

Institutionen för Biovetenskap

TENTAMEN

Kurs Positiv psykologi och välbefinnande G1N 7,5hp

Examinationsmoment 1001 Salstentamen

Kurskod KU142G

Högskolepoäng för examinationsmomentet 4hp

Datum 09.06.2025

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 svars_papper 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. Abraham Maslow was the first to use the term "positive psychology".
 2. Positive psychology has its roots in humanistic psychology.
 3. Positive psychology movement is also called the "The Third Force" because it emerged as a reaction to psychoanalysis and behaviorism.
 4. Whereas traditional psychology deals with preventions centred on how to fix and prevent the underlying problems or pathology, positive psychology deals with enhancements centred on how to make life good and even the best one can possibly imagine.
 5. Positive psychologists claim that we should do research on "What is right with people?" but not on "What is wrong with people?".
 6. According to Corey L. M. Keyes' model of the complete state of mental health, flourishing refers to complete mental health.
 7. One part of the "Hamburger Model" is the "Problem of Shallow Pleasures", according to which eating a cheeseburger cannot increase happiness.
 8. Positive psychologists have to be constantly happy themselves.
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9. According to the Complete State Model of Mental Health, reducing the symptoms of mental illness does not necessarily increase mental well-being.
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10. In Martin Seligman's PERMA model P refers to Peace of Mind.
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11. The term *subjective well-being* was proposed by Ed Diener.
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12. The concept *subjective well-being* includes life satisfaction but not emotional well-being.
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13. According to Martin Seligman, a person cannot have high levels of all well-being in all components included in PERMA.
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14. Emotional well-being is an aspect of hedonic well-being.
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15. Positive affectivity and negative affectivity are the cognitive components of subjective well-being.
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16. The ancient Epicurean philosophy of happiness is almost identical with Buddhist ideas of happiness.
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17. *Objective well-being* is synonymous with hedonic well-being.
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18. Living according to one's virtues or true self is central to eudaimonic well-being.
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19. Satisfaction With Life Scale is used to measure emotional well-being.
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20. Whereas moods are more trait-like, emotions are more state-like.
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21. "Logos" is the concept that means "Happiness" in Stoic philosophy.
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22. Mood has a shorter duration than an emotion.
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23. Research has shown that high-approach positive emotions narrow cognition.
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24. Socrates was a Roman Stoic and the philosophy teacher of the Emperor Marcus Aurelius.
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25. When people experience positive emotions, they would like to pursue a wider range of thoughts and behaviours than is typical.
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26. The Negativity Bias refers to the fact that most people report being rather unhappy.
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27. Barbara Fredrickson's work has demonstrated that positive emotions help to normalize the heart rate, pulse and blood pressure.
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28. Resilient individuals use positive emotions for effective coping with adverse life situations.
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29. According to Daniel Kahneman, when making decisions we rely more on the duration of an episode, rather than how the episode ended.
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30. Research has shown that our retrospective evaluations of experiences are often erroneous.
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31. Loving-Kindness Meditation has been demonstrated to specifically decrease negative emotions without a comparable increase in positive emotions.
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32. The Experience Machine is a philosophical thought experiment that tests whether we would choose to live according to Hedonism or not.
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33. Compared to problem-focused coping strategies, emotion-focused coping strategies are always maladaptive.
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34. Positive reframing, humor, and the use of relaxation and meditation techniques are examples of emotion-focused coping strategies.
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35. The phenomenon called the Optimism Bias only applies to optimistic people.
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36. Dispositional optimism is a relatively stable trait characterized by the global expectation that good things will be plentiful in the future and bad things scarce.
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37. The Desire Satisfaction Theory of happiness has played an important role in how modern economics defines "happiness".
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38. Martin Seligman's research has demonstrated that all individuals who are exposed to uncontrollable events develop learned helplessness.
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39. Individuals with an optimistic explanatory style believe that good events happen due to temporary, specific and external causes.
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40. Studies have demonstrated that young adults underestimate their future life satisfaction.
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41. Eudaimonistic theory does not accept a "Couch Potato" lifestyle as the way to live a happy life.
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42. According to Martin Seligman it is not possible to make pessimistic people more optimistic.
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43. The Big Five Personality Traits are: openness to experience, courageousness, extraversion, agreeableness, and neuroticism.
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44. According to Eudaimonistic Theory, even a slave or a prisoner can live a happy life.
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45. Individuals with lower levels of neuroticism report higher levels of both hedonic and eudaimonic well-being.
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46. According to positive psychology we should ignore our weaknesses and focus only on our strengths.
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47. According to Donald Clifton, strengths are extensions of talents.
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48. There is no correspondence between the ancient philosophical views of happiness and the modern scientific concepts of happiness.
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49. According to Seligman and Peterson, core virtues are universal, whereas character strengths vary between different cultures
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50. The VIA character strengths bravery, honesty/authenticity, persistence/perseverance, and zest belong under the core virtue of courage.
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51. Martin Seligman was the first to describe and conduct research on the flow state.
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52. According to Ellen Langer what distinguishes mindfulness from mindlessness is an active search for novelty.
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53. Studies show that when nations get richer and the average income of the population raises, SWB of the population increases at the same rate.
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54. In order to experience flow, the following conditions need to be fulfilled: intense and focused concentration, merging of action and awareness, loss of reflective self-consciousness.
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55. *Flow* experiences exclude by definition both the experiences of boredom and of anxiety.
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56. Traditional societies where people have very little money or material possessions are systematically much unhappier than modern societies.
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57. The term *minimalist well-being* refers to a lifestyle of owning as little stuff as possible.
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58. Having a clear set of goals is one of the preconditions necessary to experience flow, whereas distortions of temporal experience characterize the state of being in flow as such.
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59. Vacationing produces increases in happiness already before the holiday trip has even happened.
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60. Research has demonstrated that a person cannot be both an optimist and a pessimist.
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61. Cohabitation (couples living together without marriage) is associated with lower levels of life-satisfaction than being married.
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62. Mind-wandering can promote creativity and future-planning.

63. Dispositional mindfulness refers to the state of mindfulness.

64. The Experience Sampling Method can be used to study *flow* experiences.

65. Studies show that the first-born child has a positive effect on the parents' SWB.

66. Research has shown that people who believe in the essential oneness and interconnectedness of all phenomena report higher satisfaction with life.

67. "Affective Forecasting" uses "Mental Time-Travel" to create predictions of our future happiness.

68. Harry Harlow's experiments demonstrated that monkey infants preferred the artificial cloth mother who provided no food but had a pleasing texture to the one that provided food but was made out of wire.

69. According to John Gottman, the four communication styles that together can predict the end of the relationship are: criticism, contempt, defensiveness, and self-soothing.

70. Research has demonstrated that it is not possible to increase one's level of mindfulness.

NAME: _____

Student ID Number: _____

ANSWER SHEET FOR TRUE/FALSE STATEMENTS EXAM: KU142G POSITIVE PSYCHOLOGY AND WELL-BEING 2nd Exam, June 9th 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
24.	TRUE	FALSE
25.	TRUE	FALSE
26.	TRUE	FALSE
27.	TRUE	FALSE
28.	TRUE	FALSE
29.	TRUE	FALSE
30.	TRUE	FALSE
31.	TRUE	FALSE
32.	TRUE	FALSE
33.	TRUE	FALSE
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

Fritextsfråga

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

(fill in the boxes below with the correct answers)

Result:

...../10p

((0,5p)	(1p)
)	(0,5p)	(1p)

(1p)	(1p)	(1p)	(1p)	(1p)