Positive Psychology 5th edition Pedrotti Test Bank

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Positive Psychology (5th)

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Total Questions: 71

Multiple Choice (46)

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

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

a) psychological strengths and positive emotions ✓ correct
b) pathology and methods of therapy
c) personality traits and psychological strengths
d) positive functioning and emotion management

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

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 ✓ correct
c) an emphasis on more positive ways to raise children
d) the value of encouraging racial harmony

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

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 ✓ correct
d) analyzing the brain's connection to pathology

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

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

a) examine maladaptive behaviors
b) test mental abilities
c) build emotional intelligence
d) uncover people's strengths and positive functioning ✓ correct

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

Which perspectives help provide information about various factors that underpin positive psychology?

a) physiology, neurobiology, and evolutionary ✓ correct
b) phrenology, introspection, and psychodynamic
c) neurobiology, adaptive, and behaviorism
d) existentialism, evolutionary, and cultural

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

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 _____.

a) understanding the influence of culture on mental health
b) changing public views on the stigma of mental illness
c) keeping psychology in the laboratory
d) identifying and nurturing high talent ✓ correct

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

What was result of increased wages for practicing therapy and earning grants to conduct psychological research?

a) an increase in psychologists entering the field
b) the building of a greater understanding of mental illness and effective treatment ✓ correct
c) more complacency among psychologists, leading to a conflict of interest
d) fewer psychologists in academic settings, resulting in lower numbers of students

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

Which of the following events helped increase research on understanding and therapeutic treatment of mental illness by awarding grants?

a) the development of intelligence tests in the early 20th century
b) the initial publishing of Psychology Today
c) the creation of the National Institutes of Health ✓ correct
d) the founding of the Veterans Administration

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

If you were a psychologist who began practicing in the mid-20th century, you would have noticed the shift toward focusing on _____.

a) stimuli and responses ✓ correct
b) personal strengths and virtues
c) pharmacological treatment
d) Freudian therapeutic practices

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

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 ✓ correct
c) ensuring that adults are receiving mental health treatment
d) promoting depression screenings in occupational settings

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

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. ✓ correct
d) Prevention uses positivity to shift focus away from needing treatment.

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

The medical model has guided professionals toward examining the damaged brain and _____, resulting in making prevention more difficult.

a) personal weakness ✓ correct
b) new therapeutic practices
c) containing the mentally ill
d) increasing diagnoses

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

According to Seligman, psychologists previously viewed people as being _____, which affected how they treated patients.

a) essentially passive ✓ correct
b) strong-willed
c) unmotivated
d) neurotic and unstable

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

Which of these qualities have been shown to most likely serve as a buffer to mental illness?

a) neuroticism
b) aggression
c) courage ✓ correct
d) stoicism

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

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 ✓ correct

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

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 ✓ correct
c) waiting calmly and quietly for their flights to arrive
d) using coping mechanisms, then becoming impatient

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

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

a) powerful
b) joyful
c) negative ✓ correct
d) enlightening

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

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. ✓ correct

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

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. ✓ correct
c) People were mostly unhappy with their lives.
d) They did not want to impede on the work of positive psychologists.

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

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. ✓ correct

Q21. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct
c) try to branch off and allow it to become its own field
d) study positive traits that outweigh other traits

Q22. *[Multiple Choice] · Cognitive Domain: Application*

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 ✓ correct
c) a complete understanding of the dominant culture
d) information about which strengths are to be fostered in therapy

Q23. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct
d) research methods

Q24. *[Multiple Choice] · Cognitive Domain: Knowledge*

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 ✓ correct

Q25. *[Multiple Choice] · Cognitive Domain: Analysis*

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 ✓ correct
c) choosing which side will ultimately result in the improvement of society
d) founding another field that will supersede both perspectives

Q26. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct
d) a physiological approach

Q27. *[Multiple Choice] · Cognitive Domain: Knowledge*

Who initially coined the phrase positive psychology?

a) Martin Seligman
b) Sigmund Freud
c) Abraham Maslow ✓ correct
d) Carl Rogers

Q28. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct
c) how much more we know about virtues
d) continuing to build upon itself throughout history

Q29. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct

Q30. *[Multiple Choice] · Cognitive Domain: Knowledge*

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

a) becoming president of the APA ✓ correct
b) his weekly television programs
c) the fall of other perspectives
d) an epidemic of mood disorders

Q31. *[Multiple Choice] · Cognitive Domain: Analysis*

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. ✓ correct

Q32. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct

Q33. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct
d) promoting its merits to as many future psychologists as possible

Q34. *[Multiple Choice] · Cognitive Domain: Knowledge*

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

a) skeptical and open minds ✓ correct
b) research grants
c) less distractions from other fields
d) more practitioners

Q35. *[Multiple Choice] · Cognitive Domain: Knowledge*

What can be the result of refocusing our thoughts?

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

Q36. *[Multiple Choice] · Cognitive Domain: Comprehension*

The purpose of the We Want You To Experience personal mini experiment is to demonstrate that _____.

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

Q37. *[Multiple Choice] · Cognitive Domain: Analysis*

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. ✓ correct
c) Researchers can use the anecdotal data.
d) They require written reports, which are utilized throughout the field.

Q38. *[Multiple Choice] · Cognitive Domain: Analysis*

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. ✓ correct
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.

Q39. *[Multiple Choice] · Cognitive Domain: Knowledge*

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 ✓ correct

Q40. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct

Q41. *[Multiple Choice] · Cognitive Domain: Comprehension*

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

a) love, work, and play ✓ correct
b) career, goal setting, and love
c) spirituality, work, and play
d) love, entertainment, and knowledge

Q42. *[Multiple Choice] · Cognitive Domain: Comprehension*

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

a) livelihood
b) consciousness
c) health
d) normalcy ✓ correct

Q43. *[Multiple Choice] · Cognitive Domain: Comprehension*

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 ✓ correct
d) defining honor and discipline

Q44. *[Multiple Choice] · Cognitive Domain: Knowledge*

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

a) duty, honor, and discipline ✓ correct
b) studiousness and intelligence
c) gentlemanlike behaviors
d) courageousness and vanity

Q45. *[Multiple Choice] · Cognitive Domain: Comprehension*

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

a) musical talents
b) beauty ✓ correct
c) purity of heart
d) resilience

Q46. *[Multiple Choice] · Cognitive Domain: Knowledge*

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) United States ✓ correct

True/False (15)

Q47. *[True/False] · Cognitive Domain: Knowledge*

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

a) True ✓ correct

b) False

Correct answer: True

Q48. *[True/False] · Cognitive Domain: Comprehension*

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

a) True

b) False ✓ correct

Correct answer: False

Q49. *[True/False] · Cognitive Domain: Knowledge*

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

a) True

b) False ✓ correct

Correct answer: False

Q50. *[True/False] · Cognitive Domain: Knowledge*

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

a) True ✓ correct

b) False

Correct answer: True

Q51. *[True/False] · Cognitive Domain: Comprehension*

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

a) True

b) False ✓ correct

Correct answer: False

Q52. *[True/False] · Cognitive Domain: Knowledge*

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

a) True ✓ correct

b) False

Correct answer: True

Q53. *[True/False] · Cognitive Domain: Knowledge*

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

a) True

b) False ✓ correct

Correct answer: False

Q54. *[True/False] · Cognitive Domain: Comprehension*

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

a) True ✓ correct

b) False

Correct answer: True

Q55. *[True/False] · Cognitive Domain: Knowledge*

An inclusive approach to psychology takes cultural context into consideration.

a) True ✓ correct

b) False

Correct answer: True

Q56. *[True/False] · Cognitive Domain: Comprehension*

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

a) True

b) False ✓ correct

Correct answer: False

Q57. *[True/False] · Cognitive Domain: Comprehension*

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

a) True

b) False ✓ correct

Correct answer: False

Q58. *[True/False] · Cognitive Domain: Comprehension*

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

a) True ✓ correct

b) False

Correct answer: True

Q59. *[True/False] · Cognitive Domain: Knowledge*

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

a) True

b) False ✓ correct

Correct answer: False

Q60. *[True/False] · Cognitive Domain: Comprehension*

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

a) True ✓ correct

b) False

Correct answer: True

Q61. *[True/False] · Cognitive Domain: Comprehension*

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

a) True

b) False ✓ correct

Correct answer: False

Essay (10)

Q62. *[Essay] · Cognitive Domain: Comprehension*

What is at the heart of positive psychology?

Suggested answer: *Sample response: At the heart of positive psychology is the scientific and applied approach to uncovering people's strengths and promoting positive functioning.*

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Q63. *[Essay] · Cognitive Domain: Comprehension*

Describe how positive psychology has expanded the field.

Suggested answer: *Sample response: Positive psychology offers a balance to the previous weakness-oriented approach by suggesting that we also must explore people's strengths along with their weaknesses.*

Q64. *[Essay] · Cognitive Domain: Comprehension*

Explain what future psychologists will have to develop.

Suggested answer: *Sample response: Future psychologists must develop an inclusive approach that examines both the weaknesses and the strengths of people in varying cultural groups, as well as the stressors and the resources in the environment.*

Q65. *[Essay] · Cognitive Domain: Comprehension*

What is a notable accomplishment of the positive psychology initiative?

Suggested answer: *Sample response: A notable accomplishment of the positive psychology initiative in its more than two decades has been its success in increasing the amount of attention given to its theories and research findings.*

Q66. *[Essay] · Cognitive Domain: Comprehension*

What are the three great realms of life?

Suggested answer: *Sample response: Love, work, and play have been referred to as the three great realms of life.*

Q67. *[Essay] · Cognitive Domain: Analysis*

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

Suggested answer: *Sample response: 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 make people stronger and more productive, along with help people move toward their potential.*

Q68. *[Essay] · Cognitive Domain: Analysis*

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

Suggested answer: *Sample response: 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.*

Q69. *[Essay] · Cognitive Domain: Analysis*

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?

Suggested answer: *Sample response: 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.*

Q70. *[Essay] · Cognitive Domain: Analysis*

Describe the contrasting views that stemmed from following the pathology perspective when it was most prevalent.

Suggested answer: *Sample response: Professionals were able to successfully develop diagnoses, measurements, and effective treatments for a wide variety 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.*

Q71. *[Essay] · Cognitive Domain: Analysis*

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

Suggested answer: *Sample response: 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.*