

# National Testing Agency

**Question Paper Name:** Psychology for Health and Well Being 10th November 2019 Shift 1  
**Subject Name:** Psychology for Health and Well Being  
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**Total Marks:** 100  
**Display Marks:** Yes

## Psychology for Health and Well Being

**Group Number :** 1  
**Group Id :** 709597303  
**Group Maximum Duration :** 0  
**Group Minimum Duration :** 120  
**Revisit allowed for view? :** No  
**Revisit allowed for edit? :** No  
**Break time:** 0  
**Group Marks:** 100

## Psychology for Health and Well Being

**Section Id :** 709597390  
**Section Number :** 1  
**Section type :** Online  
**Mandatory or Optional:** Mandatory  
**Number of Questions:** 100  
**Number of Questions to be attempted:** 100  
**Section Marks:** 100  
**Display Number Panel:** Yes  
**Group All Questions:** No

**Sub-Section Number:** 1  
**Sub-Section Id:** 709597490  
**Question Shuffling Allowed :** Yes

**Question Number : 1 Question Id : 70959727635 Question Type : MCQ Option Shuffling : No Display Question Number : Yes**  
**Single Line Question Option : No Option Orientation : Vertical**

**Correct Marks : 1 Wrong Marks : 0**

..... Greek philosopher affirmed that human well-being was influenced by the totality of environmental factors: living habits, climate, quality of air, water and food

- A. Thales
- B. Spinoza
- C. Aristotle
- D. Hippocrates

Question Number : 2 Question Id : 70959727636 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

.....refers to the perceived significance of one's existence and involves the setting and reaching of goals, which contribute to the appreciation of life.

- A. Positive relations with others
- B. Self-acceptance
- C. Personal growth
- D. Purpose in life

Question Number : 3 Question Id : 70959727637 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Galen highlighted the concept of .....and opposed specialistic models.

- A. The individualistic approach to disease
- B. The holistic approach to disease
- C. The organic approach to disease
- D. The physical approach to disease

Question Number : 4 Question Id : 70959727638 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who believed that soul results from the movement of parts of the body?

- A. Thomas Hobbes.
- B. Thomas Aquinas
- C. Hans Selye
- D. Both A and B

Question Number : 5 Question Id : 70959727639 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In \_\_\_\_\_ the patient converts the conflict into a symptom via the voluntary nervous system?

- A. Conversion hysteria
- B. Hypochondriasis
- C. Muscular paralysis
- D. Bulimia

Question Number : 6 Question Id : 70959727640 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The pressure to attain ideal body image despite the obvious health risks is an example of \_\_\_\_\_ factor:

- A. Psychological
- B. Social
- C. Cultural
- D. Biological

Question Number : 7 Question Id : 70959727641 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following perspective would most likely describe a patient as being a case of acute myocardial infarction with ventricular fibrillation?

- A. Psychosomatic
- B. Epidemiological
- C. Reductionistic
- D. Behaviourist

Question Number : 8 Question Id : 70959727642 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which doctrine propounds that all diseases are caused by a specific agent such as germ, virus, or parasite; by trauma; or by disruption of the process at the cellular or molecular level?

- A. Cartesian Dualism
- B. Doctrine of specific etiology
- C. Eclecticism
- D. None of the Above

Question Number : 9 Question Id : 70959727643 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In Type-2 diabetes and cardiovascular diseases, which variables pertaining to the psychosocial aspect of the biopsychosocial model appear to influence engagement in healthy behaviors and adherence to prescribed medical regimens?

- A. Social – cognitive
- B. Emotional – Motivational
- C. Situational – Emotional
- D. Biological – Affective

Question Number : 10 Question Id : 70959727644 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who gave doctrine of Cartesian dualism?

- A. Descartes
- B. Aristotle
- C. Spinoza
- D. Plato

Question Number : 11 Question Id : 70959727645 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In which year the book Holism and Evolution was written?

- A. 1928
- B. 1935
- C. 1939
- D. 1953

Question Number : 12 Question Id : 70959727646 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which law states that, “Our bodies have more than enough resources for health and healing”?

- A. Universal Law of Awareness
- B. Universal law of Abundance
- C. Universal Law of Health and Healing
- D. None

Question Number : 13 Question Id : 70959727647 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The word "stress" has been derived from..... Word?

- A. Greek
- B. Latin
- C. French
- D. None of the above.

Question Number : 14 Question Id : 70959727648 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who was referred to as “the Einstein of medicine”?

- A. Hans Selye
- B. Walter Cannon
- C. Holmes
- D. Lazarus

Question Number : 15 Question Id : 70959727649 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who first introduced the concept of stress in 1939?

- A. Hans Selye
- B. Walter Cannon
- C. Holmes
- D. Lazarus

Question Number : 16 Question Id : 70959727650 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

.....are the fluctuations in physiological functions over the course of a 24-hour period.

- A. Ultradian rhythms
- B. Infradian rhythms
- C. Circadian rhythms
- D. None of the above

Question Number : 17 Question Id : 70959727651 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Social Readjustment Rating Scale (SRRS) measures

- A. Life events
- B. Trauma
- C. Chronic stressors
- D. Daily hassles

Question Number : 18 Question Id : 70959727652 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The biological pathways triggered by the stressor hormone resulting in DNA damage are

- A. Lowering of P53 levels
- B. Shortening of telomeres
- C. Both a&b
- D. None of the above

Question Number : 19 Question Id : 70959727653 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The disruption of memory processes due to stress is related to

- A. Hippocampal volume loss
- B. Increased size of amygdala
- C. Both a & b
- D. None of the above

Question Number : 20 Question Id : 70959727654 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The brain becomes more receptive to stress due to

- A. Increase in size of amygdala
- B. Shrinkage of prefrontal cortex
- C. Both a & b
- D. None of the above

Question Number : 21 Question Id : 70959727655 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Catecholamine includes:

- A. Epinephrine & Norepinephrine
- B. Adrenalin & Noradrenalin
- C. Triiodothyronine & Thyroxine
- D. Progesterone & Testosterone

Question Number : 22 Question Id : 70959727656 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The full form of HPA axis

- A. Hypothalamic-pituitary-adrenal
- B. Health Protection Agency
- C. Health promotion agency
- D. High Pressure Air

Question Number : 23 Question Id : 70959727657 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The target organ of ACTH is the\_\_\_\_\_ gland

- A. Thyroid
- B. Pituitary
- C. Adrenal
- D. Pineal

Question Number : 24 Question Id : 70959727658 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which among the following is not a defense mechanism described by Freud

- A. Denial
- B. Projection
- C. Repression
- D. Regression

Question Number : 25 Question Id : 70959727659 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In \_\_\_\_\_,Coping is assumed to derive from how people appraise the stressors they experience as to whether these entail threat, harm/loss, or challenge.

- A. Psychodynamic
- B. Coping styles
- C. Coping processes
- D. All of the above

Question Number : 26 Question Id : 70959727660 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Problem-focused coping differs from emotion-focused coping in that:

- A. Problem-focused coping emphasizes reducing emotions that problems cause; emotion-focused coping emphasizes acting on emotions, particularly negative emotions
- B. Problem-focused coping emphasizes taking action to solve a problem; emotion-focused coping emphasizes reducing negative feelings
- C. Both are forms of structural social support
- D. None of the above are correct

Question Number : 27 Question Id : 70959727661 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following statement is incorrect regarding the relationship between social support and health?

- A. People with social support may perform more healthy behaviors
- B. Social support may buffer against negative emotions, which can influence the immune system.
- C. Marital conflict can negatively impact health.
- D. All the above are correct.

Question Number : 28 Question Id : 70959727662 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following hormone is released in the body at times of stress?

- A. Cortisol
- B. Thyrocine
- C. Insulin
- D. Prolactin

Question Number : 29 Question Id : 70959727663 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

What is true about dissociative amnesia?

- A. It is caused by physical trauma
- B. It is caused by stress
- C. Forgetfulness is minimal
- D. It is conscious and deliberate attempt to forget.

Question Number : 30 Question Id : 70959727664 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following are the symptoms of an adjustment disorder?

- A. Depressed mood
- B. Anxiety
- C. Anti-social conduct
- D. All the above
- E. Dissociative symptoms (numbing, detachment, feelings of unreality, depersonalization, amnesia)

Question Number : 31 Question Id : 70959727665 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0



Dissociative symptoms of the acute stress disorder include:

- A. Numbing
- B. Detachment
- C. Depersonalization
- D. All the above

Question Number : 32 Question Id : 70959727666 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Dissociative identity disorder is characterized by:

- A. Narcissism
- B. Anxiety
- C. Multiple personality
- D. Paranoia

Question Number : 33 Question Id : 70959727667 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

\_\_\_\_\_ is a component of stress involving direct material or bodily challenge

- A. Psychological
- B. Physical
- C. Strain
- D. None of the above

Question Number : 34 Question Id : 70959727668 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

“People positively affirm values and other personal qualities that are important to them”, is an assumption of which theory?

- A. Self-affirmation theory
- B. Relaxation training
- C. Self-instructional training
- D. Behaviour Therapy

Question Number : 35 Question Id : 70959727669 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Yoga and Hypnosis are included under:

- A. Assertive training
- B. Relaxation training
- C. Systematic desensitization
- D. None of the above

Question Number : 36 Question Id : 70959727670 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The goals of stress management training are to:

- A. Identify and reduce triggers using problem-solving strategies
- B. Reduce high levels of muscular tension.
- C. Identify and change cognitive distortions.
- D. All of the above

Question Number : 37 Question Id : 70959727671 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

When is relaxation best used:

- A. Immediately following times of significant stress
- B. At times of both low and high stress
- C. As part of a meditation routine
- D. At times of great stress

Question Number : 38 Question Id : 70959727672 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Urging people to confide in close friends, to seek advice from people who can help them, and to use time with other people for relaxation and positive reinforcement after meeting their goals is an example of:

- A. Incorporating social support in CSN
- B. Incorporating help-seeking in CSN
- C. Incorporating positive-self talk in CSN
- D. Incorporating negative self-talk in CSN

Question Number : 39 Question Id : 70959727673 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Getting the right amount and balance of these nutrients can have a huge impact on a person's overall

- A. Wellbeing
- B. Quality of life
- C. Health
- D. All of the these

Question Number : 40 Question Id : 70959727674 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Healthy eating habits lead to \_\_\_\_\_

- A. Stronger immune system
- B. less illness
- C. better health
- D. All of the these

Question Number : 41 Question Id : 70959727675 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Nutrition is a key component for \_\_\_\_\_

- A. Mental development
- B. mood alteration
- C. Behavior
- D. All of the these

Question Number : 42 Question Id : 70959727676 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Vitamin \_\_\_\_\_ also helps to prevent rickets.

- A. (A)
- B. (C)
- C. (D)
- D. (K)

Question Number : 43 Question Id : 70959727677 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

\_\_\_\_\_ carries fatty acids through the blood stream to the mitochondria where they are used in the citric acid cycle.

- A. Fats
- B. Folic acid
- C. Choline
- D. Carnitine

Question Number : 44 Question Id : 70959727678 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

\_\_\_\_\_ is considered a trace mineral, which is essential for the proper maintenance of one's teeth.

- A. Fats
- B. Folic Acid
- C. Fluoride
- D. Vitamin

Question Number : 45 Question Id : 70959727679 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Experts of \_\_\_\_\_ estimates that, in 2001 about 60% of all deaths and 47% of the total number of diseases were caused by non-infectious diseases.

- A. UNICEF
- B. WHO
- C. ICD
- D. UNESCO

Question Number : 46 Question Id : 70959727680 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Crane accident is an example of?

- A. Construction accident
- B. Mining accident
- C. Hospital accident
- D. Factory accident

Question Number : 47 Question Id : 70959727681 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

\_\_\_\_\_ is defined as “anything that may result in injury to a person or harm to the health of a person”?

- A. Hazard
- B. Risk
- C. Accident
- D. All of the above

Question Number : 48 Question Id : 70959727682 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who has written the book “Industrial Accident Prevention”:

- A. Perrow
- B. Levenson.
- C. Herbert. W. Heinrich
- D. None of the above

Question Number : 49 Question Id : 70959727683 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who is the author of the paper entitled “Two Centuries of Process Safety at DuPont”:

- A. Klein (2009)
- B. Levenson (1972)
- C. Atkinson (1990)
- D. None of the above

Question Number : 50 Question Id : 70959727684 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The framework for Safe System of Work to prevent accidents is/are:

- A. Safe design.
- B. Safe installation.
- C. Safe premises and plant.
- D. All of the above

Question Number : 51 Question Id : 70959727685 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The Fermented beverages being made in China dates back to

- A. 5000 B.C
- B. 6000 B.C
- C. 7000 B.C.
- D. 4000 B.C

Question Number : 52 Question Id : 70959727686 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In ancient Egypt, bread and ..... were staples in the daily diet.

- A. Butter
- B. Beer
- C. Ale
- D. None of the above

Question Number : 53 Question Id : 70959727687 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

.....was one of the earliest known centres of wine production.

- A. Romans
- B. Sumerians
- C. Ancient Greece
- D. Ancient Egypt

Question Number : 54 Question Id : 70959727688 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who was Governor of Virginia during 1586?

- A. Queen Elizabeth
- B. Christopher Columbus
- C. Walter Raleigh
- D. Ralph Lane

Question Number : 55 Question Id : 70959727689 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

..... limit smoking to contexts such as parties, bars, or nightclubs.

- A. Never smokers
- B. Social smokers
- C. Non smokers
- D. Current smokers

Question Number : 56 Question Id : 70959727690 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In ..... tobacco was cultivated for the first time in Europe

- A. 1531
- B. 1351
- C. 1532
- D. 1813

Question Number : 57 Question Id : 70959727691 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

..... president Roosevelt made tobacco a protected crop.

- A. Australian
- B. American
- C. Italian
- D. Canadian

Question Number : 58 Question Id : 70959727692 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who defines drug as any substance that, when taken into the living organism, may modify one or more of its functions?

- A. W.H.O
- B. UNICEF
- C. Save The Children
- D. None of the Above

Question Number : 59 Question Id : 70959727693 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In what stage of drinking there is an excessive and inappropriate drinking to relieve physical or emotional pain. There is no loss of control and the user has ability to abstain?

- A. Alpha
- B. Beta
- C. Gamma
- D. Epsilon

Question Number : 60 Question Id : 70959727694 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In what stage of drinking there is an excessive and inappropriate drinking which leads to physical complications like cirrhosis due to cultural drinking patterns and poor nutrition?

- A. Gamma
- B. Alpha
- C. Beta
- D. Epsilon

Question Number : 61 Question Id : 70959727695 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which stage of alcohol dependence is also called as malignant alcoholism?

- A. Gamma
- B. Alpha
- C. Epsilon
- D. Beta

Question Number : 62 Question Id : 70959727696 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following Substance Abuse is now subsumed under sedative, hypnotic and anxiolytic use disorders?

- A. Alcohol Abuse
- B. Barbiturates Abuse
- C. PCP Abuse
- D. LSD Abuse

Question Number : 63 Question Id : 70959727697 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following substances uses active ingredients including toluene, benzene, acetone and halogenated hydrocarbons?

- A. Cocaine
- B. Alcohol
- C. Volatile Solvent
- D. Cannabis

Question Number : 64 Question Id : 70959727698 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which one of the substance was introduced as a dissociative anesthetic agent?

- A. Lysergic acid diethylamide (LSD)
- B. Phencyclidine (PCP)
- C. Barbiturates
- D. Cannabis

Question Number : 65 Question Id : 70959727699 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0



According to Clifton, how is talent manifested in life experiences?

- A. Through yearnings
- B. Through rapid learning
- C. Through satisfaction and timelessness
- D. Through all the above characteristics

Question Number : 66 Question Id : 70959727700 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following is not the theme in the 34 Clifton Strength Finder?

- A. Futuristic
- B. Harmony
- C. Self-assurance
- D. Spirituality

Question Number : 67 Question Id : 70959727701 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following classifications of strengths serves as an antithesis of the DSM?

- A. The Gallup Themes of Talent
- B. The Values in Action (VIA)
- C. International Classification of Diseases (ICD)
- D. Search Institute's 40 Developmental Assets.

Question Number : 68 Question Id : 70959727702 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following religious teachings provides explicit list of virtues?

- A. Ten commandments
- B. Eightfold path
- C. Both of these
- D. None of these

Question Number : 69 Question Id : 70959727703 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Are the six moral virtues in the VIA classification..

- A. Cross-culturally convergent
- B. Divergent across cultures
- C. Specific to few cultures only
- D. Partially convergent across cultures

Question Number : 70 Question Id : 70959727704 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who developed 40 Developmental Assets?

- A. Clifton
- B. Seligman
- C. Peterson
- D. Benson

Question Number : 71 Question Id : 70959727705 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

With which of the following character strengths has overall physical fitness found to be positively correlated?

- A. Self-regulation
- B. Curiosity and zest
- C. Leadership and hope
- D. All the above.

Question Number : 72 Question Id : 70959727706 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which Mental Strength involves acquiring and using knowledge?

- A. Transcendence
- B. Temperance
- C. Wisdom
- D. Justice

Question Number : 73 Question Id : 70959727707 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which Mental Strength accompanies accomplishing goals in the face of things that oppose it?

- A. Transcendence
- B. Courage
- C. Wisdom
- D. Justice

Question Number : 74 Question Id : 70959727708 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which Mental Strength accompanies caring and befriending others?

- A. Humanity
- B. Courage
- C. Wisdom
- D. Justice

Question Number : 75 Question Id : 70959727709 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who added "D" (disputation) and E (energization) to the ABC model?

- A. Seligman
- B. Ellis
- C. Kessler
- D. Emmanuel

Question Number : 76 Question Id : 70959727710 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The belief of optimistic people that bad events are more temporary than permanent is called as?

- A. Existentialism
- B. Permeance
- C. Pervasiveness
- D. None of the above

Question Number : 77 Question Id : 70959727711 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The tendency of optimists to blame bad events on causes outside of themselves and pessimists blame on themselves for events that occur is called as?

- A. Existentialism
- B. Permeance
- C. Pervasiveness
- D. Personalization

Question Number : 78 Question Id : 70959727712 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

What are the dimensions of SMART goals?

- A. Specific and Measurable
- B. Attainable and Reasonable
- C. Timely
- D. All of the above

Question Number : 79 Question Id : 70959727713 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Positive companionship at work place has been proven to lead to?

- A. Increased productivity
- B. Increased achievement
- C. Increased job satisfaction
- D. All of the above

Question Number : 80 Question Id : 70959727714 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

When managers use a variety of management techniques in order to augment the positive outcomes that are linked with diversity in the workplace, it is known as?

- A. Diversity management
- B. Ethnic diversity management
- C. Increased diversity
- D. None

Question Number : 81 Question Id : 70959727715 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In which cultures communication is implicit?

- A. High-context cultures
- B. Low-context cultures
- C. Average-context cultures
- D. All of the above

Question Number : 82 Question Id : 70959727716 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which theory propagates that people often find themselves in settings where they strive to outdo one another in their unselfishness, in order to gain a valuable reputation for generosity?

- A. Theory of "Individualism"
- B. Theory of "Collectivism"
- C. Theory of "competitive altruism"
- D. All of the above

Question Number : 83 Question Id : 70959727717 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Research studies suggest that working in teams makes participants want to be even more?

- A. Selfish
- B. Egoistic
- C. Insensitive
- D. Unselfish

Question Number : 84 Question Id : 70959727718 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which one of these is not a predictor of resilience?

- A. Flexibility in the coping strategies used
- B. High (extreme) level of physical activity
- C. Personality characteristics
- D. Positive experiences

Question Number : 85 Question Id : 70959727719 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who is the main proponent of Socio-Ecological Systemic Approach?

- A. Bronfenbrenner
- B. Martin Seligman
- C. Masten
- D. None of the above

Question Number : 86 Question Id : 70959727720 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

From an \_\_\_\_\_ perspective, life is a series of stresses starting with birth trauma,  
moving through childhood, and into adulthood?

- A. Existential psychological
- B. Humanistic
- C. Philosophical
- D. Psychoanalytical

Question Number : 87 Question Id : 70959727721 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which among the following has been described as one of the pillars of positive psychology?

- A. Virtue
- B. Meaning
- C. Hope
- D. Both A & B

Question Number : 88 Question Id : 70959727722 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

\_\_\_\_\_ model identifies the stressful circumstances that involve mental and physical strain which for some lead to performance deficits.

- A. Maddi
- B. Atkinson
- C. Levenson
- D. None of the above

Question Number : 89 Question Id : 70959727723 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

\_\_\_\_\_ refers to the human, social, and material capital that is used in adaptation

- A. Protective factors
- B. Resources
- C. Risk factors
- D. All of the above

Question Number : 90 Question Id : 70959727724 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Meditation has been an integral part of the earliest forms of which schools in India?

- A. Vedic, or early Hindu schools
- B. Buddhist schools
- C. Christianity schools
- D. None of the above.

Question Number : 91 Question Id : 70959727725 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who among the following developed the new forms of meditation practice in west?

- A. Philo of Alexandria
- B. Saint Augustine
- C. Ramana Maharshi
- D. Both a and b

Question Number : 92 Question Id : 70959727726 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Buddhism is the school of thought founded by?

- A. Ramana Maharshi
- B. S.N Goenka
- C. Bodhidharma
- D. Buddha

Question Number : 93 Question Id : 70959727727 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Zen is a popular school of Buddhism founded by?

- A. Bodhidharma
- B. Saint Augustine
- C. John Kabat-Zinn
- D. None of the above.

Question Number : 94 Question Id : 70959727728 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The English word “meditation” stems from meditatum, which is a

- A. Latin term
- B. Persian term
- C. Hindi term
- D. Greek term

Question Number : 95 Question Id : 70959727729 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

According to the scholar George Feuerstein, the first piece of scientific research on meditation happened in

- A. 1936
- B. 1955
- C. 1960
- D. 1977

Question Number : 96 Question Id : 70959727730 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Zen Meditation is one the type of which meditation technique?

- A. Chinese meditation technique
- B. Buddhist meditation technique
- C. Hindu meditation technique
- D. Christian meditation technique

Question Number : 97 Question Id : 70959727731 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who introduce Transcendental Meditation in India?

- A. Ramana Maharshi.
- B. Maharishi Mahesh Yogi
- C. Goyal
- D. None of the above

Question Number : 98 Question Id : 70959727732 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Who developed Mindfulness based stress reduction program (MBSR) in 1979 at the University of Massachusetts Medical School?

- A. Philo of Alexandria
- B. Cherry
- C. John Kabat-Zinn
- D. All of the above

Question Number : 99 Question Id : 70959727733 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0



The word yoga means?

- A. Kindness
- B. Insight
- C. Seated meditation
- D. Union

Question Number : 100 Question Id : 70959727734 Question Type : MCQ Option Shuffling : No Display Question Number : Yes  
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Sound Meditation is also known as?

- A. Gazing Meditation
- B. Chakra Meditation
- C. Kriya Yoga
- D. Nada Yoga