

WRITTEN EXAMINATION

Course Positive Psychology and well-being

Examination

Course code KU142G

Credits for written examination 4 credits

Date 2024-04-26

Examination time 08:15-12:30

Examination responsible Kristoffer Walsund

Teachers concerned Antti Revonsuo

Aid at the exam/appendices English-Swedish dictionary

Other

Answers are marked on separate answer sheet. Mark your answers clearly, either by filling out the whole square or by making a "X" mark in the square. If more than one alternative is marked, no points will be given for that question.

Instructions

- Take a new sheet of paper for each teacher.
- Take a new sheet of paper when starting a new question.
- Write only on one side of the paper.
- Write your name and personal ID No. on all pages you hand in.
- Use page numbering.
- Don't use a red pen.
- Mark answered questions with a cross on the cover sheet.

Grade points

50-45 points=A, 44-40 points=B, 39-35points=C, 34-30 points=D, 29-25 points=E, 24-0 points=F.

Examination results should be made public within 18 working days

Good luck!

Positive Psychology and Well-Being, April 2024

Exam Questions

The Philosophy & Science of Happiness (Antti's Lectures)

1. Which ONE statement of the following is TRUE about the Hamburger Model of Happiness?

- A) Nihilism sees happiness only in the future.
- B) "Rat Racing" is metaphorically similar to a healthy vegetarian burger that tastes bad.
- C) True happiness is metaphorically similar to a "Junk-Food Burger".
- D) Hedonism focuses on long-term future goals to find happiness.

2. Which ONE statement of the following is TRUE about the different components of well-being (in the model of well-being frequently shown on Antti's slides)?

- A) Life-Satisfaction is a component of "Cognitive Well-Being".
- B) The best scientific measure of "Hedonic Well-Being" is to ask the question: "How much pleasure do you feel right now on a scale from 1 to 10?"
- C) "Meaning" is one component of "Peace of Mind".
- D) "Domain Satisfaction" is measured by how much "Flow" one feels in different activities.

3. Which ONE statement of the following is TRUE about the history and the ideas of Stoicism and Epicureanism?

- A) Epicuros was a Roman Emperor.
- B) The Stoics argued that "Pleasure" is the highest form of happiness.
- C) The Greek word "Hedone" originally refers to "Virtue".
- D) A true Stoic who lives a happy life has reached an unshakeable peace of mind that does not depend on external circumstances.

4. Which ONE statement of the following is TRUE about Aristotle's philosophy of happiness?

- A) "Eudaimon" originally refers to a divine force that determines the Order of the Universe.
- B) According to Aristotle, anyone in any position in life (even a slave), can live the eudaimonistically happy life.
- C) "Eudaimonistic" happiness implies having meaningful goals and being actively engaged in virtuous actions in pursuing such goals.
- D) For Aristotle, true happiness is a subjective feeling.

5. Which ONE statement is FALSE about the Ancient and Modern views of happiness (OBS: Mark the FALSE one!):

- A) The Ancient view of happiness is "Paternalistic".
- B) The "Desire-Satisfaction Theory" was originally developed by the Stoics.
- C) Aristotle would never have accepted the "Desire-Satisfaction Theory" of happiness.
- D) In modern times, the ideas of Liberal Economics largely replaced the old philosophical discussions about how to create happiness.

6) Which ONE statement of the following is TRUE about the arguments and the thought-experiments concerning the different philosophical theories of happiness?

- A) The "Experience Machine" thought experiment aims to show that "Hedonism" is true.
- B) The "Suffering Artist" -problem shows that an Eudaimonistically happy person cannot feel any suffering.
- C) "The Cute Puppy Error" -thought experiment points out that our own strong desires in the present moment guarantee long-term pleasures and future happiness.
- D) Someone who truly believes in the truth of Hedonism should be willing to plug themselves into the Experience Machine and live their hedonistically happy lives there.

7) Which ONE statement of the following is TRUE about the relationships between philosophical theories of happiness and the modern component model of well-being?

- A) The Stoic definition of happiness is very similar to what is now called "Subjective Well-Being".
- B) Aristotle's definition of happiness is very similar to what is now called "Domain Satisfaction".
- C) The Stoic ideas of happiness as "The Harmony of the Soul" and "Peace of Mind" are similar to some Eastern philosophical ideas of happiness as a higher state of consciousness.
- D) Epicurus's definition of the core of happiness refers to active engagement in life in pursuit of meaningful and virtuous goals.

8) Which ONE concept of the following is NOT a name of a "Happiness Forecasting Mistake" that people tend to make about their own future happiness, when they plan the future and make choices and decisions about their personal futures?

- A) The "Impact Bias"
- B) The "Paradise Fallacy"
- C) The "Easterlin Paradox"
- D) The "Focusing Illusion"

9) The article presented in the lectures called "*If Money Doesn't Make You Happy, Then You Probably Aren't Spending It Right*" proposes that, to use money so that it increases the consumer's own happiness, consumers should do the following (ONE is FALSE, point out the FALSE statement):

- A) Buy few but big pleasures, rather than many small ones.
- B) Delay consumption (pay first, consume later).
- C) Buy experiences, not material things.
- D) Make a final commitment to a choice and not reconsider changing it later.

10. Myths vs. Science of Happiness: Scientific studies have provided evidence for the following statements (ONE is TRUE, point out the TRUE statement):

- A) Evidence from studies shows that holiday trips strongly increase long-term happiness after the holidays.
- B) Evidence from studies shows that married people are on average less happy than singles.
- C) Evidence shows that having children linearly increases the parents' happiness up to the birth of the third child, so that happiness of the parents further increases after each childbirth.
- D) Evidence shows that it is possible to have high life-satisfaction even in some populations where the people have very low monetary income and low material wealth.

Course literature: Positive Psychology – the basics (Hart, 2020)

11. Which ONE statement of the following is TRUE about the initial mission of positive psychology (stated by Martin Seligman)?

A) "The grand vision is to criticize earlier attempts of research on human well-being and to highlight previous failures within the psychological science."

B) "The grand vision is to build a strong global community of highly intelligent people in order to finally clarify if happiness is a Eudaimonic or Hedonic phenomena."

C) "The grand vision is to achieve a greater understanding of human happiness by synthesizing all current knowledge from all conceivably related fields of science, such as psychology, biology, sociology, philosophy, mathematics, computer science, physiology etcetera".

D) "The grand vision is to catalyse a change in the focus of psychology from preoccupation only with repairing the worst things in life to also building positive qualities."

12. Which ONE of the following prominent scientists is said to be the one who originally coined the term "positive psychology"? (ONE is TRUE, point out the TRUE one)

A) William James

B) Abraham Maslow

C) Mihalyi Csikszentmihalyi

D) Martin Seligman

13. Which ONE of the following statements is TRUE about the aim of the second wave of positive psychology (also called positive psychology 2.0)?

A) It called out for a move towards a more nuanced scholarship which synthesizes both dark and light sides of life.

B) The second wave of positive psychology aimed towards a more extremist position in the field of psychology in order to make the well-being scholarship more independent and outstanding.

C) Positive psychology 2.0 was set out to highlight the need of more funding to research on human happiness.

D) "More, more, more" was the slogan of positive psychology 2.0 indicating the aim for more research, more knowledge, more happiness.

14. Which ONE of the following early critiques against positive psychology is FALSE?

A) Positive psychology does no bring anything new, its novelty is exaggerated.

B) Positive psychology is a happyiology which only offers naïve and superficial answers to weighty questions.

C) Positive psychology is to weird as it only deals with odd topics related to minority groups.

D) Positive psychology is bad science with deficient scientific ground and methods.

15. According to Sonja Lyubomirskys Sustainable Happiness Model (also known as the happiness pie), three key factors can explain individuals' levels of happiness. Which ONE of the following is NOT one of the three key factors in the Sustainable Happiness Model? (ONE is FALSE, point out the FALSE one).

A) Genetics

B) Culture

C) Life circumstances

D) Intentional activities

16. Subjective well-being (SWB) is commonly presented as a formula. Which ONE of the following formulas is a formula of SWB (as presented in the course literature)? (Only ONE is TRUE, point out the TRUE one).

A) $SWB = SWL + \text{Positive affect} - \text{Negative affect}$

B) $SWL + \text{Positive affect} = SWB (- \text{Negative affect})$

C) $\text{Positive affect} + \text{Negative affect} = SWB + SWL$

D) $SWL = SWB + \text{Positive affect} / \text{Negative affect}$

17. In relation to predictors of happiness, significant research has suggested that there is an association between happiness and age. Which ONE of the following statements is TRUE about the suggested relationship between happiness and age?

A) The association is positive and linear, meaning we tend to become happier the older we get.

B) The association is negative and linear, meaning we tend to become less happy the older we get.

C) The association is X-shaped and depends on gender, meaning that there is a positive trend in happiness for women as they get older but a negative trend for men.

D) The association is U-shaped, meaning we tend to be relatively happy in younger years, somewhat less happy in middle aged years, and then again happier in older years.

18. Researchers has suggested that humans might have a "happiness setpoint" (or "set range"). What do they mean by this? (ONE of the following statements is TRUE, point out the TRUE statement).

A) That there is a crucial period in every human's life that determines their individual happiness level.

B) That our happiness depends on a set of characteristics that points to what is most crucial for us.

C) That there is a maximum level of happiness which most human most likely never will attain.

D) That our level of happiness is relatively fixed as it tends to return to baseline level after periods of higher or lower happiness.

19. Carol Ryff's model of Psychological Well-being (PWB) consists of six capacities that are seen as facilitators of optimal well-being. Which ONE of the following capacities is FALSE (meaning that it is NOT included in Ryff's model)? (ONE is FALSE, point out the FALSE one).

A) Flourishing

B) Self-acceptance

C) Autonomy

D) Life Purpose

20. Martin Seligman's Authentic Happiness Model originally consisted of three pathways to a full life, but has thereafter been revised to consist of five pathways. Which are the five pathways? (ONE is TRUE, point out the TRUE one).

A) Positive emotions, Social connections, Environmental Mastery, Flow, Spirituality.

B) Pleasure, Engagement, Relationships, Meaning, Accomplishments.

C) Self-worth, Autonomy, Sense of belonging, Peace of Mind, Spirituality.

D) Physical health, Social health, Religious health, Psychological health, Culture.

21. Which ONE of the following statements is FALSE about the interplay between mental well-being and mental ill-being according to the mental health continuum model developed by Corey Keyes?

- A) Mental well-being and mental ill-being are opposites on the same continuum.
- B) Mental well-being and mental ill-being are two distinct concepts.
- C) Mental well-being and mental ill-being are two interrelated constructs.
- D) Mental health constitutes of both mental well-being and mental ill-being.

22. Which ONE of the following is commonly used as a label for a complete state of mental health? (ONE is TRUE, point out the TRUE one).

- A) Languishing
- B) Floundering
- C) Flourishing
- D) Content

23. Which ONE of the following terms is used as a broad description of a person's overall emotional experience meaning it includes both short- and long-term emotional experiences as well as both less and more intense emotional experiences? (ONE is TRUE, point out the TRUE one).

- A) Mood
- B) Affect
- C) Emotion
- D) Feeling

24. Which ONE of the following statements is FALSE about the broaden-and-build theory of positive emotions?

- A) Positive emotions tend to widen our perceptual abilities.
- B) Positive emotions tend to broaden our sense of uniqueness.
- C) Positive emotions tend to increase our urge to act prosocial.
- D) Positive emotions tend to foster immunological resilience.

25. In line with the view that negative emotions have a stronger impact on us, Barbara Fredrickson (who developed the broaden-and-build theory of positive emotions) proposed a positivity ratio – a numeric value that represents the optimal ratio of positive to negative emotions that can bring about an affective equilibrium? The numeric values presented has later been criticized for its underlying mathematical equation, though the principle remain. What was the initial positivity ratio proposed by Fredrickson? (ONE is TRUE, point out the TRUE one).

- A) 3:1 (Three positive emotions to one negative emotion for affective equilibrium)
- B) 5:1 (Five positive emotions to one negative emotion for affective equilibrium)
- C) 7:1 (Seven positive emotions to one negative emotion for affective equilibrium)
- D) 9:1 (Nine positive emotions to one negative emotion for affective equilibrium)

26. Which ONE of the following statements is TRUE about emotional intelligence?

- A) The term was originally introduced by Mihalyi Csikszentmihalyi in 1977.

B) One of the influential models concerning emotional intelligence is called the Intelligent Model of Emotions (by Lyubomirsky), which proposes that emotions are more intelligent (in the sense that they are more connected to reality) than thoughts.

C) Emotional intelligence is seen as a fixed ability, meaning it is not trainable.

D) The concept was developed by researchers Salovey and Mayer in 1990.

27. Which ONE of the following statements is FALSE in relation to how the majority of scholars within psychology reasoned for decades before the 1960s? (Since then, a paradigm shift has occurred which means that most scholars nowadays reasons differently) (Only ONE is FALSE, meaning which one does not represent a previously commonly held view by researcher which has now changed, point out the FALSE one).

A) Being realistic, that is, having an accurate perception of reality, is a critical component of mental health.

B) Optimism is a cognitive distortion that entails illusions or delusions that distort people's perception of reality.

C) Optimism is an indicator of a mental disorder.

D) Most people are optimistic.

28. Martin Seligman explains optimism and pessimism as different explanatory styles. Which ONE of the following statements is TRUE about optimists according to Seligman's theory of learned optimism?

A) Optimists attribute negative events to stable factors.

B) Optimists attribute positive events to external factors.

C) Optimists attribute negative events to transitory factors.

D) Optimists attribute positive events to specific factors.

29. Which ONE of the following statements is TRUE about positive illusions?

A) Positive illusions are markers of mental disorder.

B) Positive illusions are not a type of unrealistic optimism.

C) Positive illusions are rarely accurate views of reality.

D) Positive illusions are rare.

30. Which ONE of the following is a definition for the concept of hope? (ONE is TRUE, point out the TRUE one).

A) Hope is a state of faith and confidence in relation to a collective bright future.

B) Hope is trait represented by high expectations, low pessimism, sense of control, and a willingness to work hard.

C) Hope is a positive motivational state whereby a person has set a goal, is motivated to pursue it and has a plan in place to achieve it.

D) Hope is a future oriented thought tendency where a person attends only the promises and positives in events to come.

31. Flow is considered an autotelic experience. Which ONE of the following statements is TRUE about an autotelic experience?

A) It is a fundamentally important experience.

B) It is a spiritually intense experience.

C) It is an intrinsically rewarding experience.

D) It is an automatically positive experience.

32. One of the conditions of flow is a balance between the person's level of skill and the level of challenge the task presents. Which ONE of the following terms describes what a person is likely to experience if the person's skills are greater than the requirements of the task? (ONE is TRUE, point out the TRUE one).

- A) Anxiety
- B) Apathy
- C) Aggression
- D) Anger

33. Which ONE of the following statements is FALSE in relation to what has been suggested as the dark side of Flow?

- A) Flow may be used as a manipulative strategy.
- B) Flow may be long-term self-damaging.
- C) Flow may occur in morally unethical activities.
- D) Flow may have addictive properties.

34. Flow has been incorporated in a widely known model or theory on human happiness or well-being? Which ONE of the following models or theories does clearly incorporate the concept of Flow? (ONE is TRUE, point out the TRUE one).

- A) The Authentic Happiness Model
- B) The theory of Subjective Well-being
- C) The Psychological Well-being Model
- D) The Complete Mental Health Model

35. The VIA Character Strengths and Virtues Classification project is considered one of the most influential initiatives that the discipline of positive psychology has embarked on. What does VIA stand for? (ONE is TRUE, point out the TRUE one).

- A) Vital in All
- B) Virtuous Individual Activity
- C) Values in Action
- D) Variety in Americans

36. The VIA Classification includes 24 character strengths that are clustered into six virtues. Which ONE of the following character strengths is NOT clustered into the virtue of wisdom? (ONE is FALSE, meaning it is NOT clustered into the virtue of wisdom, point out the FALSE one).

- A) Creativity
- B) Perspective
- C) Fairness
- D) Curiosity

37. Which ONE of the following statements is FALSE about character strengths as described by the VIA classification?

- A) Character strengths are personally gratifying.
- B) Character strengths are universally cherished.

- C) Character strengths are context-dependent.
- D) Character strengths are optimized behaviour.

38. Below, four different character strengths are described. Which ONE of the following descriptions is FALSE, meaning it does not correctly describe what the specific strength is about?

- A) Leadership is about influencing, helping, directing and motivating others towards collective achievements.
- B) Bravery is about not shrinking from threat, challenge, difficulty or pain.
- C) Perseverance is about tolerating pain and holding on to one's initial plan no matter what.
- D) Prudence is about being careful about life choices and not saying or doing things that might later be regretted.

39. Which ONE of the following pairs of scientists launched the large-scale global project to create a classification of positive human traits known as the VIA classification? (ONE is TRUE, point out the TRUE one).

- A) Mihaly Csikszentmihalyi and Martin Seligman
- B) Barbara Fredrickson and Sonja Lyubomirsky
- C) Martin Seligman and Christopher Peterson
- D) Christopher Peterson and Barbara Fredrickson

40. Definitions of close relationships often draw attention to "soft" as well as "concrete" aspects. Which ONE of the following features is NOT a "concrete" aspect of close relationships? (ONE is FALSE, meaning it is NOT considered a concrete aspect of close relationships, point out the FALSE one).

- A) The frequency of how often parties meet.
- B) The longevity of the relation.
- C) The level of mutual knowledge.
- D) The way communication occurs.

41. Which ONE of the following is NOT an assessment component of intimacy? (ONE is FALSE, meaning it is NOT a component of intimacy, point out the FALSE one).

- A) Interaction
- B) Commitment
- C) Trust
- D) Caring

42. Self-disclosure is one of the markers of healthy relationships. It involves sharing personal information with another person. Which ONE of the following statements about self-disclosure in healthy relationships is FALSE? (ONE is FALSE, point out the FALSE one).

- A) Self-disclosure tends to develop over time in a relationship as partners expand the breadth and depth of topics they discuss.
- B) Self-disclosure require reciprocity, that is, that partners match each other's level of openness.
- C) Women tend to be more self-disclosure than men.
- D) Men tend to experience higher levels of self-disclosure with men than with women.

43. The triangular theory of love argues that there are three components that make up all types of love. Which ONE of the following is NOT a component of the triangular theory of love? (ONE is FALSE, meaning it is NOT a component of the triangular theory of love, point out the FALSE one).

- A) Intimacy: Feelings of closeness, which manifests itself through shared knowledge and understanding, warmth, mutual trust and support.
- B) Passion: Physical and psychological arousal, exhilaration or desire, including sexual lust.
- C) Commitment: Sense of durability, longevity or stability in a relationship, which is often a result of a conscious decision to commit to it, and work to preserve it.
- D) Exclusiveness: Sense of alliance and communication of boundaries in relation to others, either monogamy or polygamy.

44. Research has explored what couples are fighting over when in conflict. Which ONE of the following is TRUE as the most common conflict theme among couples?

- A) Children: How to care for and discipline children.
- B) Habits: Irritating activities or behaviours.
- C) Intimacy: How often we display affection, frequency of sex.
- D) Money: Income, bills, what we purchase and how much we spend.

45. Scholars have argued that loneliness is the social equivalent of physical pain, hunger, and thirst. When left untreated, it can have severe psychological and health consequences. Which ONE of the following statements about loneliness is FALSE?

- A) Loneliness is higher in collectivistic cultures where sensitivity to exclusion is stronger than in individualistic countries.
- B) Loneliness is synonymous with social isolation as both indicates a lack of social relationships and contact.
- C) Loneliness is considered partially hereditary and linked with particular traits such as social anxiety, neuroticism, and shyness.
- D) Loneliness is a common experience, with nearly 80% of youth and 40% of adults over 65 years old reporting being lonely sometimes.

46. Which ONE of the following positive psychology programs is TRUE to be covering the 16 life domains of health, self-esteem, learning, values, money, work, play, love, helping, children, relatives, neighbors, creativity, friends, home, and community? The program also applies a model known as CASIO. (ONE is TRUE, meaning it DO cover the 16 life domains and applies the CASIO model, point out the TRUE one).

- A) Positive Psychotherapy
- B) Quality of Life Therapy
- C) Well-being Therapy
- D) Penn Resilience Programme

47. Forgiveness, as an intervention, is primarily seen as an internal process to let go of negative emotions associated with an event or perpetrator. The REACH model is an evidence-based approach to forgiveness which requires the person to undergo 5 stages. What are the five stages of the REACH model? (ONE is TRUE, point out the TRUE one).

- A) Recall, Empathize, Altruistic act, Commit, Hold on.
- B) Remember, Escape, Attack, Criticise, Help.
- C) Reorient, Energize, Attract, Change, Humble.
- D) Revise, Excel, Amplify, Circumstances, Hide.

48. Gratitude is common theme when it comes to positive psychology interventions and there are several gratitude interventions available in the scientific literature. Which ONE of the following interventions is FALSE, meaning that it is NOT a common gratitude intervention?

- A) Gratitude time
- B) Counting blessings
- C) Three good things
- D) Gratitude visit

49. Which ONE of the following is TRUE as a correct description of savoring?

- A) Savoring is a trait which entails optimistic thinking and positively biased attention.
- B) Savoring is an optimal experience of exclusively positive emotions.
- C) Savoring is the ability to memorize what is important for one's well-being.
- D) Savoring is the capacity to notice and appreciate positive experiences.

50. Research on the effects of positive psychology interventions (PPIs) on mental well-being is ongoing and growing. Based on the collective findings so far, presented in several reviews, what is the general effect size of PPIs on mental well-being? (ONE is TRUE, point out the TRUE one).

- A) PPIs seems to have no effect on mental well-being.
- B) PPIs seems to have a weak effect on mental well-being.
- C) PPIs seems to have a moderate effect on mental well-being.
- D) PPIs seems to have a strong effect on mental well-being.

NAME: _____

Student ID Number: _____

ANSWER SHEET FOR EXAM: KU142G Positive Psychology and Well-Being

Please provide your answers by CLEARLY MARKING one alternative (A, B, C, or D) for each question:
(No points will be given to questions where more than one alternative is marked.)

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