

## Chapter 2—Psychological and Spiritual Well-Being

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### MULTIPLE CHOICE

1. When comparing factors that encompass psychological health, which of the following most apply?
  - a. physical and mental health
  - b. mental state and social health
  - c. emotional and mental states
  - d. mental health only

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Analyzing

2. Which of the following distinguishes emotional health?
  - a. feelings and moods
  - b. mental stability
  - c. thoughts
  - d. social well-being

ANS: A                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

3. An emotionally healthy person might exhibit all of the following characteristics EXCEPT:
  - a. unselfishness.
  - b. flexibility and adaptability.
  - c. inability to adapt to a variety of circumstances.
  - d. compassion for others.

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

4. Perceiving reality as it is, responding to its challenges, and developing rational strategies demonstrates which of the following?
  - a. mental health
  - b. emotional health
  - c. spiritual health
  - d. social health

ANS: A                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

5. All of the following are characteristics of mental health EXCEPT:
  - a. realistic perceptions of others.
  - b. being unable to adapt to change.
  - c. the ability to carry out responsibilities.
  - d. logical thought processes.

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

6. The ability to identify one's basic purpose in life and to experience the fulfillment of achieving one's full potential demonstrates which type of health?
  - a. emotional health
  - b. spiritual health
  - c. social health
  - d. intellectual health

ANS: B                    PTS: 1                    OBJ: Bloom's Taxonomy: Applying

7. Which of the following translates into a capacity to sense, understand, and tap into the highest parts of ourselves, others, and the world around us?
- emotional intelligence
  - spiritual intelligence
  - intelligence quotient
  - emotional quotient

ANS: B                    PTS: 1                    OBJ: Bloom's Taxonomy: Understanding

8. Which of the following is the most basic human need, according to Maslow?
- self-respect
  - food and shelter
  - protection from harm
  - receiving affection

ANS: B                    PTS: 1                    OBJ: Bloom's Taxonomy: Applying

9. According to Maslow's Hierarchy of Needs, which of the following would be achieved by individuals who function at the highest possible level?
- marital bliss
  - terminal happiness
  - self-actualization
  - basic fulfillment

ANS: C                    PTS: 1                    OBJ: Bloom's Taxonomy: Understanding

10. To evaluate things, people, events, and oneself, a person would utilize which of the following criteria?
- values
  - beliefs
  - religion
  - expectations

ANS: A                    PTS: 1                    OBJ: Bloom's Taxonomy: Applying

11. Which of the following statements is FALSE with regards to self-esteem?
- Individuals who welcome positive thoughts can bolster self-esteem.
  - Feeling a lack of encouragement as a child can influence an adult's self-esteem.
  - You are born with self-esteem.
  - Self-esteem is based on internal factors.

ANS: C                    PTS: 1                    OBJ: Bloom's Taxonomy: Understanding

12. Which of the following describes a sustained emotional state that colors one's view of the world for hours or days?
- a feeling
  - an idea
  - a mood
  - a thought

ANS: C                    PTS: 1                    OBJ: Bloom's Taxonomy: Understanding

13. Individuals who are true to themselves and develop independence demonstrate which of the following characteristics?
- optimistic
  - autonomy
  - assertiveness
  - extroversion

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

14. An autonomous individual has a locus of control that is:
- negative.
  - internal.
  - individualized.
  - external.

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

15. Having feelings of emptiness, hopelessness, and a sadness that does not end is a distinguishing characteristic of which of the following?
- anxiety
  - phobias
  - major depression
  - a panic disorder

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

16. Which condition is characterized by experiencing feelings of great energy and euphoria alternated with feelings of depression and despair?
- major depression
  - panic attacks
  - bipolar disorder
  - acrophobia

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

17. Another name for bipolar disorder is:
- major depression.
  - simple depression.
  - common depression.
  - manic depression.

ANS: D                      PTS: 1                      OBJ: Bloom's Taxonomy: Remembering

18. An irrational, intense, and persistent fear of certain objects is known as:
- a panic attack.
  - a phobia.
  - anxiety.
  - an obsession.

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Remembering

19. A fear of heights is known as:
- arachnophobia.
  - agoraphobia.

- c. acrophobia.
- d. anxietalphobia.

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

20. The fear of closed spaces is called:
- a. claustrophobia
  - b. agoraphobia
  - c. anachrophobia
  - d. acrophobia

ANS: A                      PTS: 1                      OBJ: Bloom's Taxonomy: Remembering

21. Which of the following statements concerning phobias is FALSE?
- a. A process called systematic desensitization is often used to treat phobias.
  - b. Phobias involve unreasonable fear of a specific object.
  - c. Phobias are anxiety disorders.
  - d. People with phobias are able to function normally despite their fear.

ANS: D                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

22. When determining a treatment for panic attacks, which of the following would be the primary choice?
- a. systematic desensitization
  - b. medication and cognitive-behavior therapy
  - c. hospitalization
  - d. medication only

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

23. Excessive or unrealistic apprehension that causes physical symptoms and lasts for 6 months or longer is:
- a. panic attack.
  - b. a phobia.
  - c. generalized anxiety disorder.
  - d. obsessive-compulsive disorder.

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

24. Which of the following best describes an obsession?
- a. an unrealistic apprehension that causes physical symptoms
  - b. a recurring thought, idea, or image that is senseless
  - c. repetitive behavior performed according to certain rules
  - d. irrational, intense fear of certain objects

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

25. Which of the following best describes a compulsion?
- a. an unrealistic apprehension that causes physical symptoms
  - b. a recurring thought, idea, or image that is senseless
  - c. repetitive behavior performed according to certain rules
  - d. irrational, intense fear of certain objects

ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

26. An individual who feels the need to check and recheck repeatedly whether or not the stove was turned off is probably suffering from:
- an obsessive-compulsive disorder.
  - a phobia.
  - generalized anxiety disorder.
  - depression.

ANS: A                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

27. Spirituality is:
- the same as religiosity.
  - identifying with the basic purpose in life and experiencing one's full potential.
  - giving to your church on a regular basis.
  - praying at least once a day.

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

28. A key difference between "spirituality" and "spiritual intelligence" is that:
- old-fashioned morality is key in spiritual intelligence.
  - spiritual intelligence does not focus on a God above.
  - spirituality is more "happy and peace" based.
  - spiritual intelligence is more value-oriented than spirituality.

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

29. Which is more likely to occur with sleep deprivation?
- enhanced memory recall
  - weight gain by altering metabolism
  - less stress
  - more production of influenza-fighting antibodies

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

30. An effective way to manage a bad mood you are experiencing is to:
- blame others for your bad mood.
  - change what caused the bad mood.
  - use alcohol or drugs to numb the feeling and make it go away.
  - distract yourself by keeping busy.

ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

31. To attain the highest level of psychological health, one must first satisfy which of the following?
- physiological needs
  - physiological needs, and safety and security
  - physiological needs, safety and security, and love and affection.
  - physiological needs, safety and security, love and affection, and self-esteem.

ANS: D                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

32. Which of the following statements is FALSE with regards to the brains of teens and young adults?
- They function the same as those of older individuals.
  - They rely more on the region in the brain that processes emotions and memories.
  - A maturing brain does not necessarily lead to poor judgment and risky behaviors.
  - The effects of drugs and alcohol are especially toxic to the developing brain.

ANS: A                    PTS: 1                    OBJ: Bloom's Taxonomy: Analyzing

33. Which of the following is the most commonly used form of complementary and alternative medicine?
- prayer
  - acupuncture
  - massage
  - homeopathy

ANS: A                    PTS: 1                    OBJ: Bloom's Taxonomy: Remembering

34. Instead of engaging in self-criticism and focusing on her failures, Rachel decided to accept herself and her flaws. This is called:
- self-esteem
  - self-compassion
  - self-awareness
  - self-motivation

ANS: B                    PTS: 1                    OBJ: Bloom's Taxonomy: Applying

35. John does not understand very much about himself and does not relate well with others. John has a low:
- emotional intelligence.
  - self-esteem.
  - psychological profile.
  - self-compassion.

ANS: A                    PTS: 1                    OBJ: Bloom's Taxonomy: Applying

36. Which of the following statements regarding happiness is FALSE?
- Happiness is a learned behavior to a significant extent.
  - Health has a greater impact on happiness than income does.
  - The more happy people a person is surrounded by, the happier he or she is likely to be.
  - Thoughts, behaviors and beliefs do not seem to influence a person's happiness.

ANS: D                    PTS: 1                    OBJ: Bloom's Taxonomy: Understanding

37. Adam is in a bad mood. Which of the following is NOT a proactive strategy to help him change his mood?
- Wait for his mood to change.
  - Ask himself, "What caused me to feel this way and how can I fix it?"
  - Try to think about what happened in a different way.
  - Try exercising or going for a walk.

ANS: A                    PTS: 1                    OBJ: Bloom's Taxonomy: Analyzing

38. George is experiencing feelings of hopelessness and sadness that do not end. He has lost interest in friends, food, and sex. He is unable to concentrate and has feelings of suicide. George is experiencing:
- clinical depression.
  - a mental disorder.
  - major depression.
  - all of these

ANS: D                    PTS: 1                    OBJ: Bloom's Taxonomy: Analyzing

39. Grateful people:
- use negative coping strategies.
  - sleep better.
  - report more negative health symptoms.
  - feel less positively about their lives as a whole.
- ANS: B                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding
40. All of the following are factors that may significantly increase the risk of suicide EXCEPT:
- mental disorders.
  - substance abuse.
  - Asperger syndrome.
  - combat stress.
- ANS: C                      PTS: 1                      OBJ: Bloom's Taxonomy: Understanding
41. People who tend to both experience negative emotions and inhibit these emotions while avoiding contact with others are considered which personality type?
- Type A
  - Type B
  - Type C
  - Type D
- ANS: D                      PTS: 1                      OBJ: Bloom's Taxonomy: Applying

## COMPLETION

1. \_\_\_\_\_ can be identified by one's feelings and moods.
- ANS: Emotional health
- PTS: 1                      OBJ: Bloom's Taxonomy: Analyzing
2. \_\_\_\_\_ is the ability to monitor and use emotions to guide thinking and actions.
- ANS: Emotional quotient
- PTS: 1                      OBJ: Bloom's Taxonomy: Understanding
3. Positive thinking and talking is one of the most useful techniques for boosting \_\_\_\_\_.
- ANS: self-esteem
- PTS: 1                      OBJ: Bloom's Taxonomy: Understanding
4. The word *forgive* comes from the Greek word for \_\_\_\_\_.
- ANS: letting go
- PTS: 1                      OBJ: Bloom's Taxonomy: Remembering

5. The scientific study of ordinary human strengths and virtues is \_\_\_\_\_.

ANS: positive psychology

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

6. The best treatment for relieving phobias employs the technique of gradual and systematic exposure to a feared object, known as \_\_\_\_\_.

ANS: systematic desensitization

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

7. \_\_\_\_\_ consists of mood swings that may take individuals from manic states of feeling euphoric and energetic to depressive states of utter despair.

ANS: Bipolar disorder

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

8. \_\_\_\_\_ are the most prevalent type of anxiety disorder.

ANS: Phobias

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

9. \_\_\_\_\_ develops when panic attacks recur or apprehension about them becomes so intense that the person cannot function normally.

ANS: Panic disorder

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

10. \_\_\_\_\_ is a mental disorder with characteristic psychotic symptoms, such as delusions, hallucinations, and disordered thought patterns during the active phase of the illness, and lasts for at least six months.

ANS: Schizophrenia

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

11. A treatment designed to produce a response by psychological rather than physical means, such as suggestion, persuasion, and reassurance, is called \_\_\_\_\_.

ANS: psychotherapy

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

12. The capacity to sense, understand, and tap into the highest parts of ourselves is known as \_\_\_\_\_.



ANS: spiritual intelligence

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

13. Individuals with Type \_\_\_\_ personality tend to suppress negative emotions such as anger and avoid conflict.

ANS: C

PTS: 1 OBJ: Bloom's Taxonomy: Remembering

14. \_\_\_\_\_ is one's belief about the sources of power and control over their life.

ANS: Locus of control

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

15. \_\_\_\_\_ is the belief or pride in ourselves that gives us confidence to achieve and form close relationships.

ANS: Self-esteem

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

16. \_\_\_\_\_ is a neurodevelopmental disorder that causes social and communication impairments.

ANS: Autism

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

17. Lack of \_\_\_\_\_ is linked to higher overall death rates, higher rates of motor vehicle crashes, obesity, insulin resistance, and cardiovascular disease.

ANS: sleep

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

18. A sustained emotional state is a(n) \_\_\_\_\_.

ANS: mood

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

19. \_\_\_\_\_ is an appreciation for not just special gifts, but everything.

ANS: Gratitude

PTS: 1 OBJ: Bloom's Taxonomy: Understanding

## MATCHING

Match the items.

- a. values
- b. spirituality
- c. mood
- d. self-actualization
- e. self-compassion
- f. emotional health
- g. emotional intelligence
- h. autonomy
- i. optimism
- j. self-esteem

- 1. realizing your fullest potential
- 2. "You're worth it. You can do it. You're okay."
- 3. feelings and moods
- 4. anticipating positive outcomes
- 5. ability to monitor and use emotions to guide thinking
- 6. represent what's most important to an individual
- 7. healthy form of self-acceptance
- 8. belief in a higher power
- 9. independence
- 10. sustained emotional state

- |            |        |                                      |
|------------|--------|--------------------------------------|
| 1. ANS: D  | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |
| 2. ANS: J  | PTS: 1 | OBJ: Bloom's Taxonomy: Understanding |
| 3. ANS: F  | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |
| 4. ANS: I  | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |
| 5. ANS: G  | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |
| 6. ANS: A  | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |
| 7. ANS: E  | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |
| 8. ANS: B  | PTS: 1 | OBJ: Bloom's Taxonomy: Understanding |
| 9. ANS: H  | PTS: 1 | OBJ: Bloom's Taxonomy: Understanding |
| 10. ANS: C | PTS: 1 | OBJ: Bloom's Taxonomy: Remembering   |

## ESSAY

- 1. Compare and contrast the characteristics exhibited by a psychologically healthy person with those exhibited by a psychologically unhealthy person.

ANS:

Emotional health – determination to be healthy, flexibility and adaptability, sense of meaning in life, compassion, control over mind and body.

Mental health – responsibility, ability to form relationships, rationality, logical thought processes, realistic perceptions, adaptability.

PTS: 1                      OBJ: Bloom's Taxonomy: Analyzing

- 2. Compare and contrast the symptoms and features of three types of anxiety disorders.

ANS:

Answers may vary. Examples:

Phobias – out-of-the-ordinary, irrational, intense fear of certain objects or situations.

Panic attacks – light-headed, dizzy, heart racing, numb hands and feet, rapid breathing, sense that something terrible is about to happen.

Generalized anxiety disorder – excessive or unrealistic apprehension causing physical symptoms for six months or longer.

Obsessive-compulsive disorder – recurring senseless idea or thought (obsession), repetitive behavior performed according to certain rules (compulsion)

PTS: 1                      OBJ: Bloom's Taxonomy: Analyzing

3. Describe at least five factors that could predict the possibility that a person would commit suicide.

ANS:

- mental disorders
- antidepressant medications
- substance abuse
- hopelessness
- family history
- physical illness
- brain chemistry
- access to guns
- other factors

Descriptions may vary.

PTS: 1                      OBJ: Bloom's Taxonomy: Applying

4. Explain the difference between possessing an internal or external locus of control. Provide an example of each.

ANS:

Internal locus of control is from within one's self. External locus of control is relying on others for control.

PTS: 1                      OBJ: Bloom's Taxonomy: Understanding

5. Discuss how spirituality can create a connectedness with one's inner self and help bring peace and harmony to one's mental health.

ANS:

A personal belief about a higher deity can give rise to a strong sense of purpose, values, morals, and ethics. This can bring harmony and connectedness, knowledge that one is doing the right thing, and the joy and peace that are the foundations of positive mental health.

PTS: 1                      OBJ: Bloom's Taxonomy: Analyzing