

Department of Applied Psychology
The Islamia University of Bahawalpur
Positive Psychology BS (8th Semester)
Mid Term Examination
Instructor: Dr. Muhammad Saleem

Max. Marks: 10

Time Allowed: 10 minutes

Name: _____

Roll No: _____

Objective Type

Note: This section contains multiple choice questions (MCQs). All questions carry equal marks. Please encircle the best correct option given for each MCQ. Overwriting, cutting, removing, or rubbing is not allowed.

1. Emotions are directly linked to _____.
a) Feelings (b) goal attainment c) motivation (d) None of these
2. Marital history and religious observance have been proposed as _____ to both positive and negative long-term consequences
a) mediators (b) moderators c) covariates (d) none
3. Sense of Coherence develops around the age of _____.
a) 20 b) 40 c) 30 d) None of these.
4. Self-confidence encompasses _____ connotations, along with inflated sense of self-being.
a) attention seeking b) histrionic c) notorious d) narcissistic
5. _____ research shows that feeling positive emotions is not a selfish endeavor.
a) Cross-cultural b) Experimental c) Cross-sectional d) all of these.
6. Psychologists measure _____ via the LOT-R
a) locus of control b) dispositional optimism c) hope d) eudemonic well-being
7. The behavioral activation system (BAS) is more sensitive and responsive to _____.
a) Stimulus b) behavior c) goals d) incentives
8. _____ refers to our ability to feel good.
a) Hedonic capacity b) eudemonic capacity c) hedonic happiness d) none of these
9. The top ten positive emotions were presented by _____.
a) Larsen b) Davidson c) Fredrickson d) none of these
10. Which theory argues that wellbeing lies in the actualization of human potential?
a) Psychological Well-being b) Eudaimonic Well-being c) Subjective well-being d) None

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Essay type question

1. Write a detailed note on post traumatic growth and positive ageing. **10**

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Short Questions

Time Allowed: 30 minutes

Roll No: _____

1. What were three tasks of psychology prior to World War II?
2. What do you know about utilitarianism?
3. Describe discrepancy theory.
4. Define positive attenuation.
5. Describe transactional model of stress appraisal.