

School of Bioscience

## WRITTEN EXAMINATION

Course Positive Psychology and well-being

Examination

Course code KU142G

Credits for written examination 4 credits

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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!*

Total number of pages

# Positive Psychology and Well-Being, June 2024

## Re-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) The Hamburger Model includes three different routes that all lead to happiness.
- B) The Hamburger Model views the search for happiness as a path that often leads from rat-racing to hedonism to nihilism.
- C) The Hamburger Model was originally developed by Socrates.
- D) According to the Hamburger Model, the proper metaphor for Eudaimonic Happiness is a cheeseburger.

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) There are two main components of happiness: The Stoic and the Aristotelian components.
- B) In this model, "Peace of Mind" is one of the "Positive Emotion" components.
- C) "Meaning" is a component of "Cognitive Well-Being".
- D) The "Hedonic", the "Eudaimonic", and the "Peace of Mind" - components in this model can be traced back to ancient philosophical theories of the fundamental nature of happiness.

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

- A) According to Stoicism, a poor man or a slave could never be truly happy; only the rich and the powerful can live according to the principles of Stoicism.
- B) Stoicism was very popular in Ancient Greece, but it never spread its influence to Ancient Rome.
- C) For Epicurus, pleasure is the essence of happiness, whereas for the Stoics, it is virtue and the harmony of the soul.
- D) Epicurus argued that true happiness can only be found by being free from all desires.

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

- A) For Aristotle, virtuous actions are important for happiness, but only if they bring pleasure when doing them.
- B) Aristotle's philosophy became very popular in Ancient Rome, because Aristotle was also a Roman Emperor.
- C) The concept of "Eudaimonic well-being" is still used in modern positive psychology, and its historical roots go back to Aristotle's theory of happiness.
- D) Aristotle's philosophy of happiness is so similar to Epicurus's theory that Aristotle probably copied his theory directly from Epicurus.

5. Which ONE statement is TRUE about the Ancient and Modern views of happiness:

- A) The Ancient view of happiness is "Liberalistic".
- B) The "Desire-Satisfaction Theory" was originally developed by the Stoics.
- C) Aristotle was an early proponent of 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) Someone who truly believes in the truth of Eudaimonism should never be willing to plug themselves into the Experience Machine and live their lives there instead of living in the real world.
- B) The "Happy Slave" -problem shows that even a "couch potato" lifestyle can lead to genuine happiness.
- C) "The Cute Puppy Error" -thought experiment points out that relationships with pet animals cannot bring as much happiness as close social relationships with humans can.
- D) The "Experience Machine" thought experiment aims to show that "Eudaimonistic" theories are false.

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 "Nihilism".
- B) Socrates's definition of happiness is very similar to what is now called "Subjective Well-Being".
- C) Epicurus's definition of the core of happiness are similar to some Eastern philosophical ideas of happiness as a higher state of consciousness.
- D) Aristotle'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 the 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 "Back to the Future" -Fallacy.
- B) The "Optimizing Paradox" .
- C) The "Focusing Illusion".
- D) The "Experience Machine" Delusion.

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 TRUE, point out the only one TRUE statement):

- A) Make a final commitment to a choice and do not reconsider changing it later.
- B) Buy few but big pleasures, rather than many small ones.
- C) Delay payments: pay with a credit card rather than by cash.
- D) Buy concrete material things rather than experiences.

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

- A) Evidence from studies shows that holiday trips increase happiness already before the trip actually takes place.
- B) Evidence from studies shows that married people are on average happier than singles or divorced people.
- C) Evidence shows that getting more money (having a higher income) increases life-satisfaction.
- D) Evidence shows that it is impossible to have high life-satisfaction without high income.

## **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 catalyse a change in the focus of psychology from preoccupation only with repairing the worst things in life to also building positive qualities."
- B) "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".
- C) "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."
- D) "The grand vision is to criticize earlier attempts of research on human well-being and to highlight previous failures within the psychological science."

**12. Which ONE of the following prominent scientists is NOT connected to the initiation of the field of positive psychology?**

- A) Michael Gazzaniga
- B) Abraham Maslow
- C) Mihalyi Csikszentmihalyi
- D) Martin Seligman

**13. Which ONE of the following statements is FALSE 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 was born out of critiques against the first wave of positive psychology, especially the notion that it may have taken an extremist position and had become an anti-thesis to clinical psychology.
- C) Positive psychology 2.0 was set out to highlight the need of more funding to research on human happiness.
- D) Some of the scholars leading the way for a second wave of positive psychology were Itai Ivtzan, Tim Lomas, and Kate Hefferon.

**14. Which ONE of the following early critiques against positive psychology is TRUE (meaning it actually was an early critique)?**

- A) Positive psychology is meaningless topic not suitable for scientific exploration.
- B) Positive psychology is a happiology 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 an American money-making industry.

**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 one of the three key factors in the Sustainable Happiness Model? (ONE is TRUE, point out the TRUE one).**

- A) Gender
- B) Culture
- C) Genetics
- D) Demography



**16. Happiness is often referred to as subjective well-being (SWB). What does SWB, according to the course literature, consist of? (Only ONE is TRUE, point out the TRUE one).**

- A) General satisfaction with life and frequency of positive- and negative affect.
- B) Quality of relations, emotions, and cognitions.
- C) Pleasure, engagement, relationships, meaning, and accomplishments.
- D)  $SWL = SWB + \text{Positive affect} / \text{Negative affect}$

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

- A) Money cannot buy happiness.
- B) The association is negative and linear, meaning we tend to become less happy the wealthier we get.
- C) Extraordinary wealthy individuals tend to also report extraordinarily high levels of happiness.
- D) There is a positive association between earnings and happiness, but it ceases to exist once a certain (fairly modest) level of income is reached.

**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 level of happiness is relatively fixed as it tends to return to baseline level after periods of higher or lower happiness.
- C) That there is a maximum level of happiness which most human most likely never will attain.
- D) That our happiness depends on a set of characteristics that points to what is most crucial for us.

**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 TRUE (meaning that it is included in Ryff's model)? (ONE is TRUE, point out the TRUE one).**

- A) Autonomy
- B) Flourishing
- C) Psychological capital
- D) Cognition

**20. Self-Determination Theory (SDT) claims, similar to other eudaimonic theories, that people have an innate drive to grow, express their interests and talents and realize their potential. The desire to self-actualize is often manifested through the pursuit of valued, self-congruent goals. SDT suggest that there are three innate, elementary psychological growth needs that people seek to satisfy in their strive for higher individual well-being? Which are these three innate needs? (ONE is TRUE, point out the TRUE one).**

- A) Self-worth, Sense of belonging, Peace of mind.
- B) Environmental mastery, Self-growth, Life purpose.
- C) Competence, Autonomy, Relatedness.
- D) Physical health, Social health, Religious health.

21. Which ONE of the following statements is TRUE 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 inseparable.
- C) Mental well-being and mental ill-being are two interrelated constructs.
- D) Mental health equals mental well-being and not mental ill-being.

22. Which ONE of the following is commonly used as a label (in the mental health continuum model) for a state combined of low mental wellness and low mental illness, that is, one is either mentally ill nor mentally healthy? (ONE is TRUE, point out the TRUE one).

- A) Languishing
- B) Floundering
- C) Blurring
- D) Distressed

23. Which ONE of the following statements is a correct description of emotional valence? (ONE is TRUE, point out the TRUE one).

- A) The overall subjective experience involved in emotion.
- B) The extent to which an emotion is positive (pleasant) or negative (unpleasant).
- C) The intensity of an emotion which varies between high- and low intensity.
- D) The frequency in which specific emotions are experienced.

24. Which ONE of the following statements is TRUE 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 intensify our urge to act egoistically.
- D) Positive emotions tend to increase immunological vulnerability.

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 (3:1) 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 ratio could, according to Fredrickson, be used as a mark of flourishing? (ONE is TRUE, point out the TRUE one).

- A) 9:1 (Nine positive emotions to one negative emotion for flourishing)
- B) 12:1 (Twelve positive emotions to one negative emotion for flourishing)
- C) 15:1 (Fifteen positive emotions to one negative emotion for flourishing)
- D) 18:1 (Eighteen positive emotions to one negative emotion for flourishing)

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. One influential model explaining optimism is called Dispositional Optimism. What is the main standpoint about optimism represented by this model? (ONE is TRUE, point out the TRUE one).**

- A) Optimism is equally disposed among men and women.
- B) Optimism is completely hereditary.
- C) Optimism is an indicator of IQ.
- D) Optimism is a fairly stable personality trait.

**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 transitory factors.
- B) Optimists attribute positive events to external factors.
- C) Optimists attribute negative events to stable factors.
- D) Optimists attribute positive events to specific factors.

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

- A) Positive illusions are markers of mental disorder.
- B) Positive illusions are a type of unrealistic optimism.
- C) Positive illusions are rarely accurate views of reality.
- D) Positive illusions are relatively common.

**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 positive motivational state whereby a person has set a goal, is motivated to pursue it and has a plan in place to achieve it.
- B) Hope is a state of faith and confidence in relation to a collective bright future.
- C) Hope is a future oriented thought tendency where a person attends only the promises and positives in events to come.
- D) Hope is trait represented by high expectations, low pessimism, sense of control, and a willingness to work hard.

**31. Flow is considered an intrinsically rewarding experience. Which ONE of the following terms is used within the theory of Flow to describe this kind of experience? (ONE is TRUE, point out the TRUE one).**

- A) Melancholic
- B) Egocentric
- C) Autotelic
- D) Intrastatic

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 challenges of the task are greater than the person's skills? (ONE is TRUE, point out the TRUE one).

- A) Anxiety
- B) Apathy
- C) Altruism
- D) Amusement

33. Which ONE of the following statements is TRUE 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 intrinsically rewarding.
- C) Flow may occur in morally unethical activities.
- D) Flow may be medically induced.

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 Self-Determination Theory
- B) The Psychological Well-being Model
- C) The Complete Mental Health Model
- D) The Authentic Happiness 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 year was it launched, i.e. what year was the classification published? (ONE is TRUE, point out the TRUE one).

- A) 1997
- B) 2004
- C) 2018
- D) 2022

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 transcendence? (ONE is FALSE, meaning it is NOT clustered into the virtue of transcendence, point out the FALSE one).

- A) Hope
- B) Gratitude
- C) Forgiveness
- D) Humor

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 TRUE, meaning it does not correctly describe what the specific strength is about?

- A) Zest is about letting our accomplishments speak for themselves.
- B) Bravery is about treating people equally, with fairness and justice.
- C) Perseverance is about approaching life with excitement and energy.
- 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) Martin Seligman and Christopher Peterson
- B) Mihalyi Csikszentmihalyi and Martin Seligman
- C) Barbara Fredrickson and Sonja Lyubomirsky
- 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 a "concrete" aspect of close relationships? (ONE is TRUE, point out the TRUE one).

- A) The influence people exert on each other.
- B) The longevity of the relation.
- C) The level of mutual knowledge.
- D) The level of interdependence.

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) Commitment
- B) Trust
- C) Interaction
- 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 TRUE? (ONE is TRUE, point out the TRUE one).

- A) Self-disclosure tends to be static, that is, to not expand in breadth and depth over time in a relationship.
- B) Self-disclosure require reciprocity, that is, that partners match each other's level of openness.
- C) Women tend to be less self-disclosing than men.
- D) Men tend to experience lower levels of self-disclosure with women than with men.

43. The triangular theory of love argues that there are three components that make up all types of love; intimacy, passion, and commitment. Each component is a descriptor of the love that any two people may share. Since the elements can vary in their intensity (from low to high), countless possible prototypes of love relationships are possible. Which ONE of the following statements is a description of prototypic romantic love? (ONE is TRUE, meaning it describes romantic love, point out the TRUE one).

- A) High intimacy, high passion, low commitment.
- B) High intimacy, low passion, low commitment.
- C) Low intimacy, low passion, high commitment.
- D) High intimacy, low passion, high commitment.

44. Research has found that most people experience an upsurge in their happiness when getting married. However, after a while, most people also tend to return to their pre-marriage happiness levels. Approximately, how many years after getting married do people on average tend to be back at their baseline happiness levels?

- A) 2 years
- B) 5 years
- C) 8 years
- D) 11 years

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) Well-being Therapy
- C) Penn Resilience Programme
- D) Quality of Life Therapy

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. Which ONE of the following is NOT a stage in the REACH forgiveness model?

- A) Commit to forgive.
- B) Recall the event.
- C) Empathise with the offender.
- D) Apologize to yourself.

48. Gratitude is a 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 TRUE, meaning it is a common gratitude intervention?

- A) Gratitude time
- B) Counting friends
- C) Three good things
- D) The smaller, the better

49. One of the most researched interventions within the field of positive psychology is the Best Possible Self (BPS) intervention. Which ONE of the following instructions is correct as a simplified version of the instructions for the BPS intervention?

- A) Imagine your best possible future and write about it.
- B) Recall your best possible past and relive it in your mind.
- C) Think of your best possible qualities and produce a list.
- D) Assess your best possible self by filling out the BPS questionnaire.

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.