

5. Mental and Physical Health

Starter Quiz · 课前小测

AP Psychology

Name: _____ Score: _____

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

- ☐ uncontrollable
- ☐ controllable
- ☐ always
- ☐ never

2. The CED's finding about gratitude is that...

- ☐ feeling it is enough
- ☐ expressing it increases subjective well-being
- ☐ it has no measurable effect
- ☐ it replaces the need for coping

3. Select **all** the factors the CED uses to identify a psychological disorder.

- ☐ dysfunction
- ☐ distress
- ☐ deviation from the social norm
- ☐ unusual intelligence

Tick every correct option.

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

- ☐ persistent low mood only
- ☐ periods of mania and periods of depression
- ☐ intrusive thoughts
- ☐ exposure to a traumatic event

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

- ☐ True
- ☐ False

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

7. Posttraumatic growth means that trauma is beneficial.

- ☐ True
- ☐ False

8. Deviating from a social norm is by itself enough to identify a disorder.

- ☐ True
- ☐ False

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

- ☐ delusions
- ☐ hallucinations
- ☐ disorganised speech
- ☐ mania

Tick every correct option.

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

- ☐ ineffective
- ☐ generally effective
- ☐ effective only with medication
- ☐ impossible to evaluate

AP Psychology

1. **controllable**

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

2. **expressing it increases subjective well-being**

The finding is about **expressing** gratitude, and the outcome is measurable.

3. **dysfunction; distress; deviation from the social norm**

All three are applied together; no single one is sufficient on its own.

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. **False**

It means growth is one **possible** outcome among several — not that trauma is good.

8. **False**

Norms differ and change; the CED gives three factors so that no single one decides.

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

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

10. **generally effective**

Combining many studies is what makes the general conclusion possible.