

CHAPTER 3 PSYCHOLOGICAL HEALTH

1. Which of the following statements is TRUE?
 - A. Psychological health is independent of physical health.
 - B. Psychological health is a myth.
 - C. Psychological health is freedom from disorders.
 - D. Psychological health and physical health are intertwined.

2. Which of the following statements is most TRUE regarding psychological health?
 - A. Being normal is the same as being psychologically healthy.
 - B. It is as difficult to define as it is important to understand.
 - C. Freedom from psychological disorders is a comprehensive definition of psychological health.
 - D. Psychological health is the absence of anxiety.

a. **Answer:** **B ☺**

2. Psychological health is another term for
 - A. authenticity.
 - B. positive psychology.
 - C. psychological normality.
 - D. mental health.

3. According to Maslow, basic human needs are ranked in the following order as they DECREASE in urgency:
 - A. physiological needs, safety, being loved, maintaining self-esteem, self-actualization.
 - B. safety, physiological needs, being loved, maintaining self-esteem, self-actualization.
 - C. safety, physiological needs, maintaining self-esteem, self-actualization.
 - D. self-actualization, physiological needs, safety, maintaining self-esteem, being loved.

4. Being self-actualized is characterized by
 - A. passivity.
 - B. good work habits.
 - C. good physical health.
 - D. realism.

5. Which of the following statements describes a characteristic of self-actualized people?
 - A. They are largely able to accept themselves and others.
 - B. They are outer-directed.
 - C. They do not trust their own senses and feelings.
 - D. They are autocratic.

6. People who are self-accepting usually
 - A. have a positive but realistic perception of themselves.
 - B. have a higher opinion of themselves than is healthy.
 - C. feel good about themselves but are not likely to live up to their positive self-image.
 - D. have big egos.

7. Making decisions based on your own values as opposed to a larger group's is a sign of
- A. acceptance.
 - B. autonomy.
 - C. the capacity for intimacy.
 - D. creativity.
8. People not afraid to be themselves and be "real" can be described as
- A. authentic.
 - B. creative.
 - C. intimate.
 - D. distressed.
9. The ability to share feelings without fear of rejection from another is most closely associated with
- A. acceptance.
 - B. autonomy.
 - C. the capacity for intimacy.
 - D. creativity.
10. A continuing appreciation of the world is most closely associated with
- A. self-esteem.
 - B. autonomy.
 - C. capacity for intimacy.
 - D. creativity.
11. Which of the following phrases is the best description of psychological normality?
- A. what most people do
 - B. the right thing to do
 - C. what most people should do
 - D. what people think they should do
12. Being psychological normal is the same as
- A. being mentally normal.
 - B. being close to average.
 - C. being psychologically healthy.
 - D. A and B.
13. Our early identity models are most likely to be
- A. our parents.
 - B. celebrities.
 - C. peers.
 - D. political leaders.
14. One's identity
- A. is established early in life.
 - B. is a lifelong process.
 - C. rarely changes from year to year.
 - D. A and C
15. Maggie, a junior in college, is changing her major for the fourth time. She expresses frustration about her attempt to choose a course of study that best reflects her and her interests rather than the career path her family expects of her. Maggie is
- A. experiencing an identity crisis.
 - B. subconsciously rebelling against her parents.
 - C. afraid of making a commitment.
 - D. feeling overwhelmed by too many career options.

16. Which statement regarding the development of self-esteem is FALSE?
- A. It is based on experiences that occur within the family.
 - B. It is influenced by personality.
 - C. Rejected children may fail to develop feelings of self-worth.
 - D. Children knowingly build images of themselves based on the models of their parents.
17. A technique that may aid in fighting demoralization is
- A. giving up.
 - B. keeping a journal of self-talk.
 - C. recognizing failure.
 - D. the use of defense mechanisms.
18. Which of the following statements is an example of negative self-talk?
- A. "I wonder why my boss wants to see me? I guess I'll just have to wait and see."
 - B. "I'll have to start working on that next paper earlier."
 - C. "I won the talent contest, but only because none of the other contestants was very good."
 - D. "Too bad I missed one problem on the test through carelessness, but overall I did pretty well."
19. Defense mechanisms like humor and substitution might best be described as
- A. temporary means of coping.
 - B. effective solutions to minor problems.
 - C. personality characteristics.
 - D. age-specific responses to stress.
20. A person who expects failure and accepts it as deserved is called a(n)
- A. optimist.
 - B. realist.
 - C. masochist.
 - D. pessimist.
21. A defense mechanism by which unacceptable inner impulses are attributed to others is
- A. displacement.
 - B. rationalization.
 - C. projection.
 - D. repression.
22. A defense mechanism by which unacceptable thoughts or wishes are excluded from consciousness is
- A. repression.
 - B. projection.
 - C. rationalization.
 - D. displacement.
23. A psychological defense by which unacceptable feelings are transferred from one event or person to a less threatening one is
- A. repression.
 - B. projection.
 - C. rationalization
 - D. displacement.

24. What is the defense mechanism that allows a false, acceptable reason to be given when the real reason is unacceptable?
- A. repression
 - B. projection
 - C. rationalization
 - D. displacement
25. Expressing wishes forcefully, but not necessarily hostilely, describes being
- A. aggressive.
 - B. assertive.
 - C. passive.
 - D. overbearing.
26. A part of assertiveness is characterized most by
- A. aggressiveness.
 - B. honest communication.
 - C. dominating others.
 - D. getting what you want.
27. All of the following are positive reasons to socialize EXCEPT
- A. fear of being alone.
 - B. enjoying the company of others.
 - C. meeting new people.
 - D. improving your personal knowledge base.
28. Which of the following is NOT a recommended strategy for heading off explosive anger?
- A. having an alcoholic drink
 - B. reframing your thoughts
 - C. distracting yourself
 - D. having a cooling-off period
29. According to the National Institute of Mental Health in 2009, the number of adult Americans who suffered from a diagnosable psychological disorder was
- A. less than 5 million.
 - B. 10 to 20 million.
 - C. 50 to 60 million.
 - D. more than 100 million.
30. Psychological disorders may be a result of all of the following EXCEPT
- A. genetic differences.
 - B. exposure to traumatic events.
 - C. good coping skills.
 - D. life events.
31. People exposed to a higher number of traumatic life events than others typically
- A. have greater vulnerabilities to future traumas.
 - B. develop better coping skills.
 - C. have a genetic predisposition to these events.
 - D. A and B
32. An example of a simple phobia is fear of
- A. dogs.
 - B. public speaking.
 - C. interaction.
 - D. embarrassment.

33. Which of the following is a social phobia?
- A. fear of animals
 - B. fear of high places
 - C. fear of seeing blood
 - D. fear of embarrassment
34. Fear of public speaking is actually a
- A. fear of speaking.
 - B. fear of being observed by others.
 - C. simple phobia.
 - D. type of panic disorder.
35. People usually develop panic disorder in their
- A. early twenties.
 - B. teenage years.
 - C. late adulthood.
 - D. early childhood.
36. Panic disorder is
- A. a form of depression.
 - B. a mood disorder.
 - C. a characteristic of bipolar disorder.
 - D. a type of anxiety disorder.
37. Fear of flying is an example of
- A. a social phobia.
 - B. panic disorder.
 - C. obsessive-compulsive disorder.
 - D. post-traumatic stress disorder.
38. Shyness is often the result of high levels of anxiety and
- A. obsessive-compulsive disorder.
 - B. lack of social skills.
 - C. hostility.
 - D. schizophrenia.
39. A condition that causes the sufferer to fear future threats, pushing out all other thoughts, is called
- A. obsessive-compulsive disorder.
 - B. generalized anxiety disorder.
 - C. panic disorder.
 - D. simple phobia.
40. An obsession is a _____ thought.
- A. rational, unwanted
 - B. cultivated, irrational
 - C. cultivated, rational
 - D. recurrent, unwanted
41. Repetitive, hard-to-resist actions associated with obsessions are
- A. delusions.
 - B. phobias.
 - C. hallucinations.
 - D. compulsions.

42. An example of an obsession is
- A. constant hand washing.
 - B. repeating someone's name five times every time you see her.
 - C. concern of contracting syphilis from a handshake.
 - D. repeatedly checking to see if the stove is turned off.
43. An example of a compulsion is
- A. the impulse to hurt a family member.
 - B. anxiety about contracting HIV from a sneeze.
 - C. uncontrollable worry about an accident.
 - D. constant and repetitive hand washing.
44. Post-traumatic stress disorder is most likely to occur after which of the following?
- A. rape
 - B. nightmares
 - C. failure in school
 - D. prolonged compulsive behavior
45. Symptoms of post-traumatic stress disorder include
- A. loss of memory.
 - B. reexperiencing of trauma in dreams.
 - C. aggressive attempts to relive the stressful situation.
 - D. uncontrollable fear of humiliation.
46. Which of the following is a characteristic of depression?
- A. loss of pleasure in doing usual activities
 - B. autonomy
 - C. obsession with exercise
 - D. increased social interaction
47. Which of the following is a risk factor that increases the likelihood of suicide?
- A. multiple minor health problems
 - B. suicide of a family member or friend
 - C. increased social interactions
 - D. obsession with social causes
48. Biological researchers have found genetic influences on
- A. seasonal affective disorder.
 - B. simple phobia.
 - C. depression.
 - D. post-traumatic stress syndrome.
49. Though _____ attempt suicide more often, _____ succeed more often.
- A. blacks; whites
 - B. adults; teenagers
 - C. women; men
 - D. Latinos; Asians
50. Which of the following is the best initial treatment for a person with moderate to severe depression?
- A. drug therapy exclusively
 - B. electroconvulsive therapy
 - C. psychoanalysis and amphetamines
 - D. drug therapy combined with psychotherapy

51. A key neurotransmitter that is important in the treatment of depression is called
- A. serotonin.
 - B. acetylcholine.
 - C. dopamine.
 - D. leutine.
52. Manic disorders are characterized by
- A. high energy levels.
 - B. the individual's limited vision of his or her potential.
 - C. slow, slurred speech.
 - D. very focused thinking.
53. A delusion is
- A. similar to an auditory hallucination.
 - B. a form of disorganized thought.
 - C. a firmly held false belief.
 - D. an obsession with a fantasy.
54. Which of the following statements is TRUE of schizophrenia?
- A. Medication is not effective in treating it.
 - B. Schizophrenics can be logical in their thinking.
 - C. Schizophrenia is another name for "split personality."
 - D. An individual can manage schizophrenia without professional help.
55. For some, self-help can be very useful. This includes
- A. ignoring self-defeating actions and ideas.
 - B. becoming more passive.
 - C. raising self-esteem by counteracting negative thoughts and people.
 - D. avoiding objects and people that are feared.
56. Religious belief
- A. undermines problem solving.
 - B. is a substitute for a positive self-concept.
 - C. promotes psychological health for some individuals.
 - D. has little bearing on mental health.
57. The type of therapy based on the premise that the mind's activity depends on the brain and is genetically determined is _____ therapy.
- A. pharmacological
 - B. behavioral
 - C. cognitive
 - D. psychodynamic
58. The type of therapy that focuses on what people do is _____ therapy.
- A. biological
 - B. behavioral
 - C. cognitive
 - D. psychodynamic
59. In the cognitive therapeutic approach, patients are taught to
- A. confront negative feelings and emotions.
 - B. change behavior patterns.
 - C. focus on uncovering past events and feelings.
 - D. notice unrealistic thoughts and replace them with more realistic ones.