Positive Psychology 2nd edition Zelenski Test Bank

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Positive Psychology (2nd)

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Total Questions: 17

Multiple Choice (14)

Q1. *[Multiple Choice]*

Positive psychology is*primarily*concerned with _____.

a) happiness
b) optimal human functioning ✓ correct
c) reducing mental health problems
d) self-help

Q2. *[Multiple Choice]*

Which of the following was not a common topic of study in mainstream psychology?

a) Mental illness
b) Maladaptive behaviour
c) Irrationality
d) Flourishing ✓ correct

Q3. *[Multiple Choice]*

The greatest strength of positive psychology has been _____.

a) its ability to rebalance psychology ✓ correct
b) its lack of focus on the negative
c) its ability to study fun subjects
d) its optimistic approach to science

Q4. *[Multiple Choice]*

In his blog Data Colada, Nelson (2014) described the classic _____ as the phenomenon where people draw on their own behaviour when judging the behaviour of others.

a) bias effect
b) false consensus effect ✓ correct
c) ego effect
d) psychology effect

Q5. *[Multiple Choice]*

Positive psychologists typically consider _____ to know whether or not something is positive.

a) habits, choice of career and relationships
b) cognitive ability, personality and perception
c) choices, values and subjective experiences ✓ correct
d) mental health, social functioning and performance

Q6. *[Multiple Choice]*

Positive psychologists rely on _____ to understand people.

a) strong opinions
b) historical documents
c) the self-help method
d) the scientific method ✓ correct

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Q7. *[Multiple Choice]*

In a longitudinal study by Harker and Keltner (2001), women who expressed more positive emotions in their photos were more likely to _____.

a) be unmarried by age 27
b) score higher on the traits of affiliation and competence ✓ correct
c) score high on the trait of negative emotionality
d) earn lower incomes at age 30

Q8. *[Multiple Choice]*

What does the correlation coefficient describe?

a) The causal direction of the association between two things
b) The strength and direction of the association between two things ✓ correct
c) The longitudinal association between two things
d) The likelihood of a 'third variable'

Q9. *[Multiple Choice]*

An experience sampling study is _____.

a) conducted over multiple points in time ✓ correct
b) synonymous to an experimental design
c) conducted with different age groups
d) the only way to infer causality

Q10. *[Multiple Choice]*

An important characteristic of an experimental manipulation is that _____.

a) participants are randomly assigned to conditions ✓ correct
b) participants choose their own condition
c) participants are not assigned to any condition
d) there is only one condition

Q11. *[Multiple Choice]*

Why we do not have to worry about the causal direction of findings in an experiment?

a) Because the experimental manipulation comes after the dependent variable
b) Because participants can choose their condition
c) Because the dependent variable comes after the independent variable ✓ correct
d) Because most experiments are conducted in laboratories

Q12. *[Multiple Choice]*

What do we call a variable that is the outcome of a manipulation?

a) An independent variable
b) A confound variable
c) A random variable
d) A dependent variable ✓ correct

Q13. *[Multiple Choice]*

The key element of a randomized clinical trial is that _____.

a) it follows the correlational approach
b) it follows the experimental approach ✓ correct
c) the outcome variables are chosen randomly
d) all confounds have been eliminated with certainty

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Q14. *[Multiple Choice]*

An important challenge in showing how positive psychology courses improve well-being is that _____.

a) there is no evidence that students' well-being actually improves

b) positive psychology courses tend to have low enrollments

c) most positive psychology instructors are uninterested in the question

d) courses often include both instruction and experiential exercises, either of which might help ✓ correct

Short Response (3)

Q15. *[Short Response]*

What is a third variable problem? What does this problem look like in correlational designs? In experimental designs?

Suggested answer: *·We cannot conclude a causal link between two things that are correlated because a 'third variable' may account for correlation – that third variable may cause both parts of the correlation. Even when we do not know what the potential third variables are, we know it is possible that they exist, and so we must avoid narrow causal interpretations of correlations.*
·Experimental studies are also not completely immune from the third variable problem we discussed with the correlational approach. Experiments do a good job of ruling out some third variables, particularly those that participants would 'bring to the study' (like personality, gender and life histories) because random assignment makes experimental groups equivalent in these ways (things average out). However, in psychology, it is very difficult to directly manipulate many of the things we are interested in studying. Thoughts and feelings are internal, so we usually take an indirect route (e.g. showing a happy or sad video to manipulate mood). Also, when we manipulate one thing, we may unintentionally manipulate other things – those other things are like our dreaded third variables in the correlational approach.
·In experimental studies, these potential third variables are called confounds. The third variable is 'confounded' with what the experimenter intended to manipulate.

Q16. *[Short Response]*

Why are less rigid but appreciative stances on human nature, and positive topics more descriptive of positive psychology than positive intention of psychologists, and positive ideology for human nature? Support your statement with relevant examples.

Suggested answer: *·However, 'good intentions' does not seem like the best way to define positive psychology. Many psychologists whose work does not seem to fit under the positive psychology umbrella still care deeply about improving the lives of others.*
·If we define positive psychology as positive assumptions about human nature, we risk having positive psychology 'disproven'. Analogies to other fields help underscore the issue; is it possible to falsify biology, chemistry or economics in their entirety? No, even though prominent ideas in those fields have been revised over time. If positive psychology is defined by rigid assumptions about human nature, it is difficult for credible science to come from it. We do not want to produce easily dismissed or agenda-driven 'evidence'.
·Thus, it seems healthy and useful that (positive) psychologists cultivate a sense of appreciation for human nature, but to do so with some flexibility, open-mindedness and lucidity. This need not make them different from all other psychologists, but it does seem a reasonable feature of positive psychology.
·In this vein, one way we can define the 'positive' in positive psychology is via its topics, targets and techniques; positive psychology is about positive things. For example, positive psychology is about forgiveness rather than revenge, joy rather than sadness, cooperation rather than competition and resilience rather than defeat. Positive psychology seems to be about the positive poles in dichotomies such as these.

Q17. *[Short Response]*

What is the 'greater than zero' analogy? Why is this an important feature of positive psychology?

Suggested answer: *·Greater than zero analogy: Positive psychology is not about bringing people from negative to 0, but, rather, focussing on what lies in the positive territory of this metaphorical number line (or literally interpreted as a scale of happiness). When we focus on terms or topics in the positive zone, it goes beyond word games, instead prompting new domains of study and application.*