1. Problem-focused coping is the better fit when the stressor is...

   ☐ always

   ☐ never

   ☐ controllable

   ☐ uncontrollable

2. What did Seligman argue in 1998?

   ☐ Psychology should study only illness

   ☐ Psychology should study strengths and flourishing as well as illness

   ☐ Therapy is unnecessary

   ☐ Happiness cannot be measured

3. Drapetomania shows how deviation from social norms alone can be misused as a definition of disorder.

   ☐ True ☐ False

4. The defining feature of bipolar disorders is...

   ☐ exposure to a traumatic event

   ☐ periods of mania and periods of depression

   ☐ intrusive thoughts

   ☐ persistent low mood only

5. Research supports the use of hypnosis to retrieve accurate memories.

   ☐ True ☐ False

6. Stress experienced as motivating rather than debilitating is called _____.

   _____

7. Which are PERMA elements?

   ☐ Money

   ☐ Engagement

   ☐ Meaning

   ☐ Positive emotion

   *Tick every correct option.*



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   ☐ Brain scans

   ☐ Laws about therapy

   ☐ Treatments for every disorder

   ☐ Criteria for diagnosing disorders

9. Select **all** the areas that characterise schizophrenic spectrum disorders.

   ☐ mania

   ☐ hallucinations

   ☐ delusions

   ☐ disorganised speech

   *Tick every correct option.*

10. Meta-analytic studies of psychotherapy conclude that it is...

    ☐ generally effective

    ☐ impossible to evaluate

    ☐ effective only with medication

    ☐ ineffective

1. **controllable**

   A stressor you can change calls for solving it; one you cannot calls for managing the reaction.

2. **Psychology should study strengths and flourishing as well as illness**

   The start of positive psychology.

3. **True**

   It labelled escape from slavery as illness.

4. **periods of mania and periods of depression**

   **Mania** is what distinguishes bipolar from a depressive disorder.

5. **False**

   It is effective for **pain and anxiety**; the CED says research does **not** support memory retrieval.

6. **eustress**

   **Eustress** motivates; **distress** debilitates. The same event can be either.

7. **Engagement; Meaning; Positive emotion**

   Also relationships and accomplishment.

8. **Criteria for diagnosing disorders**

   A classification manual.

9. **hallucinations; delusions; disorganised speech**

   Mania belongs to **bipolar** disorders, not the schizophrenic spectrum.

10. **generally effective**

    Combining many studies is what makes the general conclusion possible.



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