

**Chapter 2—Your Psychological and Spiritual Well-Being**

---

**MULTIPLE CHOICE**

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

ANS: C

REF: Emotional and Mental Health

KEY: Bloom's: Analyze

NOT: Modified

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

ANS: A

REF: Emotional and Mental Health

KEY: Bloom's: Understand

NOT: Modified

3. According to the textbook, an emotionally healthy person is characterized by the ability to \_\_\_\_.
- routinely ask for help
  - adapt to a variety of circumstances
  - use logical thought processes
  - understand that the self should be the center of the universe

ANS: B

REF: Emotional and Mental Health

KEY: Bloom's: Understand

NOT: New

4. What does compassion for others and depth in intimate relationships most indicate?
- spiritual health
  - emotional health
  - mental health
  - social health

ANS: B

REF: Emotional and Mental Health

KEY: Bloom's: Understand

NOT: New

5. What is a key characteristic of mental health?
- The ability to have many acquaintances
  - Being suspicious of the motivations of others
  - The ability to carry out responsibilities
  - Limited emotional reactivity

ANS: C

REF: Emotional and Mental Health

KEY: Bloom's: Understand

NOT: New

6. Who popularized the positive psychology movement?
- Sigmund Freud
  - Carl Jung
  - Abraham Maslow
  - Martin Seligman

ANS: D REF: The Lessons of Positive Psychology  
KEY: Bloom's: Remember NOT: New

7. What are positive psychologists most likely to study?
- a. wisdom and courage
  - b. love and hate
  - c. hope and trust
  - d. humor and resilience

ANS: C REF: The Lessons of Positive Psychology  
KEY: Bloom's: Remember NOT: New

8. What field is most concerned with the “scientific study of ordinary human strengths and values”?
- sociology
  - social psychology
  - positive psychology
  - cognitive psychology

ANS: C REF: The Lessons of Positive Psychology  
KEY: Bloom's: Knowledge NOT: New

9. Self-compassion is most characterized by \_\_\_\_.
- a. avoiding painful thoughts
  - b. engaging in negative self-talk
  - c. identifying personal inadequacies
  - d. recognizing discomfort as an unavoidable part of the human experience

ANS: D                      REF: Develop Self-Compassion                      KEY: Bloom's: Understand  
NOT: New

10. The term emotional quotient refers to the ability to \_\_\_\_.
- a. understand yourself
  - b. use emotions to guide your thinking and actions
  - c. track how many times you get emotional or upset
  - d. have feelings and moods

ANS: B                  REF: Boost Emotional Intelligence                  KEY: Bloom's: Understand  
NOT: Modified

11. College students who rank high in conscientiousness are less likely to \_\_\_\_.
- a. binge drink
  - b. wear seat belts
  - c. eat vegetables
  - d. keep a journal

ANS: A                      REF: Know Yourself                      KEY: Bloom's: Understand  
NOT: New

12. According to Maslow, what is the most basic need for personality development?
- a. self-respect
  - b. food and shelter
  - c. protection from harm
  - d. receiving affection

ANS: B REF: Meet Your Needs KEY: Bloom's: Apply  
NOT: Modified

13. People with a high emotional quotient are more likely to \_\_\_\_.
- a. work from home
  - b. exhibit signs of depression
  - c. effectively deal with stress
  - d. rely on “gut feelings”

ANS: C

REF: Boost Emotional Intelligence

KEY: Bloom's: Apply

NOT: New

14. According to Maslow's hierarchy of needs, what will be achieved by individuals who function at the highest possible level?
- a. marital bliss
  - b. terminal happiness
  - c. self-actualization
  - d. basic fulfillment

ANS: C

REF: Meet Your Needs

KEY: Bloom's: Understand

NOT: Modified

15. According to the textbook, what is the most effective way to increase self-esteem?
- a. meditation
  - b. exercise
  - c. friendships
  - d. positive thinking

ANS: D

REF: Boost Self-Esteem

KEY: Bloom's: Understanding

NOT: New

16. Compliments, kudos, and encouragement most illustrate \_\_\_\_.
- a. self-actualization
  - b. self-esteem
  - c. positive affirmations
  - d. emotional agility

ANS: C

REF: Boost Self-Esteem

KEY: Bloom's: Understand

NOT: New

17. Research suggests that true happiness is based on \_\_\_\_.
- a. spending money on things that are pleasurable
  - b. spending money on bigger material things
  - c. having more education
  - d. surrounding yourself with happy people

ANS: D

REF: What Does and Doesn't Make Us Happy

KEY: Bloom's: Understand

NOT: Modified

18. The genetic component that contributes to individual differences in contentment refers to one's happiness \_\_\_\_.
- a. set point
  - b. quotient
  - c. disposition
  - d. effect

ANS: A

REF: The Roots of Happiness

KEY: Bloom's: Understand

NOT: New

19. Which characteristic describes an inclination to expect the best possible outcome?

- a. happiness
- b. assertiveness
- c. optimism
- d. altruism

ANS: C

REF: Become Optimistic

KEY: Bloom's: Understand

NOT: Modified

20. An example of optimism would be to \_\_\_\_.

- a. have expectations for a positive outcome
- b. perceive negative experiences as the norm
- c. blame others when things go wrong
- d. see setbacks as permanent

ANS: A

REF: Become Optimistic

KEY: Bloom's: Apply

NOT: Modified

21. What percentage of people are happy just about every day?

- a. 2%
- b. 5%
- c. 10%
- d. 13%

ANS: A

REF: Manage Your Moods

KEY: Bloom's: Understand

NOT: New

22. The technique of “reframing” refers to \_\_\_\_.

- a. using humor in a negative situation
- b. being independent in determining your attitude
- c. developing an external locus of control
- d. looking at a negative experience in a more positive light

ANS: D

REF: Manage Your Moods

KEY: Bloom's: Apply

NOT: Modified

23. What percentage of people report experiencing a bad mood four out of every five days?

- a. 5%
- b. 8%
- c. 12%
- d. 17%

ANS: A

REF: Manage Your Moods

KEY: Bloom's: Remember

NOT: New

24. Most bad moods are caused by \_\_\_\_.

- a. work
- b. weather
- c. genetics
- d. diet

ANS: A

REF: Manage Your Moods

KEY: Bloom's: Understand

NOT: New

25. The ability to cultivate independence from familial and societal influences refers to \_\_\_\_.

- a. mood management
- b. autonomy
- c. emotional quotient
- d. identity security

ANS: B

REF: Develop Autonomy

KEY: Bloom's: Understand

NOT: New

26. Individuals who are true to themselves and develop independence demonstrate \_\_\_\_.

- a. optimism
- b. autonomy
- c. assertiveness
- d. extroversion

ANS: B

REF: Develop Autonomy

KEY: Bloom's: Apply

NOT: Modified

27. An autonomous individual has a locus of control that is \_\_\_\_.

- a. negative
- b. internal
- c. individualized
- d. external

ANS: B

REF: Develop Autonomy

KEY: Bloom's: Understand

NOT: Modified

28. The ability to identify your basic purpose in life and experience the fulfillment of achieving your full potential best exemplifies \_\_\_\_.

- a. emotional health
- b. spiritual health
- c. social health
- d. intellectual health

ANS: B

REF: Spiritual Health

KEY: Bloom's: Apply

NOT: Modified

29. According to your textbook, spirituality involves \_\_\_\_.

- a. having a sense of religiosity
- b. identifying a basic purpose in life
- c. giving to your church on a regular basis
- d. praying at least once a day

ANS: B

REF: Spiritual Health

KEY: Bloom's: Understand

NOT: Modified

30. 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?

- a. emotional intelligence
- b. spiritual intelligence
- c. intelligence quotient
- d. emotional quotient

ANS: B

REF: Deepen Your Spiritual Intelligence

KEY: Bloom's: Understand

NOT: Modified

31. What is a key difference between “spirituality” and “spiritual intelligence”?

- a. Spiritual intelligence is grounded in old-fashioned morality.
- b. Spiritual intelligence does not focus on a God above.
- c. Spirituality is more based on “happiness and peace.”
- d. Spiritual intelligence is more value-oriented than spirituality.

ANS: B                      REF: Deepen Your Spiritual Intelligence    KEY: Bloom's: Understand  
NOT: Modified

32. To evaluate things, people, events, and oneself, a person should focus on which of the following criteria?
- a. values
  - b. beliefs
  - c. religion
  - d. expectations

ANS: A                      REF: Clarify Your Values                      KEY: Bloom's: Apply  
NOT: Modified

33. One of the most effective “gratitude interventions” is \_\_\_\_.
- a. composing an apology letter
  - b. exercising
  - c. giving gifts to people
  - d. keeping a diary of things for which you are thankful

ANS: D                      REF: Cultivate Gratitude                      KEY: Bloom's: Understand  
NOT: Modified

34. Forgiving someone is a \_\_\_\_.
- a. sign of weakness
  - b. simple process
  - c. one-time thing
  - d. way to reclaim one’s power to choose

ANS: D                      REF: Forgive                      KEY: Bloom's: Understand  
NOT: Modified

35. Inadequate sleep has been linked to \_\_\_\_.
- a. weight loss
  - b. depression
  - c. low cholesterol
  - d. religious attendance

ANS: B                      REF: Sleepless on Campus                      KEY: Bloom's: Understand  
NOT: New

36. The most common complaint of college students is \_\_\_\_.
- a. daytime sleepiness
  - b. insomnia
  - c. restless leg syndrome
  - d. sleep apnea

ANS: A                      REF: Student Night Life                      KEY: Bloom's: Understand  
NOT: Modified

37. Which is more likely to occur with sleep deprivation?
- a. enhanced memory recall

- b. weight gain
- c. reduced stress
- d. increased production of antibodies

ANS: B                      REF: Sleep's Impact on Health                      KEY: Bloom's: Understand  
NOT: Modified

38. Which statement best describes research on college students and sleep?
- a. Male students generally have poorer sleep patterns than female students.
  - b. Female students experience more issues related to academic performance and sleep.
  - c. The sleeping patterns of male students improve over the course of the year.
  - d. Female students report better sleep quality than males at the beginning of the year.

ANS: B                      REF: Sleep's Impact on Health                      KEY: Bloom's: Understand  
NOT: New

39. During what stage does slow-wave sleep begin?
- a. NREM stage 1
  - b. NREM stage 2
  - c. NREM stage 3
  - d. REM sleep

ANS: C                      REF: What Happens When We Sleep?                      KEY: Bloom's: Remember  
NOT: Modified

40. The vivid-dreams stage of sleep occurs at which point?
- a. non-REM stage 1 twilight zone
  - b. stage 3 delta slow-wave sleep
  - c. REM sleep
  - d. dozing-off stage during a power nap

ANS: C                      REF: What Happens When We Sleep?                      KEY: Bloom's: Remember  
NOT: Modified

41. What happens during REM sleep?
- a. The large muscles of the arms and legs are paralyzed.
  - b. Blood flow through the brain slows down.
  - c. The eyes are not responsive to light.
  - d. Delta sleep occurs.

ANS: A                      REF: What Happens When We Sleep?                      KEY: Bloom's: Remember  
NOT: Modified

42. According to the textbook, what behavioral method is most effective for people with insomnia?
- a. phototherapy
  - b. cognitive therapy
  - c. aromatherapy
  - d. hydrotherapy

ANS: B                      REF: Sleep Disorders                      KEY: Bloom's: Remember  
NOT: New

43. A CPAP machine might be particularly useful for someone suffering from \_\_\_\_.
- a. sleep apnea
  - b. a circadian rhythm disorder
  - c. restless leg syndrome

d. insomnia

ANS: A

REF: Sleep Disorders

KEY: Bloom's: Remember

NOT: Modified

44. A common sleep disorder that usually occurs among people who work odd shifts or switch from a day to night shift is \_\_\_\_.
- circadian rhythm disorder
  - sleep apnea
  - restless leg syndrome
  - insomnia

ANS: A

REF: Sleep Disorders

KEY: Bloom's: Understand

NOT: Modified

45. How many American adults suffer from a specific sleep disorder?
- 10 million
  - 20 million
  - 30 million
  - 40 million

ANS: D

REF: Sleep Disorders

KEY: Bloom's: Remember

NOT: New

## COMPLETION

1. Your \_\_\_\_\_ health can be identified by your feelings and mood.

ANS: emotional

REF: Emotional and Mental Health

KEY: Bloom's: Remember

NOT: Modified

2. \_\_\_\_\_ is the ability to monitor and use emotions to guide thinking and actions.

ANS: Emotional intelligence

REF: Boost Emotional Intelligence

KEY: Bloom's: Understand

NOT: Modified

3. The top level of one's psychological health, once all other levels of well-being have been met, is known as \_\_\_\_\_.

ANS:

self-actualization

self actualization

REF: Meet Your Needs

KEY: Bloom's: Understand

NOT: Modified

4. Positive thinking and talking is one of the most useful techniques for boosting \_\_\_\_\_.

ANS:

self-esteem  
self esteem

REF: Boost Self-Esteem  
NOT: Modified

KEY: Bloom's: Understand

5. About 50 percent of your happiness quotient is based on \_\_\_\_\_.

ANS: genetics

REF: Pursue Happiness  
NOT: Modified

KEY: Bloom's: Understand

6. Expecting a very good outcome in a situation is called \_\_\_\_\_.

ANS: optimism

REF: Become Optimistic  
NOT: Modified

KEY: Bloom's: Understand

7. The effects of caffeine can linger for up to \_\_\_\_\_.

ANS: eight hours

REF: Your Strategies For Change: Sleep Better  
NOT: New

KEY: Bloom's: Remember

8. The term \_\_\_\_\_ refer to the criteria by which you evaluate things, people, events and yourself.

ANS: values

REF: Clarify Your Values  
NOT: New

KEY: Bloom's: Understand

9. When a person is said to be \_\_\_\_\_, he or she has independence and control of their life.

ANS: autonomous

REF: Develop Autonomy  
NOT: Modified

KEY: Bloom's: Understand

10. According to your textbook, you don't have to believe in \_\_\_\_\_ to be spiritually intelligent.

ANS: God

REF: Deepen Your Spiritual Intelligence  
NOT: New

KEY: Bloom's: Understand

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

ANS: spiritual intelligence

REF: Deepen Your Spiritual Intelligence KEY: Bloom's: Remember

NOT: Modified

12. Praying directly to a higher power refers to \_\_\_\_\_ prayer.

ANS: petitionary

REF: Enrich Your Spiritual Life

KEY: Bloom's: Remember

NOT: New

13. The word forgive comes from the Greek word for \_\_\_\_\_.

ANS: letting go

REF: Forgive

KEY: Bloom's: Remember

NOT: Modified

14. There are \_\_\_\_\_ stages of NREM sleep.

ANS:

four

4

REF: What Happens When We Sleep?

KEY: Bloom's: Remember

NOT: Modified

15. Another name for REM sleep is \_\_\_\_\_ sleep.

ANS: dream

REF: What Happens When We Sleep?

KEY: Bloom's: Remember

NOT: Modified

16. \_\_\_\_\_ is a lack of sleep so severe that it interferes with functioning during the day.

ANS: Insomnia

REF: Sleep Disorders

KEY: Bloom's: Remember

NOT: Modified

17. \_\_\_\_\_ is the absence of breathing for a brief period.

ANS: Sleep apnea

REF: Sleep Disorders

KEY: Bloom's: Remember

NOT: Modified

18. \_\_\_\_\_ disorders are problems involving the time of sleep.

ANS: Circadian rhythm

REF: Sleep Disorders

KEY: Bloom's: Remember

NOT: Modified

19. After aspirin, \_\_\_\_\_ are the most widely used drugs in the United States.

ANS: sleeping pills

REF: Sleeping Pill Precautions

KEY: Bloom's: Knowledge

NOT: Modified

20. A common dietary supplement sometimes used as a sleeping aid is \_\_\_\_\_.

ANS: melatonin

REF: How Much Sleep Do You Need?

KEY: Bloom's: Remember

NOT: Modified

## MATCHING

*Match the items with the most appropriate description:*

- |                           |                     |
|---------------------------|---------------------|
| a. values                 | f. emotional health |
| b. gratitude              | g. reframing        |
| c. mood                   | h. autonomy         |
| d. self-actualization     | i. optimism         |
| e. spiritual intelligence | j. self-esteem      |

1. Fullest potential
2. Best predictor of college adjustment
3. Feelings and moods
4. Anticipating positive outcomes
5. Positive spin
6. Criteria by which you evaluate others, and yourself
7. Capacity to tap into the world around us
8. Appreciation for everything that makes life a little better
9. Independence
10. Sustained emotional state

- |            |                |                          |
|------------|----------------|--------------------------|
| 1. ANS: D  | REF: Chapter 2 | KEY: Bloom's: Remember   |
| NOT: New   |                |                          |
| 2. ANS: J  | REF: Chapter 2 | KEY: Bloom's: Understand |
| 3. ANS: F  | REF: Chapter 2 | KEY: Bloom's: Remember   |
| 4. ANS: I  | REF: Chapter 2 | KEY: Bloom's: Remember   |
| 5. ANS: G  | REF: Chapter 2 | KEY: Bloom's: Remember   |
| 6. ANS: A  | REF: Chapter 2 | KEY: Bloom's: Remember   |
| 7. ANS: E  | REF: Chapter 2 | KEY: Bloom's: Remember   |
| 8. ANS: B  | REF: Chapter 2 | KEY: Bloom's: Understand |
| 9. ANS: H  | REF: Chapter 2 | KEY: Bloom's: Understand |
| 10. ANS: C | REF: Chapter 2 | KEY: Bloom's: Remember   |

## ESSAY

1. Compare and contrast the characteristics that a psychologically healthy person might exhibit with those that a psychologically unhealthy person might exhibit.

ANS:

- Emotional health — determination to be healthy and have flexibility and adaptability, sense of meaning in life, compassion, control over mind and body
- Mental health — responsible, ability to form relationships, rational, logical thought processes, realistic perceptions, ability to adapt

REF: Emotional and Mental Health

KEY: Bloom's: Analyze

2. Discuss the factors that account for a person's happiness quotient.

ANS:

- Fifty percent is genetic.
- Ten percent is due to life circumstances.
- Forty percent depends on what a person does to make him or herself happy.

REF: Pursue Happiness

KEY: Bloom's: Analyze

3. Explain the difference between possessing internal versus external locus of control. Provide an example of each.

ANS:

- Internal locus of control is from within yourself.
- External locus of control is relying on others for control.

REF: Develop Autonomy

KEY: Bloom's: Understand

4. Discuss how having a spiritual life can enhance one's overall health and wellness.

ANS:

- Increases calmness and inner strength
- Enhances sense of well being
- Lowers risk of death

REF: Spiritual Health

KEY: Bloom's: Analyze

5. Explain the differences between the four stages of REM sleep.

ANS:

- Stage 1 — twilight zone between full wakefulness and sleep
- Stage 2 — brain waves are larger and punctuated with sudden bursts of electrical activity
- Stages 3 and 4 — the most profound state of unconsciousness

REF: What Happens When We Sleep?

KEY: Bloom's: Understand