**Multiple Choice Questions**

**All Answers Are in Bold**

**Chapter 1**

1. Perceptions of health are associated with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Learning
2. **Symptoms of illness**
3. Psychophysics
4. Economics

2. The decline in the occurrence of infectious diseases and chronic illnesses has been attributed to improvements in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Nutrition and personal hygiene**
2. Sleep and arousal cycle
3. Eating behaviours
4. Environmental factors

3. What is the full form of WHO?

1. Women Health Organization
2. World Health Orientation
3. **World Health Organization**
4. Women Holistic Organization

4. Health psychology includes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Healthcare workers**
2. Electricians
3. Politicians
4. Painters

5. Infant mortality is the death of an infant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. After they complete two months of life
2. **Before they complete their first year of life**
3. Due to an accident
4. After five months of life

6. High level of subjective well-being is associated with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Reduced mortality rate
2. **Health**
3. Violation of human rights
4. Brain disorders

7. The humoral theory of illness was proposed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Michael Mascolo
2. David Vaidis
3. **Hippocrates**
4. Valery Chirkov

8. Which famous Greek physician stated that there is a physical basis for illness?

1. Hippocrates
2. **Galen**
3. Democides
4. Philotimus

9. Dualism proposes that mind and body are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Two same entities
2. Two identical entities
3. **Two independent entities**
4. Two correlated entities

10. Spiritual component health involves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Sleeping well
2. Scoring high in exams
3. **Finding meaning in life**
4. Finding a friend in life

11. In India, National Health Policy was first formulated in

1. 1982
2. **1983**
3. 1973
4. 1972

12. Health psychologists describe the correlates of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Health and cognition
2. Behaviour and well-being
3. **Health and behaviour**
4. Well-being and Health

13. Deficiencies in vitamins and malnutrition lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diseases.

1. **Dietary**
2. Respiratory
3. Circulatory
4. Hormonal

14. GARDP is an organization run by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. APA
2. ICC
3. **WHO**
4. USA

15. The most widely accepted indicators of health are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Life expectancy, adult mortality and psychological well-being
2. **Life expectancy, infant mortality and subjective well-being**
3. Life expectancy, infant mortality and emotional well-being
4. Economic disparity, infant mortality and subjective well-being

16. IMR is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Infant mortality rate**
2. Indian mortality rate
3. Indian maturity rate
4. Infant maturity rise

17. According to the NITI Ayog, the infant mortality rate in Madhya Pradesh, Uttar Pradesh and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is highest in India as compared to other states.

1. Delhi
2. Puducherry
3. Tamil Nadu
4. **Assam**

18. According to the humoral theory of illness, the four humors in the body are\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Blood, yellow bile, blue bile and phlegm
2. Blue bile, black bile, yellow bile and phlegm
3. **Blood, yellow bile, black bile and phlegm**
4. Blue bile, phlegm, blood, water

19. Mind and body were considered to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ entities according to Rene Descartes (1596–1650).

1. **Different**
2. Same
3. Identical
4. Similar

20. Overcrowding with high cholesterol predisposes one to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Headache
2. Obesity
3. **Coronary heart disease**
4. Insomnia

21. The Health Survey and Development Committee is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Bhore Committee**
2. Indian Health Committee
3. Indian Committee for Health
4. Asian Development Committee

22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ orientation tends to focus on the biological systems of the body in indicating health.

1. **Pathological**
2. Psychological
3. Physical
4. Cognitive

23. What leads to health problems according to the social causation model?

1. **Socio-economic status**
2. Geographical surrounding
3. Environmental factors
4. Cultural factors

24. What is the average number of years a person is expected to live after their birth known as?

1. Life rate
2. **Life expectancy**
3. Birth rate
4. Birth frequency rate

25. Galen was a famous Greek \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Physician**
2. Psychologist
3. Therapist
4. Nutritionist

**Chapter 2**

1. Well-being is often used interchangeably with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Health
2. **Flourishing**
3. Life satisfaction
4. Meaning in life

2.The hedonic viewpoint emphasizes that pleasurable moments lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Happiness**
2. Life satisfaction
3. Health
4. Compassion

3. NIMH stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. National Institute for Mental Health
2. National Institution of Mental Health
3. **National Institute of Mental Health**
4. National Institute for Mind and Health

4. The first publication on positive mental health was by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Mascolo (1956)
2. Jahoda (1956)
3. Smith (1959)
4. **Jahoda (1958)**

5. The components of subjective well-being are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Happiness and well-being
2. Positive and negative affect
3. **Affect and life satisfaction**
4. Negative affect and life satisfaction

6. PANAS was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Watson, Clark** **and Tellegen (1988)**
2. Watson, Clark and Tellegen (1978)
3. Watson, Clark and Ed Diener (1988)
4. Clark, Watson and Tellegen (1987)

7. Which of the following is not a dimension of well-being?

1. Internal/external factors
2. Relative/absolute factors
3. **Dark/bright factors**
4. Global/momentary factors

8. The high level of PA reflects \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Joy, startle and anxiety
2. **Alertness, concentration** **and energy**
3. Energy, joy and anger
4. Joy, anger and fear

9. High level of NA reflects \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Anger, fear and sadness**
2. Anger, joy and guilt
3. Shame, anger and alertness
4. Energy, alertness and joy

10. The psychological well-being scale was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Rynolds (1989)
2. Ryff (1999)
3. **Ryff (1989)**
4. Ryan (1989)

11. The Satisfaction with Life Scale was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Diener, Kleur, Emmons and Greek (1985)
2. Diener, Emmons, Larsen and Griffith (1985)
3. Diener, Emmons, Labro and Friffin (1985)
4. **Diener, Emmons, Larsen and Griffin (1985)**

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a standard measure developed for assessing satisfaction with art.

1. Satisfying life scale
2. **Satisfaction with life scale**
3. Satisfaction and lie scale
4. Satisfaction with life schedule

13. The Psychological Well-being Scale was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Ryff, 1999
2. **Ryff, 1989**
3. Ryff, 1990
4. Ryff, 1988

14. According to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, perspective well-being depends upon the extent to which the individual feels that they have attained self-realization or are functioning with a sense of purpose.

1. **Eudemonic**
2. Demonic
3. Hedonic
4. Indian

15. The components of well-being are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Happiness and life satisfaction
2. Affect and insomnia
3. Affect and life satiation
4. **Affect and life satisfaction**

16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to a state where one feels energetic, alert and enthusiastic.

1. **Positive affect**
2. Negative affect
3. Neutral
4. Surprise feeling

17. Feelings of distress, anger and nervousness are apparent during \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Negative affect**
2. Positive affect
3. Neutral
4. Dissatisfied life

18. Negative affect has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ benefits.

1. Sleeping
2. Nutrition
3. **Adaptation**
4. Functional

19. Positive benefits lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ benefits.

1. Relaxing
2. Sleeping
3. Functional
4. Eating

20. Life satisfaction is often categorized by how much one is presently \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in one’s life.

1. Sleeping
2. **Satisfied**
3. Functional
4. Working

21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ viewpoint emphasizes that pleasurable moments lead to happiness.

* 1. **Hedonic**
  2. Eudemonic
  3. Heuristic
  4. Positivist

22. Self-actualization was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Mascolo
2. Maoscovich
3. **Maslow**
4. Martin

23.Who made the first publication on mental health?

1. Jahola, 1956
2. Jahota,1956
3. **Jahoda, 1958**
4. Jahoda, 1954

24. Positive affect and negative affect schedule (PANAS) was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Watson, Clark and Teasdale, 1987
2. Watson, Clark and Tellegen, 1986
3. **Watson, Clark and Tellegen, 1988**
4. Watson, Clark and Teasdale, 1988

25. The author of the Comprehensive Inventory of Thriving is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Su et al. (2014)**
2. Hun et al. (2014)
3. Jun et al. (2013)
4. Su et al. (2001)

**Chapter 3**

1. Ayurveda is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Science of life**
2. Science of space
3. Life under water
4. Faith to follow

2. Rejuvenate therapy is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. *Ashtanga*
2. ***Rasayana***
3. *Cikitsa*
4. *Samhita*

3. The balance between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important to be healthy.

1. *Katta, vatta* and *picc*a
2. *Vata, katta* and *pikka*
3. ***Vata, pitta* and *kapha***
4. *Pitta, kappa* and *vitta*

4. *Sattva* is a state that is associated with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Awareness of reality**
2. Knowledge of body
3. Eating behaviours
4. Sleep disorders

5. Health and well-being result when there is synchrony between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. ***Vichar, ahaar* and *vihar***
2. *Vyavhar, vichar* and *ahaar*
3. *Ahaar*, sa*ma* and *vichar*
4. *Nidra, vihar* and *vichar*

6.The harmony between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ promotes happiness.

1. *Manas, ahahar* and *buddhi*
2. ***Manas, ahamkara* and *buddhi***
3. *Buddhi*, *ahar* and *manas*
4. *Manas, vihar* and *ahaar*

7. The Rural Heath Scheme was developed in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. 1978
2. 1979
3. **1977**
4. 1990

8. ICSSR is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Indian Council of Social Science Research**
2. Indian Centre of Social Science Research
3. International Centre for Social serves research
4. International Council for Social Science Research

9. The second National Health Policy came in the year \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **2002**
2. 2003
3. 2004
4. 2001

10. NRHM stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. National Research Health Mission
2. New Research Health Mission
3. **National Rural Health Mission**
4. National Research and Help Mission

11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the knowledge of life.

1. **Ayurveda**
2. Faith healing
3. *Siddha*
4. Meditation

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process of healing involves the person and their environment.

1. Cognitive
2. Physical
3. **Holistic**
4. Allopathic

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is aimed at reducing cognitive disabilities and enhancing youthfulness.

1. ***Rasayana***
2. *Ramayama*
3. *Rasayanam*
4. *Rasayam*

14. The three *doshas* in Ayurveda are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. *Vatta, pittu, kapha*
2. *Vatta, pitta, kappa*
3. *Vata, pitta, kapha*
4. *Vata, pitaa, kapa*

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ makes the person inert and loses interest in the external environment.

1. ***Tamas***
2. *Taamas*
3. *Kaamas*
4. *Tamasya*

16. According to the traditional Indian viewpoint, the various domains of health are\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Restoration, maintenance, progress
2. **Restoration, maintenance, growth**
3. Restoration, mindfulness, growth
4. Restriction, maintenance, growth

17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ steps of yoga have been described by Patanjali.

1. 8
2. 5
3. **7**
4. 10

18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is concerned with performing rituals during sacrifice.

1. Atharvaveda
2. **Yajurveda**
3. Rigveda
4. Samaveda

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ deals in health sciences.

1. Samaveda
2. Yajurveda
3. Rigveda
4. **Atharvaveda**

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yoga involves breathing and physical postures.

1. ***Hatha***
2. *Karma*
3. *Jnana*
4. *Bhakti*

21. The Alma-Ata Declaration was signed by the Indian government in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. 1989
2. 1987
3. **1978**
4. 1988

22. Which of the following is not a kind of suffering that impinges upon our well-being?

1. *Adhidaivika*
2. *Adhibhautika*
3. ***Ajnnanika***
4. *Adhyatmika*

23. Which yoga is the path of knowledge?

1. *Karma*
2. *Bhakti*
3. ***Jnana***
4. *Hatha*

24. *Karma* yoga emphasizes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Path of devotion
2. Path of forgiveness
3. **Path of action**
4. Path of affection

25.Which of the following is the path of devotion?

1. *Dhyana* yoga
2. ***Bhakti* yoga**
3. *Karma* yoga
4. *Jnana* yoga

**Chapter 4**

1. The biopsychosocial model of health was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Mosckovitch, 1977
3. **Engel, 1977**
4. Horowitz, 1987
5. Engel, 1978
6. ‘The phenomenon of consciousness underlies any illness’ was proposed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. **Freud**
8. Nadir
9. Berkowitz
10. Bandura
11. The health belief model explains and predicts behaviour by focusing on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. Dreams and nightmares
13. **Beliefs and attitudes**
14. Cognitions and mood
15. Learning and memory
16. The four components of protective motivation theory are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
17. Mood, cognition, dreams and productivity
18. Light-heartedness, self-efficacy, happiness and personality
19. **Severity, susceptibility, response effectiveness and self-efficacy**
20. Illness, disease, morbidity and genetics

5. HAPA is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Health action process approach**
2. Health and personality approach
3. Health action personality approach
4. Health action protection approach

6. According to the PERMA theory, the five most important elements that contribute to well-being are positive emotions, engagement, positive relationship, meaning and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. Action
  2. **Achievement**
  3. Approach
  4. Anchor

7. Tripartite model is a model of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Objective well-being
2. Emotional well-being
3. **Subjective well-being**
4. Physical well-being

8. Dynamic equilibrium theory suggests that personality factors mediate the baseline levels of one’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Cognitive responses
2. **Emotional responses**
3. Physical responses
4. Biological responses

9. Multiple discrepancy theory influences the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Satisfaction judgements**
2. Family relations
3. Academic achievement
4. Sleep and arousal

10. The hedonic treadmill theory was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Kamil and Tyler, 1971
2. Brickman and Tyler, 1971
3. **Brickman and Campbell, 1971**
4. Kamil and Brickman, 1987

11. Who developed the biomedical model?

1. **Kleinman et al. (2006)**
2. Klinton et al. (2006)
3. Khole et al. (2009)
4. Klienman et al. (2008)

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model has served as the foundation of ideal modern medicine.

1. Biomedical model
2. Biosocial model
3. **Biopsychosocial model**
4. Biological model

13. The health belief model was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Rosenstock, 1988
2. Rosenstock, 1986
3. **Rosenstock, 1966**
4. Rosenstock, 1978

14. Threat appraisal and coping appraisal are components of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Protective motivation theory**
2. Protective meaningful theory
3. Projection motivation theory
4. Projection meaningful theory

15. Theory of reasoned action was proposed by Fishbein and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in 1989.

1. **Middlestadt**
2. Middlefaber
3. Middlehofer
4. Middlesting

16. The health action process approach was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and Fuchs, 1996.

1. Schwan
2. Schwarner
3. **Schwarzer**
4. Schwarmer

17. The PERMA theory of well-being was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Seligman, 2010
2. Seligman, 2008
3. **Seligman, 2011**
4. Seligman, 2000

18. Subjective well-being is influenced by cognitive factors, affective factors and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ factors.

1. Emotional
2. **Contextual**
3. Geographical
4. Environmental

19. Who proposed the dynamic equilibrium theory?

1. **Heading and Earing,1989**
2. Heading and Erlin, 1989
3. Heading and Fernbaum, 1989
4. Earling and Gunther, 1989

20. Multiple discrepancy theory of satisfaction was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Maltos, 1978
2. **Michalos, 1985**
3. Micahloas, 1989
4. Michael, 1978

21. Which theory emphasizes the role of decision-making and tends to explain the relationship that exists between attitudes and behaviours?

1. Theory of reasoned action
2. **Theory of planned behaviour**
3. Theory of common behaviour
4. Theory of decision behaviour

22. Theory of planned behaviour is more broad in its application as compared to which theory?

1. **Theory of reasoned action**
2. Theory of action behaviour
3. Theory of trial behaviour
4. Health belief model

23. Which of the following is not a component of the protective motivation theory?

1. Severity
2. Susceptibility
3. Self-efficacy
4. **Serenity**

24. Which theory proposes that there is an emotional system that adjusts to one’s current life circumstances?

1. **Hedonic treadmill theory**
2. Edudaimonic healing theory
3. Hedonic healing theory
4. Healing adaptation theory

**Chapter 5**

1. UNESCO stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. United Nations Education ,Society, and Cultural Organisation

**b**. **United Nations Educational, Scientific and Cultural Organisation**

c. United Nations Executive ,Scientific and Cultural Organisation

d. United Nations Educational, Social, and Community Organization

2.When behaviour is studied from within the same culture that one belongs to, this approach is known as

* 1. Emic
  2. Etic
  3. Acultural
  4. Intracultural

3. The explanatory model is given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. Kleinman et al. (1978)
  2. Klain et al. (1978)
  3. Klaus et al. (1978)
  4. Kleinman et al. (1977)

4. Indian techniques of healing emphasize \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Holistic healing**

b. Psychiatric treatment

c. Dualism

d. Monism

5. A treatise on cultural psychology was written by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. Cattel, 1920
  2. **Wundt, 1922**
  3. Wundt, 1920
  4. Cattell, 1922

6. DSM is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. **Diagnostic and Statistical Manual of Mental Disorders**
  2. Diagnosis and Science Manual of Mild Disorders
  3. Disorders and Society Manual for Mental illness
  4. Disorders and Social Manual of Mental Disorders

7. ICD stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Indian Classification system
2. International Classification system
3. **International Classification of Diseases**
4. Indian Classification of Diseases

8. CFI stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. **Cultural Formulation Interview**
  2. Cultural Facts Interview
  3. Community Formulation Interview
  4. Community Facts Interview

9.The word *avidya* means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. **Ignorance**
  2. Uneducated
  3. Egoism
  4. Knowledgeable

10. DSM-III-R was published in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. 1988

**b. 1987**

c.1989

d.1977

11. Who famously wrote a book titled *The Social Animal*?

**a**. **Aronson, 2008**

b. Roanson, 2000

c. Aronson, 2009

d. Roanson, 1990

12. When behaviour is studied from outside the particular system one belongs to, it is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach.

**a**. **Etic**

b. Emic

c. Telic

d. Holistic

13. The explanatory model is in agreement with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model.

**a**. Biomedical

b. Biopsychosocial

c. Sociomedical

d. Sociocultural

14. The Bhore Committee report was given in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ year.

a. 1978

b. 1956

**c. 1946**

d. 1967

15. CFI helps to gather more detailed information about the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dimension of the experience of illness.

**a**. Social and cultural

b. Social and medical

c. Cultural and medical

d. Social and cognitive

16. Patanjali in the *Yoga Sutra* gives importance to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as cause of suffering.

1. *Dvesa*
2. ***Klesha***
3. *Jesa*
4. *Hamesa*

17. DSM-II was published in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. 1978

b. 1988

**c. 1968**

d. 1989

18. DSM-IV was published in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **1994**

b. 1998

c. 1997

d. 1990

19. The path of right conduct is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. *Karma*
2. *Jnana*
3. ***Dharma***
4. *Moha*

20. *Kleshas* are afflictions that lead one to a life of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Misery**

b. Happiness

c. Satisfaction

d. Humour

21. Treatise on Cultural Psychology was written by Wundt in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. 1930

b.1929

**c.1920**

d. 1919

22. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model views mental illness as a chemical imbalance in the brain.

**a**. **Medical**

b. biosocial

c. Physiological

d. Acculturation

23. the explanatory model is based on schemas in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Cognitive psychology**

b. Cultural psychology

c. Clinical psychology

d. Social psychology

24. Which theory proposes that mental illness is caused by chemical imbalances in the brain?

**a**. **Biochemical theory**

b. Psycho-social theory

c. Biomedical theory

d. Biopsychological theory

25. Euro-centric models help to understand the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bound syndromes.

a. Social

**b**. Cultural

c. Emotional

d. Physical

**Chapter 6**

1.The World Development Report 1993 focused on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Health**

b. Disease

c. Population

d. Illness

2. Which of the following is not a macro-nutrient?

a. Carbohydrate

b. Fats

c. Proteins

**d**. **Water**

3. Which of the following helps in nerve impulse conduction?

a. Sodium and chloride

**b**. **Sodium and potassium**

c. Sodium and sulphur

d. Potassium and chlorine

4. Deficiency of iodine can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Arthritis

b. Stammering

**c. Goitre**

d. Hypertension

5. Obesity can be measured in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. SBI

b. BMU

**c. BMI**

d. CPU

6. The disorder in which there is extreme weight loss in pursuit of becoming thin is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Anxiety neurosis

**b. Anorexia nervosa**

c. Anxiety disorder

d. Psychosis

7. Bulimia nervosa was first named by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Moodley in 1989

**b**. **Russell in 1979**

c. Gross in 1979

d. Taylor in 1978

8. Morbid obesity has a body mass index \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Equal to or greater than 40**

b. Between 20 and 29.9

c. Between 18.5 and 24.9

d. Between 35 and 39.9

9. The stem of which fruit helps in the treatment of diabetes?

**a.** **Banana**

b. Apple

c. Mango

d. Apricot

10. Which fruit helps in curing degenerative diseases?

a. Apple

b. Banana

c. Plums

**d**. **Mango**

11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ takes place after the illness or injury has occurred.

a. Tertiary prevention

**b**. **Secondary prevention**

c. Primary prevention

d. Secondary protection

12. Which of the following is not a nutrient?

**a**. **Mycro**

b. Micro

c. Macro

d. Milo

13. Deficiency in insulin leads to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Heart disease

**b**. **Diabetes**

c. Allergy

d. Insomnia

14. Magnesium is beneficial for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ processing and peristalsis.

a. ADP

**b**. **ATP**

c. CTP

d. ANP

15. Phosphorous deficiency can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Anaemia**

b. Diabetes

c. Insomnia

d. Malaria

16. Scurvy is caused by a deficiency of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Vitamin A

b. Vitamin B

c. Vitamin D

**d. Vitamin C**

17. Deficiency of Vitamin D can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Anaemia

**b**. **Rickets**

c. Diphtheria

d. Goitre

18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a measure of body fat.

**a**. **Body mass index**

b. Body material index

c. Body matter index

d. Body mass technique

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has been defined by the DSM-5 as one of the major eating disorders.

a. Anxiety neurosis

**b**. **Bulimia nervosa**

c. Schizophrenia

d. Dysgraphia

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is caused when we consume a diet that is insufficient or excessive in calories/vitamins/minerals/proteins or carbohydrates.

a. Neurolepsy

b. Pneumonia

**c**. **Malnutrition**

d. Hypomania

21. BMI for moderately/clinically obese individual is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. 18–23

**b. 30–34.9**

c. 37–39

d. 29–34

22. BMI of 35–39.9 indicates of an individual is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ obese.

a. Mildly

b. Moderately

**c**. **Severely**

d. Morbidly

23. Banana stem juice helps in dealing with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. Hypoglycaemia and skin problems

b. Digestion problems

c. Respiratory problems

d. Sleep problems

24. Yogurt is good for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Height

b. Eyesight

**c. Diarrhoea**

d. Insomnia

25. Mango fruit is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Antioxidant**

b. Neutralizer

c. Protein

d. Diuretic

**Chapter 7**

1. Isometric exercise involves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* 1. Muscular expansion against a hard surface
  2. **Muscular contraction against a hard surface**
  3. Muscular relaxation against a hard surface
  4. d. Muscle relation exercises

2.Anaerobic exercises help to increase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Speed and endurance**

b. Sleep and arousal

c. Memory and learning

d. Health and well-being

3. Which of the following is true?

**a**. **An individual may have a good organic fitness but may not be fit dynamically**

b. An individual may be fit dynamically but not organically fit

c. There is no relation between organic and dynamic fitness

d. There is an inverse relation between organic fitness and dynamic fitness

4. Muscle endurance can be improved by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Doing exercise daily with high intensity

**b**. **Doing exercise frequently with little exertion**

c. Doing exercise occasionally of medium intensity

d. Lifting weights frequently

1. HHS stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Happy humorous studies

b. Health and humour studies

**c**. **Health and human services**

d. Health and happiness studies

1. CVD stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Cardiovascular disease**

b. Cardio ventricular divide

c. Coronary vascular disease

d. Coronary ventricular disease

1. MDD stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Major decline disease

b. Major depression disorder

**c**. **Major depressive disorder**

d. Minor depressive disorder

1. Which of the following is not a non-leisure physical activity?

a. Gardening

b. Walking down stairs

**c**. **Weight lifting**

d. Playing with children

1. BDNF is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. **Brain-derived neuro-tropic factor**
   2. Brain drained neuro-tropic factor
   3. Brain-derived neurotransmitter factor
   4. Brain-derived neuron factor
2. Physical activity may boost the immune system of the body during stress by regulating the release of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Pro-inflammatory cytokines**

b. Calcium

c. Peptides

d. Sodium

1. Which kind of exercise helps in improving cardiovascular health?

a. Anaerobic

**b**. **Aerobic**

c. Jumping

d. Skipping

12. Which kind of exercise involves the movement of muscles and joint movements?

**a**. Isotonic

b. Mesotonic

c. Catatonic

d. Endotonic

13.Engaging in what activity leads to dynamic fitness?

a. Writing

**b**. **Physical**

c. Reading

d. Sleeping

14. What is the measure of the strength of muscle contraction that can result from any kind of physical exercise?

a. Physical strength

b. Active strength

c. Muscle activity

**d.** **Muscle strength**

15.Muscle strength and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ constitute physical fitness.

**a. Endurance**

b. Weight lifting

c. Running

d. Aerobics

16. Regular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has been found to enhance neuro-generation.

a. Sleep

b. Eating

**c**. **Physical activity**

d. Walking

17. Physical activity may alter the activity of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and reduce anxiety.

**a**. **Neurotransmitter**

b. Blood

c. Enzyme

d. Nucleus

18.Physical activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the cognitive functioning.

a. Alters

**b. Improves**

c. Diminishes

d. Combines

19. Rigorous exercise for a duration of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes is sufficient to enhance mood.

a. 15

b. 16

**c**. **10**

d. 17

20. Higher level of physical activity is required by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to decrease the incidence of symptoms associated with depression.

**a**. **Men as compared to women**

b. Women as compared to men

c. Both men and women equally

d. None of the above

21. Physical exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ neuroplasticity.

a. Maintains

**b**. **Enhances**

c. Reduces

d. Neutralizes

22. Green exercise is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for health regardless of age or gender.

a. Harmful

b. inhibiting

**c.** **Beneficial**

d. Toxic

23.Engaging in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ intensity of physical activity tends to reduce the risk of cardio vascular diseases.

a. Mild

b. Severe

**c**. **Moderate**

d. High

24. CRF stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**a.** Cardio respiratory fitness

b. Cardio resilience fitness

c. Cardio radioactive fitness

d. Cardio resistant fitness

25. Muscle endurance improves by doing exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with limited number of repetitions.

a. Regularly

b. Daily

**c**. **Frequently**

d. Occasionally

**Chapter 8**

1.Schwarz and Clore (1988) differentiated moods from emotions on the basis of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Target and truth

**b**. **Target and timing**

c. Timing and testimony

d. Target and testimony

2. Moods may last longer than emotions, as suggested by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Ortony, 2002

**b. Lewis, 2000**

c. Frijda, 1993

d. Lazarus, 1989

3. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ neurotransmitter has been associated with positive emotions.

**a**. **Dopamine**

b. Glutamate

c. Serotonin

d. Norepinephrine

4. The pleasurable sensation is received by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a.** **Olfactory cortex**

b. Hypothalamus

c. Insula

d. Hippocampus

5. Emotional inhibition refers to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. The inability to feel emotions

**b**. **The inability to express emotions**

c. The inability to express emotions

d. The inability to perceive emotions

6. Positive reappraisal refers to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a.** **Strategies that are used for reframing the situation and viewing it in a more favourable way**

b. Ignoring the negative information

c. Using both positive and negative emotions

d. Reorienting the negative situation

7. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is associated with solving the problems linked to stress.

a. Emotional-focused coping

b. Cognitive restructuring

**c. Problem-focused coping**

d. Negative reappraisal

8. It was suggested by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that positive emotions have the ability to undo the lingering effects of negative emotions.

**a. Fredrickson (1998)**

b. Bower (1981)

c. Selye (1956)

d. Lazarus (1986)

9. Positive emotions cannot be generated by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Problem-focused coping

b. Finding meaning in ordinary events

c. Positive reappraisal

**d. Ruminating**

10. Emotion regulation capacity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with increase in age.

a. Reduce

**b. Enhance**

c. Remains same

d. Does not happen

11. Emotional responses depend upon the motives and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involved.

**a**. **Goals**

b. Status

c. Geographical location

d. Nutrition

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are more diffused in nature than emotions.

a. Feelings

b. Thoughts

**c**. **Moods**

d. Illnesses

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ biases are common in many emotional disorders.

a. Perceptive

b. Emotional

**c**. **Attentional**

d. Personal

14. Experience of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ emotions are beneficial for health and well-being.

**a**. **Positive**

b. Negative

c. Mixed

d. No

15. Positive emotions have the ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the effects of negative emotions.

a. Enhance

**b**. **Undo**

c. Ignore

d. Neutralize

16. Broaden-and-build theory of positive emotions was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Barbara Christopher

b. Barbara Berry

**c. Barbara Fredrickson**

d. Barbara Frauskin

17. Expressive writing helps to achieve a balance in the emotional state by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the negative emotions.

**a**. **Regulating**

b. Forgetting

c. Learning

d. Stopping

18. Psychosomatic hypothesis was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Alexia, 1989

**b. Alexander, 1939**

c. Alexander, 1979

d. Alexia, 1939

19. The general susceptibility model was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Lazarus, 1991**

b. Lazarus, 1981

c. Lazarus, 1990

d. Lazarus, 1980

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to create positive emotions when facing negative emotional stimuli and to restore emotional health.

a. Emotional batting

b. Emotional thinking

**c**. **Emotional resilience**

d. Emotional responding

21. According to the theory, not disclosing psychological experiences that are important is a form of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Inhibition**

b. Expression

c. Delimiting

d. Restraining

22. According to which hypothesis, if the expression of specific emotions is blocked, then it may result in various difficulties in health?

a. Emo-cognition

**b. Psychosomatic**

c. Learned helplessness

d. Assertive direction

23. Which of the following cannot induce moods?

a. Media

b. Writing

c. Memories

**d. Neutral statements**

24. The self-regulatory model is based on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ theory.

**a. Cognitive-social learning**

b. Emotional learning

c. Psycho-physiological

d. Cognitive learning

25. Mood repair hypothesis has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ consequences.

a. Adverse

b. Negative

c. Inhibiting

**d. Motivational**

**Chapter 9**

1. The word stress was first described by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Michal Selye

b. Richard Lazarus

**c. Hans Selye**

d. David Hans

2. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a kind of stress.

**a. Eustress**

b. Retrogress

c. Cypress

d. Transgress

3. SAD stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Seasonal attention disorder

b. Seasonal alcoholic disorder

c. Seasonal affective distress

**d**. **Seasonal affective disorder**

4. The flight or fight theory was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Hans Selye, 1914

b. Canon, 1919

**c. Canon, 1914**

d. Hans Selye, 1919

5. Performance is best when the level of arousal is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Moderate

b. High

c. Low

**d.** **Optimum**

6. The tend and befriend theory was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Taylor and her colleagues, 2000**

b. Gurung and his colleagues, 2000

c. Taylor and colleagues, 1999

d. Gurung and Taylor, 2000

7. GAS stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. General active system

**b. General adaptation syndrome**

c. Goal and activity system

d. Goal action synthesis

8. Cognitive appraisal model was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Lazarus, 1967

b. Lazarus, 1978

**c. Lazarus, 1966**

d. Lazarus, 1977

9. Optimism induces \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Positive mood**

b. Negative mood

c. Stress

d. Eustress

10. Problem-focused coping and emotion-focused coping were given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Lazarus, 1980

b. Folkman, 1980

**c. Folkman and Lazarus, 1980**

d. Lazarus and Folkman, 1980

11. Who is the author of the book, *Stress of Life*?

a. Michael Mascolo, 1955

**b.** **Hans Selye, 1956**

c. Hanna Selya, 1956

d. Henry Watkins, 1967

12. Good stress is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Eustress**

b. Distress

c. Neustress

d. Stress

13. Changes in biological functioning due to variations in the seasons cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Seasonal affect disorder

**b. Seasonal affective disorder**

c. Seasoned affecting disorder

d. Seasoning affective disorder

14. Cannon used the principle of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to explain the stress response.

**a**. **Homeostasis**

b. Circulation

c. Biofeedback

d. Neurotransmission

15. Which of the following is responsible for general adaptation syndrome?

**a**. **Hypothalamic–pituitary–adrenal axis**

b. Pituitary adrenal axis

c. Opthalomo cortico axis

d. Hypothalamus

16. The first stage of GAS is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Stress reaction

b. No reaction

**c. Alarm reaction**

d. Exhaustion reaction

17. People who have personal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are able to cope with stress better.

**a**. **Control**

b. Reaction

c. Friends

d. Values

18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ expect good things to happen as compared to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ who expect bad things to happen to them.

**a**. **Optimists, pessimists**

b. Pessimists, optimists

c. Opportunist, sadist

d. Anthropologists, psychologists

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ focused coping helps to manage the emotions that occur with stress.

a. Problem

**c**. **Emotion**

d. Cognitive

e. Belief

20. Cognitive restructuring as a coping mechanism was introduced by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Jahoda, 1988

b. Meichenbaum, 1987

**c. Meichenbaum, 1975**

d. Jahoda, 1975

21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stress occurs with great intensity and goes away quickly.

a. Chronic

**b.** **Acute**

c. Neustress

d. Distress

22. The Social Readjustment Rating scale was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Kline and Taylor

b. Leukel and Mayer

**c.** **Holmes and Rahe**

d. Kirmayer and Alexander

23. The fight or flight theory was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Cannon, 1918

**b. Cannon, 1914**

c. Bleur, 1918

d. Bleuer, 1914

24. Which glands release epinephrine but not epinephrine during stress?

a. Thymus

b. Pituitary

**c. Adrenal**

d. Thyroid

25. The Stage 2 of the GAS model is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Alarm reaction

b. Exhaustion stage

**c.** **Stage of resistance**

d. All of the above

**Chapter 10**

1. The ADS programme was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a**. **Meetu Khosla**

b. Meenu Khosla

c. Meetu Makkar

d. Meenu Makker

2. *Hatha* yoga includes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. *Pranayama*

b. *Asanas*

**c.** ***Pranayama and asanas***

d. *Mudras*

3. Mindfulness meditation was developed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Siddharta Gauri

b. Siddharta Gautama

**c. Siddhartha Gautama**

d. Sidartha Gauri

4. Imbalance in the doshas leads to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. Toxins**

b. Illness

c. Insomnia

d. Stress

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a holistic health programme that offers Ayurvedic practices for treatment.

* 1. *Pancharatna*
  2. *Panchakarma*
  3. *Pankarma*
  4. *Pankuri*

6. BCT stands for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Behaviour challenge technique

**b.** **Behaviour change technique**

c. Behaviour chance therapy

d. Behaviour challenge therapy

7. The broaden-and-build theory of positive emotions was given by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Barbara Freeman

b. Barry Freeman

**c**. **Barbara Fredrickson**

d. Berry Fredrickson

8. Interventions need to be aimed at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the epidemiology of illness and disease and enhancing health and well-being.

a. Neutralizing

**b. Reducing**

c. Enhancing

d. Desensitizing

9. Positive psychologists combined efforts to integrate the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ paradigms into therapeutic practice, expecting positive outcomes with wide applicability.

**a.** **Positive**

b. Negative

c. Neutral

d. Holistic

10. Yoga as a word means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Help

**b. Unite**

c. Practice

d. Exercise

11. Mindfulness meditation enables the individual to observe their body and the contents of their mind in a process called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Calmness

b. Stangnance

**c**. **Dis-identification**

d. Identification

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ healing involves a space for developing a bond between the devotee and the deity through devotion and ‘*bhakti*’ which helps in transforming the person.

**a. Temple**

b. Modern

c. *Siddha*

d. Acupuncture

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the medical system of India that maintains the balance between mind, body and spirit through its techniques and practices.

a. *Siddha*

**b. Ayurveda**

c. Acupuncture

d. *Pankha*

14. Gratitude interventions are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ psychological interventions.

**a.** **Positive**

b. Cognitive

c. Clinical

d. Developmental

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ resilience programmes aim to build resilience in the community and help sustain mental health and recover from disasters.

a. Self

b. Personal

**c. Community**

d. Society

16. Cognitive behaviour therapy is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ intervention technique.

a. Developmental

b. Social

**c. Psycho-social**

d. Organizational

17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ interventions are focused on bringing about changes in lifestyle of a person.

**a**. Lifestyle

b. Social

c. Cognitive

d. Developmental

18. Engaging in physical activity post menopause could reduce the risk of developing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from 20 to 80 per cent (Monninkhof et al., 2007).

a. Heart disease

b. Insomnia

**c. Breast cancer**

d. Neurosis

19. The Kerela Diabetes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Program (KDPP) brought about physiological changes in blood pressure and so on.

**a.** **Prevention**

b. Promotion

c. Policy

d. Progressive

20. Self-compassion is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ associated with well-being.

a. Negatively

**b. Positive**

c. Not

d. Neutrally

21. Ayurvedic healing can be customized according to the needs of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and promote health.

a. Society

**b. Individual**

c. Group

d. Social structure

22. Temple healing involves a connection between the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**a.** **Devotee and the deity**

b. Devotee and pundit

c. Devotee and family

d. Devotee and temple visits

23. Which of the following is not a breathing exercise?

a. *Pranayama*

b. Diaphragmatic breathing

c. Progressive relaxation

d. Deep breathing

24. Which of the following does not induce gratitude?

a. Journaling

b. Mindfulness meditation

c. Altruism

**d. Pride**

24.Fredrickson gave the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model of positive emotions in 1998.

**a. Broaden and build**

b. Broaden and guide

c. Broaden and spread

d. Broaden and hide

25. Which of the following helps cultivate positive emotions?

a. Music

b. Optimism

c. Progressive muscular relaxation

**d. All of the above**