

Institutionen för Biovetenskap

TENTAMEN

Kurs Positiv psykologi och välbefinnande G1N 7,5hp

Examinationsmoment 1001 Salstentamen

Kurskod KU142G

Högskolepoäng för examinationsmomentet 4hp

Datum 02.05.2025

Tentamenstid 08:15-12:30

Ansvarig lärare Rebecca Linder

Berörda lärare Rebecca Linder, Antti Revonsuo

Hjälpmedel/bilagor Ordbok svenska/engelska till främmande språk och omvänt

Övrigt

Markera dina svar på separat svarsapper för sant/falskt påståenden. Markera dina svar tydligt genom att mörklägga eller rita en tydlig svart cirkel runt det rätta svaret (lämna det inkorrekta svaret omarkerat). Om båda svarsalternativen är ifyllda för en fråga kommer inga poäng att ges för den frågan. Fritextsfråga: Fyll i de tomma rutorna på separat papper "Well-being (or 'Happiness') is...".

Anvisningar

- ☐ Ta nytt blad för varje lärare
- ☐ Ta nytt blad för varje ny fråga
- ☒ Skriv endast på en sida av papperet.
- ☒ Skriv namn och personnummer på samtliga inlämnade blad.
- ☒ Numrera lösbladen löpande.
- ☒ Använd inte röd penna.
- ☒ Markera med kryss på omslaget vilka uppgifter som är lösta.

Poänggränser 76–80 = A, 72–75 = B, 68–71 = C, 64–67 = D, 60–63 = E, 59–0 = F

Skrivningsresultat bör offentliggöras inom 18 arbetsdagar

Lycka till!

Antal sidor totalt: 7

INSTRUKTIONER: Respektive nedanstående påstående är antingen SANT or FALSKT. Använd det

SEPARATA SVARSPAPPRET för att markera dina svar. Indikera ditt svar genom att rita en cirkel runt det korrekta svaret (och lämna det inkorrekta svaret omarkerat). Säkerställ att varje svar är tydligt markerat och otvetydigt markerat. Varje korrekt svar ger 1p.

För fritextsfrågan: **Fyll i det separata pappret** och de tomma rutorna i översikten "Well-Being (or 'Happiness') is...". Max poäng för fritextsfrågan är 10p.

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1. Martin Seligman was the first to use the term "positive psychology".
 2. Positive psychology is simply a new name for humanistic psychology.
 3. According to the Model of the Complete State of Mental Health, in order to flourish one has to have high levels of symptoms of mental well-being and low levels of symptoms of mental illness.
 4. Martin Seligman's model PERMA includes the following components: P = Positive emotions, E = Engagement, R = Relationships, M = Mindfulness, and A = Accomplishments.
 5. Ed Diener started studying subjective well-being before the field of Positive Psychology was officially founded.
 6. *Subjective well-being* is synonymous with the concept of *life satisfaction*.
 7. In the "Hamburger Model" of happiness, "Nihilism" is the term in the model that refers the highest well-being
 8. Optimism is an affective component of subjective well-being.
 9. The concept of peace of mind refers to using one's character strengths in order to be connected to something larger than oneself.
 10. Minimalist well-being refers to a Japanese conception of well-being that includes gratitude and peaceful disengagement.
 11. Being frequently in the state of *flow* is one characteristic of Eudaimonic well-being.
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12. PANAS is used to measure cognitive well-being.

13. The Experience Sampling Method is a method for measuring the Remembering Self.

14. Emotion is a relatively brief, though intense, affective reaction to specific events or changes in the external or internal environment.

15. The concept *emotion* is synonymous with the concept *mood*.

16. The "Hamburger Model" of happiness is based on the modern philosophical Desire-Satisfaction Theory of happiness.

17. In the Circumplex Model of Emotion, emotions are distributed in a two-dimensional circular space, containing activation/arousal and valence dimensions.

18. Research has shown that all types of positive emotions broaden our cognition.

19. The phenomenon *positivity offset* refers to the fact that most people report being happy rather than unhappy.

20. Studies have shown that most people are in good mood most of the time.

21. The Stoics argued that only a healthy and wealthy person can be truly happy.

22. Barbara Fredrickson's work on emotions has confirmed the wide-spread belief that depressed people are more creative.

23. Feeling relaxed is an example of high activation positive affect.

24. In the Ancient theories of what is a "Good Life", the classical "Virtues" (such as Courage, Wisdom, Prudence) play an important role.

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25. *Admiration* is defined as a response to acts of moral beauty in which we feel as though we have become (for a moment) less selfish, and want to act accordingly.
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26. The Better-than-Average Effect means that in general people experience more positive than negative emotions.
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27. The Peak-End Rule posits that our memories of past experiences are based on the intensity of the experience as well as how it ended.
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28. Savouring involves attending to, appreciating and enhancing the hedonic experiences in one's life.
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29. The Broaden-and-Build Theory is a theory about the broadening and building effects of positive thinking.
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30. Mindfulness Based Stress Reduction (MBSR) is specifically developed to prevent recurrent depression.
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31. Emotional-Approach Coping strategies are useful when you cannot do anything about the stressor itself.
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32. For the Stoics, developing high levels of Wisdom and Self-Control were central to reach the Stoic tranquil state of happiness.
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33. According to the cognitive perspective in psychology, the mind is a so-called "black box".
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34. It has been demonstrated that healthy individuals have an optimism bias.
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35. People with very high levels of depressive symptoms are more realistic than those with no symptoms.
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36. Dispositional optimism is a trait-like characteristic.
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37. Epicurus and Aristotle strongly disagreed on the role of pleasure in their respective theories on happiness.
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38. Dispositional optimism means that optimism is a fluctuating state of mind.
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39. Giving up attempts to cope with stressful life events over which we have no control is known as learned helplessness.
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40. Hope is defined as the global expectation that good things will be plentiful in the future and bad things scarce.
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41. The “Modern View” of happiness, also included in current Liberal Economics, is based on the Aristotelian theory of happiness.
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42. A person with a pessimistic explanatory style attributes the reasons of a good event to temporary-specific-external causes.
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43. Believing that “I can” is characteristic to the agency component in hope theory.
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44. If you truly believe in Hedonism, then you should choose to plug yourself into the Experience Machine, but if you truly believe in Eudaimonic theory, then you will never choose to plug in.
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45. The theory of pragmatic prospection argues that optimism is not beneficial and can actually be harmful.
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46. The acronym OCEAN refers to universal core virtues.
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47. According to Seligman and Peterson, in order to be classified as a character strength, the particular positive characteristic has to be morally valued.
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48. A “Happy Slave” is someone who has become oppressed or manipulated into believing that there are no other possible happier ways to live for me; so it is best to just stay content with the lifestyle I have now.
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49. Both the Clifton Strengthsfinder and the VIA Survey of Character Strengths measure strengths with the difference that the former classification consists of 34 and the latter of 24 strengths.
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50. Because character strengths are fulfilling and moral, one should use his/her top character strengths as much as possible in all situations.
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51. According to Peterson and Seligman, a character strength is a relatively stable personality trait.
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52. According to Seligman and Peterson, character strengths are not inherently good or bad but depend on when, where and how they are being used.
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53. The Suffering Artist Problem is the paradox that even a Happy Swine and a Happy Oyster have more Eudaimonia than the Couch Potato.
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54. A person with an optimistic explanatory style attributes the reasons of a good event to stable-global-internal causes.
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55. One of the most important conditions for experiencing flow is the distortion of temporal experience.
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56. According to one famous study, a higher and higher income can continue to “buy” more life-satisfaction, but above some level of income, it will not “buy” more emotional happiness.
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57. Flow is defined as an awareness of pleasure and deliberate attempts to make it last.
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58. According to Csikszentmihalyi’s model of the flow state, when perceived challenges are too low relative to skills, a person feels bored.
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59. Traditional societies that have low income and few material possessions are always reporting very low levels of life-satisfaction.
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60. Research has demonstrated that people enjoy solitary flow more than social flow.
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61. The relationship between marriage and happiness is a two-way road: Getting married tends to make people happier than they were before, but also, happier singles tend to get married more likely than less happy singles do.
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62. Spirituality is a broader concept than religiousness.
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63. Spirituality is defined as a flexible state of mind – an openness to novelty, a process of actively drawing novel distinctions.
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64. Research has demonstrated that women who are more religious live longer than those who are less religious.
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65. According to some new studies, children increase parents’ happiness by increasing the component of well-being called “Meaning” in life.
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66. Research indicate that that optimism and hope are beneficial also in social domains, and that optimists have larger social networks.
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67. "Happiness Forecasting" is the scientific prediction about how much some particular happiness intervention will increase a client's well-being in the future.


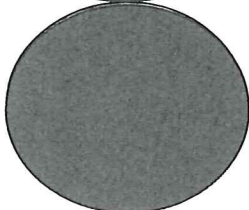
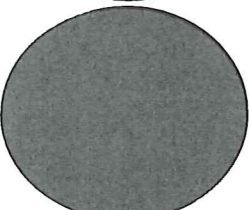
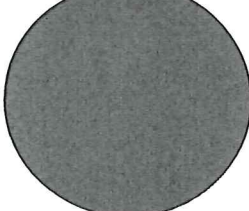
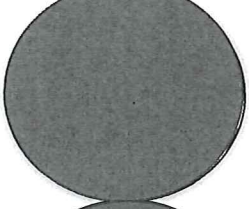

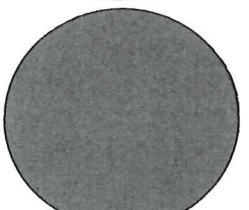


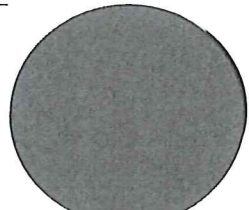
68. When you share your good news with your friend and he/she is silently supportive of the good events that happen to you, your friend is using a passive-constructive responding style.

69. People with better self-regulation skills are more likely to have peace of mind.

70. Mindfulness can be used to refer to both a personality trait and a specific state of mind.

Well-Being (or 'Happiness') is...

(fill in the boxes below with the correct answers)

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		<input data-bbox="1233 1527 1339 1700" type="text"/>	(1p)
		<input data-bbox="1233 1310 1339 1485" type="text"/>	(1p)
		<input data-bbox="1233 1093 1339 1267" type="text"/>	(1p)
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NAME: _____

Student ID Number: _____

ANSWER SHEET FOR TRUE/FALSE STATEMENTS EXAM: KU142G POSITIVE PSYCHOLOGY AND WELL-BEING 1st Exam, May 2nd 2025

Please mark your answer by blacking out or by drawing a strong black circle around the correct option (leaving the incorrect option unmarked).

Question Number	Your Answer	
1.	TRUE	FALSE
2.	TRUE	FALSE
3.	TRUE	FALSE
4.	TRUE	FALSE
5.	TRUE	FALSE
6.	TRUE	FALSE
7.	TRUE	FALSE
8.	TRUE	FALSE
9.	TRUE	FALSE
10.	TRUE	FALSE
11.	TRUE	FALSE
12.	TRUE	FALSE
13.	TRUE	FALSE
14.	TRUE	FALSE
15.	TRUE	FALSE
16.	TRUE	FALSE
17.	TRUE	FALSE
18.	TRUE	FALSE
19.	TRUE	FALSE
20.	TRUE	FALSE
21.	TRUE	FALSE
22.	TRUE	FALSE
23.	TRUE	FALSE
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25.	TRUE	FALSE
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34.	TRUE	FALSE
35.	TRUE	FALSE
36.	TRUE	FALSE
37.	TRUE	FALSE
38.	TRUE	FALSE
39.	TRUE	FALSE
40.	TRUE	FALSE
41.	TRUE	FALSE
42.	TRUE	FALSE
43.	TRUE	FALSE
44.	TRUE	FALSE
45.	TRUE	FALSE
46.	TRUE	FALSE
47.	TRUE	FALSE
48.	TRUE	FALSE
49.	TRUE	FALSE
50.	TRUE	FALSE

Question Number	Your Answer	
51.	TRUE	FALSE
52.	TRUE	FALSE
53.	TRUE	FALSE
54.	TRUE	FALSE
55.	TRUE	FALSE
56.	TRUE	FALSE
57.	TRUE	FALSE
58.	TRUE	FALSE
59.	TRUE	FALSE
60.	TRUE	FALSE
61.	TRUE	FALSE
62.	TRUE	FALSE
63.	TRUE	FALSE
64.	TRUE	FALSE
65.	TRUE	FALSE
66.	TRUE	FALSE
67.	TRUE	FALSE
68.	TRUE	FALSE
69.	TRUE	FALSE
70.	TRUE	FALSE