mental illness, psychologists focused less on the missions of making lives better and _____.
- understanding the influence of culture on mental health
 - changing public views on the stigma of mental illness
 - keeping psychology in the laboratory
 - identifying and nurturing high talent

Ans: D
Cognitive Domain: Comprehension
Answer Location: Building Human Strength: Psychology's Forgotten Mission
Difficulty Level: Medium

8. What was result of increased wages for practicing therapy and earning grants to conduct psychological research?
- An increase in psychologists entering the field.
 - The building of a greater understanding of mental illness and effective treatment.
 - More complacency among psychologists, leading to a conflict of interest.
 - Fewer psychologists in academic settings, resulting in lower numbers of students.

Ans: B
Cognitive Domain: Knowledge
Answer Location: Building Human Strength: Psychology's Forgotten Mission
Difficulty Level: Easy

9. Which of the following events helped increase research on understanding and therapeutic treatment of mental illness by awarding grants?
- The development of intelligence tests in the early 20th century.
 - The initial publishing of *Psychology Today*.
 - The creation of the National Institutes of Health.
 - The founding of the Veterans Administration.

Ans: C
Cognitive Domain: Knowledge
Answer Location: Building Human Strength: Psychology's Forgotten Mission
Difficulty Level: Easy

10. If you were a psychologist who began practicing in the mid-20th century, you would have noticed the shift toward focusing on _____.
- stimuli and responses
 - personal strengths and virtues
 - pharmacological treatment
 - Freudian therapeutic practices

Ans: A
Cognitive Domain: Application

Answer Location: Our Neglected Missions
Difficulty Level: Medium

11. The Presidential Task Force on Prevention is taking on tasks such as _____.
a. using preventative medicines to treat mental illness
b. training professionals in prevention and health promotion
c. ensuring that adults are receiving mental health treatment
d. promoting depression screenings in occupational settings

Ans: B

Cognitive Domain: Comprehension

Answer Location: Our Neglected Missions
Difficulty Level: Medium

12. In what way does prevention differ from pathologizing?
a. Prevention involves increased study of curing mental illness.
b. Prevention uses more systematic methods of treating mental illness.
c. Prevention aims to promote human virtues within younger people.
d. Prevention uses positivity to shift focus away from needing treatment.

Ans: C

Cognitive Domain: Analysis

Answer Location: Our Neglected Missions
Difficulty Level: Hard

13. The medical model has guided professionals toward examining the damaged brain and _____, resulting in making prevention more difficult.
a. personal weakness
b. new therapeutic practices
c. containing the mentally ill
d. increasing diagnoses

Ans: A

Cognitive Domain: Comprehension

Answer Location: Our Neglected Missions
Difficulty Level: Medium

14. According to Seligman, psychologists previously viewed people as being _____, which affected how they treated patients.
a. essentially passive
b. strong-willed
c. unmotivated
d. neurotic and unstable

Ans: A

Cognitive Domain: Comprehension

Answer Location: Our Neglected Missions
Difficulty Level: Medium

15. Which of these qualities have been shown to be most likely serve as a buffer to mental illness?
a. Neuroticism
b. Aggression
c. Courage
d. Stoicism

Ans: C

Cognitive Domain: Knowledge

Answer Location: Building Strength, Resilience, and Health in Young People
Difficulty Level: Easy

16. What two missions have been neglected by the field of psychology until recently?

- a. Measuring intelligence and understanding physiology.
- b. Examining emotional intelligence and promoting the field.
- c. Creating better learners and engaging in research.
- d. Making normal people stronger and fostering human potential.

Ans: D

Cognitive Domain: Knowledge

Answer Location: Building Strength, Resilience, and Health in Young People

Difficulty Level: Easy

17. In Snyder's story about the airport delay, upon learning that their flights were behind schedule the passengers reacted to the news by _____.

- a. responding angrily to the airport staff
- b. using a variety of healthy coping mechanisms
- c. waiting calmly and quietly for their flights to arrive
- d. using coping mechanisms, then becoming impatient

Ans: B

Cognitive Domain: Comprehension

Answer Location: A Positive Newspaper Story

Difficulty Level: Medium

18. What kind of news story is someone most likely to be presented with?

- a. A powerful story
- b. A joyful story
- c. A negative story
- d. An enlightening story

Ans: C

Cognitive Domain: Application

Answer Location: Going From the Negative to the Positive

Difficulty Level: Medium

19. After reading Snyder's story about the airport delay, how did his readers react?

- a. They did not believe the story, claiming it was unrealistic.
- b. They enjoyed it but still reacted negatively to the parts about the airport delays.
- c. They preferred that the editors continued to feature "regular" news.
- d. They responded favorably and wished for more stories.

Ans: D

Cognitive Domain: Knowledge

Answer Location: Reactions to This Positive Story

Difficulty Level: Easy

20. Which of the following choices describes a reason that practitioners and researchers were more focused on studying negative characteristics?

- a. They felt no need to study positive traits.
- b. They were operating within the particular circumstances of their time.
- c. People were mostly unhappy with their lives.
- d. They did not want to impede on the work of positive psychologists.

Ans: B

Cognitive Domain: Analysis

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Hard

21. What successes came about while operating from the pathology perspective?

- a. The development of diagnosis, measurement approaches, and treatments.
- b. Developing a diagnostic manual and understanding brain chemistry.
- c. Advances in medicine to be used in place of treatment.
- d. Knowledge of why people engaged in virtuous behavior.

Ans: A

Cognitive Domain: Knowledge

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Easy

22. When examining pathology in non-dominant groups, what would the likely revelation be?

- a. Non-dominant groups do not display many symptoms of most mental illnesses.
- b. Minorities tend to be easier to treat when it comes to mental illness.
- c. Non-dominant groups are not represented enough for any meaningful results.
- d. There exists too much pathologizing of minorities due to a bias toward Western culture.

Ans: D

Cognitive Domain: Application

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Medium

23. In order to operate as a good science, the authors suggest that the way to advance positive psychology is to _____.

- a. build up research that opposes the pathology view
- b. consider both the good and bad aspects of life
- c. try to branch off and allow it to become its own field
- d. study positive traits that outweigh other traits

Ans: B

Cognitive Domain: Comprehension

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Medium

24. What would a future psychologist need to include in their approach?

- a. Knowledge of how to handle weaknesses.
- b. Weaknesses and strengths of people within a cultural context.
- c. A complete understanding of the dominant culture.
- d. Information about which strengths are to be fostered in therapy.

Ans: B

Cognitive Domain: Application

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Medium

25. What would a culturally competent field of psychology manage to maintain the balance of?

- a. Positive psychology and pathology.
- b. Pathology and physiology.
- c. Medical practices and positive psychology.
- d. Research and therapeutic practices.

Ans: A

Cognitive Domain: Knowledge

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Easy

26. A comprehensive and valid approach to psychology includes understanding cultural factors and _____.

- a. assessment of disorders
- b. assimilation to the dominant culture
- c. stressors and resources in the environment
- d. research methods

Ans: C

Cognitive Domain: Comprehension

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Medium

27. How could parents and schools utilize facets of positive psychology?

- a. By emphasizing strengths and bringing out the best in children.
- b. By not using grades to measure performance.
- c. Through filtering out weaknesses in children.
- d. By building relationships with the parents and educators.

Ans: A

Cognitive Domain: Application

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Medium

28. What is reality negotiation?

- a. Negotiating the philosophical elements of our livelihoods.
- b. Agreeing upon what we can and cannot perceive.
- c. A debate for determining realistic goals for society.
- d. The ongoing process by which people move toward agreed upon worldviews.

Ans: D

Cognitive Domain: Knowledge

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Easy

29. Maddux, Snyder, and Lopez argue that reality negotiations are not dictated scientifically, but rather by _____.

- a. perceptions on common sense
- b. people and institutions who are interested in defining social constructs
- c. the aftermath of many events taking place around the world
- d. social rules and societal constructs that shape our behaviors

Ans: B

Cognitive Domain: Comprehension

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Medium

30. Which of the following statements describes the issue that comes along with reality negotiation?

- a. Prevailing views have ties to society's most powerful people, groups, and institutions.
- b. Common people are unsure of how to engage in negotiations, which halts progress.
- c. Ongoing political strife from all viewpoints leads to an imbalance in who controls the negotiations.
- d. Disagreements about humanity's purpose skews the opinions of all involved.

Ans: A

Cognitive Domain: Analysis

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Hard

31. A social construct is _____.

- a. something that dictates how we act in public
- b. a view that comes about from common law and is followed widely
- c. a perspective or definition agreed upon by many people that constitutes reality
- d. the amalgamation of people's interests and desires

Ans: C

Cognitive Domain: Comprehension

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Medium

32. Which of the following would help both traditional and positive psychologists continue to strive toward understanding and helping people?

- a. Continuing their research and practice in equally important fields.
- b. Embracing both viewpoints while keeping cultural contexts in mind.

- c. Choosing which side will ultimately result in the improvement of society.
- d. Founding another field that will supersede both perspectives.

Ans: B

Cognitive Domain: Application

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Medium

33. The positive psychology and pathology perspectives are both influenced by _____.
- a. research and diagnosing
 - b. creating more funding for their goals
 - c. sociocultural goals and values
 - d. a physiological approach

Ans: C

Cognitive Domain: Comprehension

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Medium

34. In consideration to the debate between positive psychology and pathology, what stance do the authors suggest that future psychologists take?
- a. To avoid being drawn into it altogether.
 - b. To choose a side and stick to it so the debate stops.
 - c. To find another field to enter if the debate continues.
 - d. To find a way to equally fund both sides.

Ans: A

Cognitive Domain: Knowledge

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Easy

35. Who initially coined the phrase *positive psychology*?
- a. Martin Seligman
 - b. Sigmund Freud
 - c. Abraham Maslow
 - d. Carl Rogers

Ans: C

Cognitive Domain: Knowledge

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Easy

36. According to the authors, one of the more notable accomplishments of positive psychology is _____.
- a. that more psychologists are participating in it than other perspectives
 - b. the increased attention toward the field due to theories and research findings
 - c. how much more we know about virtues
 - d. continuing to build upon itself throughout history

Ans: B

Cognitive Domain: Comprehension

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Medium

37. Seligman's work to strengthen the positive psychology movement included _____.
- a. deemphasizing other perspectives
 - b. printing more materials and dominating the market
 - c. utilizing media platforms to spread the word
 - d. initiating conferences and providing research grants

Ans: D

Cognitive Domain: Comprehension

Answer Location: Where We Are Now and What We Will Ask
Difficulty Level: Medium

38. What enabled Martin Seligman to bring more attention to positive psychology?

- a. Becoming president of the APA.
- b. His weekly television programs.
- c. The fall of other perspectives.
- d. An epidemic of mood disorders.

Ans: A

Cognitive Domain: Knowledge

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Easy

39. Which of these describes a similar viewpoint shared by of Martin Seligman and Robert F. Kennedy?

- a. They both wanted science to become more prevalent.
- b. Both desired to see an end to the need for psychologists.
- c. They disliked the humanistic approach for not being rigorous enough.
- d. Their desire to bring more focus onto what makes life worth living.

Ans: D

Cognitive Domain: Analysis

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Hard

40. How should a psychologist approach the positive psychology initiative, as recommended by Seligman?

- a. Striving to cure as many disorders as possible.
- b. Taking most of their focus to studying virtues.
- c. Continuing to use the scientific approach.
- d. Finding ways to become the more dominant view.

Ans: C

Cognitive Domain: Application

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Medium

41. While continuing to study strengths within positive psychology, it is important to remember that _____.

- a. diversity should not influence treatment
- b. weaknesses should not be emphasized
- c. certain strengths are more useful
- d. people are diverse, so context matters

Ans: D

Cognitive Domain: Comprehension

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Medium

42. Which of these do the authors suggest would help contribute to the success of positive psychology?

- a. Increased funding for research and textbooks.
- b. Finding ways to make the field the top priority in psychology.
- c. Holding it to higher standards of logic and science.
- d. Promoting its merits to as many future psychologists as possible.

Ans: C

Cognitive Domain: Application

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Medium

43. In addition to applying good scientific practices, what else does the field of positive psychology require?

- a. Skeptical and open minds.
- b. Research grants.
- c. Less distractions from other fields.
- d. More practitioners.

Ans: A

Cognitive Domain: Knowledge

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Easy

44. What can be the result of refocusing our thoughts?

- a. We can continue to be productive.
- b. Determining whether we are seeking meaningful experiences.
- c. Learning to remain calm in stressful situations.
- d. We can concentrate on the problem at hand.

Ans: B

Cognitive Domain: Knowledge

Answer Location: We Want You To Experience

Difficulty Level: Easy

45. The purpose of the *We Want You To Experience* personal mini experiment in Chapter 1 is to demonstrate that _____.

- a. people have more control over their lives than they think
- b. there are different ways to channel our thoughts
- c. our experiences are very similar
- d. you can strive for positive outcomes

Ans: A

Cognitive Domain: Comprehension

Answer Location: We Want You To Experience

Difficulty Level: Medium

46. How do the personal mini experiments featured throughout the book apply to the work of psychologists?

- a. Their use does not apply outside of the field.
- b. Psychologists use similar experiments and tasks within their research or with clients.
- c. Researchers can use the anecdotal data.
- d. They require written reports, which are utilized throughout the field.

Ans: B

Cognitive Domain: Application

Answer Location: Personal Mini-Experiments

Difficulty Level: Medium

47. Which of the following best describes the contrast that exists between trying to avoid unwanted outcomes and thinking of what one wants to happen?

- a. People who avoid unwanted outcomes are generally unhappy.
- b. Anyone who thinks of what they want to happen tends to see desirable results.
- c. Those who try to avoid unwanted outcomes become more reactive than those pursuing happier circumstances.
- d. People who are oriented toward only thinking of what they want to happen are likely to fail, unlike those who manage to avoid failure.

Ans: C

Cognitive Domain: Analysis

Answer Location: We Want You To Experience

Difficulty Level: Hard

48. Aside from acquiring more psychological knowledge, what is another goal set upon the readers by the authors?

- a. Spreading the message to other people.
- b. Ensuring that positive psychology survives the 21st century.
- c. Diminishing their own weaknesses.
- d. Becoming more skilled at capitalizing their own strengths.

Ans: D

Cognitive Domain: Knowledge

Answer Location: A Guide to This Book

Difficulty Level: Easy

49. The authors' goals for this book are for it to be an excellent summary of the science and practice of positive psychology, and _____.

- a. highlight the how much research has gone into the field
- b. show insights into the ongoing debate against pathology
- c. utilize multiple perspectives to show that positive psychology is the best option
- d. allow the readers to apply positive psychology to their own lives.

Ans: D

Cognitive Domain: Comprehension

Answer Location: A Guide to This Book

Difficulty Level: Medium

50. What do the authors suggest can help reveal the power of positive emotions and strengths?

- a. Relying on the text to guide you.
- b. A mindful approach to life.
- c. Striving to reach certain goals but only if they are easy enough.
- d. Completely voiding stressors and negativity.

Ans: B

Cognitive Domain: Knowledge

Answer Location: Life Enhancement Strategies

Difficulty Level: Easy

51. Seligman referred to _____ as the three great realms of life.

- a. love, work, and play
- b. career, goal setting, and love
- c. spirituality, work, and play
- d. love, entertainment, and knowledge

Ans: A

Cognitive Domain: Comprehension

Answer Location: Life Enhancement Strategies

Difficulty Level: Medium

52. Which of these strategies fits within the purpose of the Life Enhancement Strategies?

- a. Sharing emotions with a family member.
- b. Mindfulness meditation.
- c. Conscientious work.
- d. Containing negative emotions/

Ans: A

Cognitive Domain: Application

Answer Location: Life Enhancement Strategies

Difficulty Level: Medium

53. How would developmental researchers describe the contribution of love, work, and play to human life?

- a. They are more applicable in adulthood.
- b. They correlate with age.

- c. They are associated with human growth and successful aging.
- d. They do not have much influence on growth but do in other areas.

Ans: C

Cognitive Domain: Application

Answer Location: Life Enhancement Strategies

Difficulty Level: Medium

54. What is the difference in the views that psychologists interested in psychotherapy hold about the influence of love, work, and play?

- a. The usefulness of love, work, and play depend on the disorder a client is experiencing.
- b. Some view these as being a part of the process of change or as part of the counseling process.
- c. There is a split between those who think they are beneficial and those who think they are part of the problem.
- d. Some psychotherapists believe that work and play are not as important if love needs are met.

Ans: B

Cognitive Domain: Analysis

Answer Location: Life Enhancement Strategies

Difficulty Level: Hard

55. Freud suggested that the capacity to love, work, and play is the definition of _____.

- a. livelihood
- b. consciousness
- c. health
- d. normalcy

Ans: D

Cognitive Domain: Comprehension

Answer Location: Life Enhancement Strategies

Difficulty Level: Medium

56. Around the fifth century BC, what would leaders in Athens have dedicated their resources toward in relation to positive psychology?

- a. Determining who had the best physical fitness.
- b. Understanding scholarliness.
- c. Human virtues such as good character and actions.
- d. Defining honor and discipline.

Ans: C

Cognitive Domain: Application

Answer Location: The Big Picture

Difficulty Level: Medium

57. What virtues were sought out during the Victorian period in England?

- a. Duty, honor, and discipline.
- b. Studiousness and intelligence.
- c. Gentlemanlike behaviors.
- d. Courageousness and vanity.

Ans: A

Cognitive Domain: Knowledge

Answer Location: The Big Picture

Difficulty Level: Easy

58. During the fifteenth century in Florence, people used riches and talents to advance _____.

- a. musical talents
- b. beauty
- c. purity of heart
- d. resilience

Ans: B

Cognitive Domain: Comprehension
Answer Location: The Big Picture
Difficulty Level: Medium

59. Much like Athens, Florence, and England in previous eras, which country do the authors indicate can provide major contributions to positive psychology during the 21st century?

- a. Canada
- b. Norway
- c. Switzerland
- d. The United States.

Ans: D

Cognitive Domain: Knowledge
Answer Location: The Big Picture
Difficulty Level: Easy

60. What is the authors' purpose in providing a detailed list of movies to watch?

- a. To see the influence of psychology in films.
- b. To observe how prevalent negative emotions are in media.
- c. To help incorporate positive psychology into one's leisure time.
- d. To show flaws in movies that pertain to psychology.

Ans: C

Cognitive Domain: Knowledge
Answer Location: The Big Picture
Difficulty Level: Easy

True/False

1. Positive psychology is both a scientific and applied approach to psychology.

Ans: T

Cognitive Domain: Knowledge
Answer Location: Welcome to Positive Psychology
Difficulty Level: Easy

2. By placing greater emphasis on positive psychology, we must pay less attention to weaknesses.

Ans: F

Cognitive Domain: Comprehension
Answer Location: Welcome to Positive Psychology
Difficulty Level: Medium

3. Studying traits in power-holding groups has led to less pathologizing of minority groups.

Ans: F

Cognitive Domain: Knowledge
Answer Location: Welcome to Positive Psychology
Difficulty Level: Easy

4. Prevention involves scientifically examining human strengths and fostering these virtues in younger people.

Ans: T

Cognitive Domain: Knowledge
Answer Location: Building Strength, Resilience, and Health in Young People
Difficulty Level: Easy

5. Before World War II, the primary mission in psychology was curing mental illness.

Ans: F

Cognitive Domain: Comprehension

Answer Location: Building Human Strength: Psychology's Forgotten Mission
Difficulty Level: Medium

6. Psychologists were tasked with the mission of nurturing genius in the first half of the 20th century.

Ans: T

Cognitive Domain: Knowledge

Answer Location: Our Neglected Missions

Difficulty Level: Easy

7. Snyder's article detailed him observing passengers who reacted to news of delays by reacting favorably but then becoming restless as time went on.

Ans: F

Cognitive Domain: Knowledge

Answer Location: A Positive Newspaper Story

Difficulty Level: Easy

8. The authors suggest that focusing on only the positives or negatives is not good science.

Ans: T

Cognitive Domain: Comprehension

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Medium

9. An inclusive approach to psychology takes cultural context into consideration.

Ans: T

Cognitive Domain: Knowledge

Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning

Difficulty Level: Easy

11. Reality negotiation tends to be dictated by the views of the majority of people.

Ans: F

Cognitive Domain: Comprehension

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Medium

12. The ongoing debate between positive psychology and pathology centers around using medicine or using therapeutic methods as primary treatment.

Ans: F

Cognitive Domain: Comprehension

Answer Location: Views of Reality That Include Both the Positive and the Negative

Difficulty Level: Medium

13. Seligman and Kennedy share similar views on exploring the value of life.

Ans: T

Cognitive Domain: Comprehension

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Medium

14. Like other areas of psychology, positive psychology does not need to undergo scientific rigor.

Ans: F

Cognitive Domain: Knowledge

Answer Location: Where We Are Now and What We Will Ask

Difficulty Level: Easy

15. Research has indicated that love, work, and play are connected to someone's degree of mental health.

Ans: T

Cognitive Domain: Comprehension
Answer Location: Life Enhancement Strategies
Difficulty Level: Medium

15. Until recently, societies were not accustomed to applying strengths and virtues to daily life.

Ans: F

Cognitive Domain: Comprehension
Answer Location: The Big Picture
Difficulty Level: Medium

Essay

1. Explain the side effects of the recent shift to studying strength and resilience, along with employing these in practice.

Ans: Learning about how the body is influenced by behavior and mental well-being will help clients feel physically healthier. There will also be a shift back toward focusing on understanding how to make people stronger and more productive, along with help people move toward their potential.

Cognitive Domain: Analysis
Answer Location: Building Strength, Resilience, and Health in Young People
Difficulty Level: Hard

2. What are the similarities and differences between the positive psychology and pathology perspectives?

Ans: The similarities are that both share the primary goal of understanding and treating mental illness, and both use scientific and applied approaches. The differences are that positive psychology brings attention to human strengths and positive functioning, and pathology has traditionally leaned toward examining and treating human weakness.

Cognitive Domain: Analysis
Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning
Difficulty Level: Hard

3. How would you explain the importance of the three great realms of life to a family member, client, or other person who might be unfamiliar with this concept?

Ans: The three great realms of life – love, work, and play – refer to how we connect with others, try to live meaningful lives, and attain pleasure or satisfaction. Researchers have suggested that these areas have connections to normal human growth and successful aging, while professionals in psychology view the realms as part of the change process and primary goals of counseling.

Cognitive Domain: Application
Answer Location: Life Enhancement Strategies
Difficulty Level: Medium

4. Describe the contrasting effects that stemmed from following pathology perspective when it was most prevalent?

Ans: Professionals were able to successfully develop diagnoses, measurements, and effective treatments for a wide variety of psychological disorders. On the other hand, this led to increased pathologizing of non-dominant groups due to a lack of cultural context, since most of the developments were tailored to the dominant groups.

Cognitive Domain: Analysis
Answer Location: Positive Psychology Seeks a Balanced, More Complete View of Human Functioning
Difficulty Level: Hard

5. How did positive psychology manifest itself during the past in various societies?

Ans: In Athens, people dedicated resources toward assessing human virtues such as good character and actions. In Florence, there was more emphasis on advancing beauty using riches and talents. In Victorian era England, the focus was on positive aspects of one's character such as duty, honor, and discipline.

Cognitive Domain: Application
Answer Location: The Big Picture
Difficulty Level: Medium