

Question # 1 of 10 (start time: 09:55:43 AM, 22 August 2022)

Total Marks:

In which of the following situation, the functioning of the immune system is impaired thus leaving the individual more vulnerable to disease?

Select the correct option

<input type="radio"/>	Emotional conflict
<input type="radio"/>	Happiness
<input checked="" type="radio"/>	Stress
<input type="radio"/>	Excitement

correct 



Click to Save Answer & Move to Next Question


Question # 2 of 10 (Start time: 09:57:11 AM, 22 August 2022)

Total Marks:

Who has extensively studied the body's reaction during stress and has postulated that it occurs in three major phases including: alarm reaction, stage of resistance and stage of exhaustion?

Select the correct option

<input type="radio"/>	Mark Twine
<input type="radio"/>	Martin Lings
<input type="radio"/>	Roger Twine
<input checked="" type="radio"/>	Hans Selye

correct 



Click to Save Answer & Move to Next Question

Question # 3 of 10 (Start time: 09:58:06 AM, 22 August 2022)

Attributing success to internal factors and failure to external factors is known as:

Select the correct option



Prejudice



propaganda



Self-serving bias

correct 



Stereotype


Question # 4 of 10 (Start time: 09:58:40 AM, 22 August 2022)

Total Marks: 1

Which of the following theory is concerned with the ways in which people explain the behavior of others or themselves with something else?

Select the correct option

<input type="radio"/>	Social learning theory
<input type="radio"/>	Cognitive theory
<input type="radio"/>	Behavioral theory
<input checked="" type="radio"/>	Attribution theory

correct 

[Click to Save Answer & Move to Next Question](#)

Question # 5 of 10 (start time: 09:59:11 AM, 22 August 2022)

Total Marks: 1

Which of the following provides a biological advantage to the organism, enabling it to respond more rapidly to danger?

Select the correct option

<input type="radio"/>	Limbic system
<input checked="" type="radio"/>	Adrenaline
<input type="radio"/>	Thyroid
<input type="radio"/>	Serous glands

correct 



Click to Save Answer & Move to Next Question

Question # 6 of 10 (**start time: 10:00:01 AM, 22 August 2022**)

Which of the following is NOT a defining area of culture?

select the correct option


<input checked="" type="radio"/>	Cognitive component
<input type="radio"/>	Custom component
<input type="radio"/>	Value component
<input type="radio"/>	Belief component

correct 

Question # 7 of 10 (Start time: 10:01:25 AM, 22 August 2022)

All of the followings are the factors with which we can determine the source of behavior EXCEPT:

Select the correct option

<input type="radio"/>	Distinctiveness
<input checked="" type="radio"/>	Validity correct 
<input type="radio"/>	Consistency
<input type="radio"/>	Consensus

Click to Save Answer

Question # 8 of 10 (start time: 10:02:12 AM, 22 August 2022)

Which of the following can increase patient's well-being and the effectiveness of medical treatment?

Select the correct option.

<input checked="" type="radio"/>	Choices
<input type="radio"/>	Single way
<input type="radio"/>	Shortcomings
<input type="radio"/>	Drawbacks

correct 



Click to Save Answer & Move

Question # 10 of 10 (Start time: 10:05:12 AM, 22 August 2022)

Total Marks: 1

Which of the following refers to a stirred up state of mind in which one may get ready for a certain type of action in order to deal with a certain scenario in the environment?

Select the correct option

<input type="radio"/>	Enthusiasm
<input type="radio"/>	Depression
<input type="radio"/>	Motivation
<input checked="" type="radio"/>	Arousal

correct 

[Click to Save Answer & Move to Next Question](#)

Question # 10 of 10 (start time: 10:24:35 AM, 22 August 2022)

To

Hans Selye (1978) postulated that human go through three stages during stress, what is the second stage?

select the correct option

<input checked="" type="radio"/>	Stage of resistance
<input type="radio"/>	Alarm reaction
<input type="radio"/>	Stage of exhaustion
<input type="radio"/>	Stage of normalization

correct 

Click to Save Answer & Move to Next

Question # 8 of 10 (Start time: 10:23:24 AM, 22 August 2022)

Total Marks: 1

Which of the following represent the relatively continuous, stable, and intractable conditions of the environment such as work overload, poverty, family conflicts and air pollution?

select the correct option

<input type="radio"/>	Cataclysmic events
<input type="radio"/>	Acute stressors
<input type="radio"/>	Daily hassles
<input checked="" type="radio"/>	Ambient stressors

correct 

[Click to Save Answer & Move to Next Question](#)


Question # 3 of 10 (Start time: 10:20:40 AM, 22 August 2022)

Total Marks: 1

Hans Selye has extensively studied the body's reaction during stress and has postulated that it occurs in three major phases including: alarm reaction, stage of resistance and _____.

select the correct option

<input type="radio"/>	Stage of action
<input type="radio"/>	Stage of normalization
<input type="radio"/>	Stage of reactance
<input checked="" type="radio"/>	Stage of exhaustion


correct 

[click here to download your answers](#)

Question # 7 of 10 (Start time: 10:22:44 AM, 22 August 2022)

In response to any stressor, either physical or psychological, which of the following is activated?

Select the correct option

- | | |
|----------------------------------|-------------------|
| <input type="radio"/> | Thalamus |
| <input type="radio"/> | Medulla Oblongata |
| <input type="radio"/> | Cerebellum |
| <input checked="" type="radio"/> | Hypothalamus |
- correct 

Click to Save Answer

Question # 4 of 10 (Start time: 10:21:09 AM, 22 August 2022)

Which of the following operates on the basis of 'many hands make light the work.?'

Select the correct option



Social support network

correct



Behavioral management plan



Psychosocial interactions




Independent personality

Click to Save

Question # 6 of 10 (**start time: 10:21:45 AM, 22 August 2022**)

Attribution theory explains how we:

Select the correct option

<input checked="" type="radio"/>	Judge people correct 
<input type="radio"/>	Reject people
<input type="radio"/>	Evaluate people
<input type="radio"/>	Help people


Question # 2 of 10 (start time: 10:19:12 AM, 22 August 2022)

Total Marks: 1

"Symptoms of adverse health change lead to stressful life events which lead to exacerbation or adverse health changes". This is explained by:

Select the correct option

<input type="radio"/>	Additive burden hypothesis
<input type="radio"/>	Vulnerability hypothesis
<input checked="" type="radio"/>	Event proneness hypothesis
<input type="radio"/>	Chronic burden hypothesis

correct 



Click to Save Answer & Move to Next Question

Question # 10 of 10 (Start time: 10:39:29 AM, 22 August 2022)

To

If everyone who is faced with a similar situation responds in the same way, we can say the behavior shows:

Select the correct option

- Distinctiveness
- Consistency
- Attribution Error
- Consensus

correct 

Click to Save Answer & Move to Next


Question # 9 of 10 (Start time: 10:39:11 AM, 22 August 2022)

Total Marks: 1

If an instructor of your course says that "only two people got passed in the mid term," you may assume that one of these persons was yourself. It is an example of what?

Select the correct option

<input type="radio"/>	Consistency
<input checked="" type="radio"/>	Self serving bias
<input type="radio"/>	Consensus
<input type="radio"/>	Distinctiveness

correct 


[Click to Save Answer & Move to Next Question](#)

PSY511 - Environmental Psychology (Quiz 3)

Question # 8 of 10 (start time: 10:38:21 AM, 22 August 2022)

Which of the following may be an example of ambient stressors?

select the correct option

<input checked="" type="radio"/>	Air Pollution	correct 
<input type="radio"/>	Neighborhood Problems	
<input type="radio"/>	Illness	
<input type="radio"/>	War	

Question # 5 of 10 (start time: 10:36:11 AM, 22 August 2021)

Which of the following refers for an individual that displays different behaviors in different situations?

Select the correct option

<input checked="" type="radio"/>	Distinctiveness
<input type="radio"/>	Attribution Error
<input type="radio"/>	Consistency
<input type="radio"/>	Consensus

correct 

Click to Save Answer & Move to Next Question

PSY511 - Environmental Psychology (Quiz 3)

Question # 6 of 10 (start time: 10:36:50 AM, 22 August 2022)

All of the following situations are categorized in Cataclysmic events except

Select the correct option


<input type="radio"/>	Bomb blast
<input checked="" type="radio"/>	Neighborhood problems
<input type="radio"/>	Natural disasters
<input type="radio"/>	Nuclear accidents

correct 

Question # 7 of 10 (Start time: 10:37:43 AM, 22 August 2022)

If everyone who is faced with a similar situation responds in the same way; this behavior is known as:

Select the correct option

<input type="radio"/>	Distinctiveness
<input checked="" type="radio"/>	Consensus correct 
<input type="radio"/>	Reliability
<input type="radio"/>	Consistency

Click to Save Answer & Move to Next Question


Question # 4 of 10 (start time: 10:35:33 AM, 22 August 2022)

Total Marks: 1

Which of the following term is used when one conforms to be liked or accepted by the members of the group?

Select the correct option

<input type="radio"/>	Conformity Influence
<input type="radio"/>	Peer Influence
<input type="radio"/>	Majority Influence
<input checked="" type="radio"/>	Normative Influence


correct 

Click to Save Answer & Move to Next Question

Question # 3 of 10 (Start time: 10:34:32 AM, 22 August 2022)

All of the followings are the factors which are responsible for culture change EXCEPT:

Select the correct option


<input checked="" type="radio"/>	Rituals	correct 
<input type="radio"/>	New technologies	
<input type="radio"/>	Population shift	
<input type="radio"/>	Changing Values	

PSY511 - Environmental Psychology (Quiz 3)

Question # 2 of 10 (**start time: 10:34:01 AM, 22 August 2022**)

Unlike innate biological characteristics which of the following is learnt?

Select the correct option

<input checked="" type="radio"/>	Intelligence correct 
<input type="radio"/>	Learning ability
<input type="radio"/>	Hunger
<input type="radio"/>	Culture

PSY511 - Environmental Psychology (Quiz 3)

Question # 1 of 10 (Start time: 10:32:30 AM, 22 August 2022)

Intensity of stress can be measured quantitatively in terms of all EXCEPT:

▶ Select the correct option



Intensity



Ability to control



Duration



Amount

correct 

PSY511 - Environmental Psychology (Quiz 3)

Question # 2 of 10 (Start time: 10:50:26 AM, 22 August 2022)

Identify which one of the following is the correct procedure.

▶ Select the correct option

<input type="radio"/>	Stressor- coping- perception of stressor- appraisal
<input type="radio"/>	Stressor- perception of stressor- appraisal- mobilization- coping
<input type="radio"/>	Stressor- successful adaptation- appraisal- coping
<input type="radio"/>	Perception of stressor-coping- appraisal

Question # 3 of 10 (start time: 10:51:53 AM, 22 August 2022)

Total Marks: 1

Which of the following is a process by which an individual's attitudes, beliefs, and behaviors are influenced by other people?

Select the correct option

<input checked="" type="radio"/>	Conformity
<input type="radio"/>	Normative
<input type="radio"/>	Suspiciousness
<input type="radio"/>	Obedience


correct 

Click to Save Answer & Move to Next Question

Question # 4 of 10 (Start time: 10:52:27 AM, 22 August 2022)

Which of the following is NOT a life style disease?

Select the correct option

<input checked="" type="radio"/>	Alzheimer's	correct 
<input type="radio"/>	Hypertension	
<input type="radio"/>	Heart Attack	
<input type="radio"/>	Diabetes	

Question # 5 of 10 (start time: 10:53:59 AM, 22 August 2022)

Which of the following can cause both cognitive deficits and improved performance?

Select the correct option

- Motivation
- Reaction
- Stress **correct** 
- Appraisal

Click to Save


Question # 6 of 10 (start time: 10:54:49 AM, 22 August 2022)

Total

Although conformity generally leads individuals to think and act more like groups, but sometimes individuals are occasionally able to reverse this tendency and change the people around them. This is known as what?

Select the correct option

<input type="radio"/>	Normative social influences
<input type="radio"/>	Democracy
<input checked="" type="radio"/>	Minority influence
<input type="radio"/>	Gender consensus

correct 


[Click to Save Answer & Move to Next Question](#)

PSY511 - Environmental Psychology (Quiz 3)

Question # 7 of 10 (Start time: 10:55:32 AM, 22 August 2022)

Verities of compliance do NOT include which of the following?

Select the correct option

<input type="radio"/>	Identification
<input checked="" type="radio"/>	Informality correct 
<input type="radio"/>	Internalization
<input type="radio"/>	Compliance

Question # 8 of 10 (Start time: 10:56:48 AM, 22 August 2022)

Adaptation involves many kinds of biological systems that may include all EXCEPT:

Select the correct option

<input type="radio"/>	Hypothalamus
<input checked="" type="radio"/>	Sex Chromosomes
<input type="radio"/>	Reticular Formation
<input type="radio"/>	Cerebral Cortex

correct 




Click to S

Question # 9 of 10 (Start time: 10:57:53 AM, 22 August 2022)

Total Marks: 1

"Stressful life events leads to Psycho-physiological strain which leads to adverse health changes". This is explained by:

▶ Select the correct option

- | | |
|-----------------------|---------------------------|
| <input type="radio"/> | Stress-Strain Hypothesis |
| <input type="radio"/> | Chronic Burden Hypothesis |
| <input type="radio"/> | Added Burden Hypothesis |
| <input type="radio"/> | Vulnerability Hypothesis |
- correct** 

[Click to Save Answer & Move to Next Question](#)

Question # 3 of 10 (Start time: 11:18:27 AM, 22 August 2022)

Total Marks: 1

Evidence suggests that functioning of which of the following is impaired while a person is experiencing stress, thus leaving the individual more vulnerable to disease.

Select the correct option

<input type="radio"/>	Lungs
<input checked="" type="radio"/>	Immune system
<input type="radio"/>	Brain
<input type="radio"/>	Blood cells

correct 


[Click to Save Answer & Move to Next Question](#)

Question # 4 of 10 (Start time: 11:18:45 AM, 22 August 2022)

Total Marks: 1

Which of the following is the process whereby an established culture teaches an individual by repetition its accepted norms and values?


▶ Select the correct option

<input type="radio"/>	Acculturation
<input type="radio"/>	Custom
<input type="radio"/>	Enculturation correct 
<input type="radio"/>	Ritual

Question # 7 of 10 (Start time: 11:21:05 AM, 22 August 2022)

Which of the following term is used when the solution of problem is in control and known?

▶ Select the correct option

- | | |
|-----------------------|----------------------|
| <input type="radio"/> | Learned Hopelessness |
| <input type="radio"/> | Learned Helpfulness |
| <input type="radio"/> | Learned Hopefulness |
| <input type="radio"/> | Learned Helplessness |
- correct 

Click to Save An


PSY511 - Environmental Psychology (Quiz 3)

Question # 8 of 10 (Start time: 11:22:22 AM, 22 August 2022)

Beliefs, Values and Customs are the three Components of which of the following?

Select the correct option

<input type="radio"/>	Environment
<input type="radio"/>	Society
<input type="radio"/>	Religion
<input checked="" type="radio"/>	Culture

correct 




Click to

Question # 6 of 10 (Start time: 11:20:28 AM, 22 August 2022)

According to Hans Selye, which of the following is not a stage of body's reaction to stress?

select the correct option


- | | |
|----------------------------------|---------------------|
| <input type="radio"/> | Stage of Resistance |
| <input type="radio"/> | Stage of Exhaustion |
| <input checked="" type="radio"/> | Stage of Relaxation |
| <input type="radio"/> | Alarm Reaction |
- correct 

Question # 9 of 10 (Start time: 11:23:19 AM, 22 August 2022)

Learning of one's own culture is know as what?

Select the correct option


<input type="radio"/>	Assimilation
<input type="radio"/>	Accommodation
<input type="radio"/>	Acculturation
<input checked="" type="radio"/>	Enculturation

correct 

Question # 10 of 10 (Start time: 11:23:45 AM, 22 August 2022)

Hans Selye (1976) postulated that human go through three stages during stress, what is the third stage?

Select the correct option

<input type="radio"/>	Stage of normalization
<input checked="" type="radio"/>	Stage of exhaustion correct 
<input type="radio"/>	Stage of resistance
<input type="radio"/>	Alarm reaction

Click to Save Answer & Move to Next


Question # 1 of 10 (start time: 11:25:29 AM, 22 August 2022)

Total Marks: 1

Which of the following represents those stressors whose sudden and powerful impact is more or less universal in eliciting a response and demand a great deal of effort for effective coping?

Select the correct option

<input type="radio"/>	Adaptive stress
<input type="radio"/>	Acute stress
<input type="radio"/>	Daily hassles
<input checked="" type="radio"/>	Cataclysmic Events

correct 

[Click to Save Answer & Move to Next Question](#)


Question # 5 of 10 (Start time: 11:29:07 AM, 22 August 2022)

Total Marks: 1

Which of the following represent the relatively continuous, stable, and intractable conditions of the environment such as work overload, poverty, family conflicts and air pollution?

Select the correct option

<input type="radio"/>	Cataclysmic events
<input type="radio"/>	Acute stressors
<input checked="" type="radio"/>	Ambient stressors
<input type="radio"/>	Daily hassles

correct 

[Click to Save Answer & Move to Next Question](#)

PSY511 - Environmental Psychology (Quiz 3)

Question # 4 of 10 (**start time: 11:27:35 AM, 22 August 2022**)

Men are more emotionally stable; refers to which component of culture?

▶ **Select the correct option**



The belief component



Customs component



Social component



Values component

correct 

PSY511 - Environmental Psychology (Quiz 3)

Question # 4 of 10 (**start time: 11:27:35 AM, 22 August 2022**)

Men are more emotionally stable; refers to which component of culture?

▶ **select the correct option**



The belief component



Customs component



Social component



Values component

correct



but not confirmed

Question # 3 of 10 (Start time: 11:26:31 AM, 22 August 2022)

Total M

The category that includes some of the most chronic environmental stressors like job dissatisfaction, neighborhood problems, crowding and noise has been labeled as what?

select the correct option

<input type="radio"/>	Adaptive stress
<input type="radio"/>	Cataclysmic events
<input checked="" type="radio"/>	Daily hassles
<input type="radio"/>	Acute stress

correct 

[Click to Save Answer & Move to Next Question](#)

Question # 6 of 10 (Start time: 11:30:07 AM, 22 August 2022)

Ti

A process in which members of one cultural group adopt the beliefs and behaviors of another group is called:

Select the correct option

- | | |
|----------------------------------|---------------|
| <input type="radio"/> | Ritual |
| <input type="radio"/> | Custom |
| <input checked="" type="radio"/> | Acculturation |
| <input type="radio"/> | Enculturation |

correct 



Click to Save Answer & Move to Next

PSY511 - Environmental Psychology (Quiz 3)

Question # 7 of 10 (start time: 11:31:38 AM, 22 August 2022)

The State-Trait Anxiety Inventory is used to measure which one of the following?

Select the correct option

- | | |
|----------------------------------|-------------|
| <input type="radio"/> | Emotions |
| <input type="radio"/> | Happiness |
| <input checked="" type="radio"/> | Stress |
| <input type="radio"/> | Frustration |

correct 



Question # 8 of 10 (Start time: 11:32:40 AM, 22 August 2022)

All of the following will decrease after long term exposure to stress EXCEPT:

▶ select the correct option



Aggression

correct 



Tolerance



Sensitivity




Cognitive Function

Question # 10 of 10 (Start time: 12:04:10 PM, 22 August 2022)

Total Marks:

Which of the following represent the relatively continuous, stable, and intractable conditions of the environment such as work overload, poverty, family conflicts and air pollution?

Select the correct option

- | | |
|----------------------------------|--------------------|
| <input type="radio"/> | Daily hassles |
| <input type="radio"/> | Acute stressors |
| <input type="radio"/> | Cataclysmic events |
| <input checked="" type="radio"/> | Ambient stressors |
- correct 

Question # 9 of 10 (Start time: 12:02:59 PM, 22 August 2022)

Total Marks:

Identify which one of the following can NOT be a moderator of the stress response?

Select the correct option

- Control
- Social Support
- Attitude towards stress
- Silence

correct 

 Click to Save Answer & Move to Next Question


Question # 8 of 10 (Start time: 12:02:23 PM, 22 August 2022)

Total Marks: 1

Unlike innate biological characteristics which of the following is learnt?

Select the correct option

<input type="radio"/>	Hunger
<input checked="" type="radio"/>	Intelligence
<input type="radio"/>	Culture
<input type="radio"/>	Learning ability

correct 

Question # 7 of 10 (Start time: 12:00:51 PM, 22 August 2022)

Which one of the following is NOT the additional factors that moderate the effects of stressors?

pta niiii 

Select the correct option

- | | |
|----------------------------------|----------------|
| <input type="radio"/> | Social support |
| <input type="radio"/> | Hypertension |
| <input checked="" type="radio"/> | Fitness |
| <input type="radio"/> | Self control |

correct 



Click to Save Answer &

Question # 6 of 10 (start time: 11:59:57 AM, 22 August 2022)

Total Marks: 1

All of the following situations are categorized in chronic environmental stressors (daily hassles) except:

Select the correct option

- Job dissatisfaction
- Neighborhood problems
- Severe stomach problem
- Traffic jam and crowding

correct 

 Click to Save Answer & Move to Next Question

BC210407350: NIMRA KHALID

PSY511 - Environmental Psychology (Quiz 3)

Question # 5 of 10 (start time: 11:59:42 AM, 22 August 2022)

Intensity of stress can be measured quantitatively in terms of all EXCEPT:

Select the correct option



Duration



Intensity



Ability to control



Amount


correct 

PSY511 - Environmental Psychology (Quiz 3)

Question # 2 of 10 (start time: 11:57:38 AM, 22 August 2022)

All of the following factors influence conformity EXCEPT:

▶ Select the correct option

<input type="radio"/>	Self conflict vs. self doubt correct 
<input type="radio"/>	Anonymity
<input type="radio"/>	Disagreement among the participant
<input type="radio"/>	Dissenters

Question # 3 of 10 (start time: 11:59:05 AM, 22 August 2022)

Total Marks:

Hans Selye (1976) postulated that human go through three stages during stress, what is the third stage?

Select the correct option

- | | |
|----------------------------------|------------------------|
| <input type="radio"/> | Stage of resistance |
| <input type="radio"/> | Stage of normalization |
| <input checked="" type="radio"/> | Stage of exhaustion |
| <input type="radio"/> | Alarm reaction |
- correct 

[Click to Save Answer & Move to Next Question](#)

BC210407350; NIMRA KHALID

PSY511 - Environmental Psychology (Quiz 3)

QU

Question # 4 of 10 (start time: 11:59:29 AM, 22 August 2022)

Beliefs, Values and Customs are the three Components of which of the following?

Select the correct option

<input checked="" type="radio"/>	Culture
<input type="radio"/>	Environment
<input type="radio"/>	Society
<input type="radio"/>	Religion


correct 

Question # 1 of 10 (start time: 11:57:13 AM, 22 August 2022)

Total Marks: 1

Which of the following may go unnoticed until it interfere with some important goal or directly threaten one's health?

Select the correct option

- Appraisal
 - Aptitude
 - Arousal
 - Stressor
- correct 

Click to Save Answer & Move to Next Question


Question # 1 of 10 (start time: 10:03:27 PM, 22 August 2022)

Total Marks: 1

Which of the following provides a biological advantage to the organism, enabling it to respond more rapidly to danger?

Select the correct option

<input type="radio"/>	Limbic system
<input type="radio"/>	Serous glands
<input type="radio"/>	Thyroid
<input checked="" type="radio"/>	Adrenaline


correct 

[Click to Save Answer & Move to Next Question](#)

Question # 2 of 10 (start time: 10:04:21 PM, 22 August 2022)

Identify which one of the following can NOT be a moderator of the stress response?

Select the correct option

<input type="radio"/>	Attitude towards stress
<input checked="" type="radio"/>	Silence correct 
<input type="radio"/>	Social Support
<input type="radio"/>	Control


Question # 5 of 10 (start time: 10:06:34 PM, 22 August 2022)

Total Marks: 1

Which of the following refers to a stirred up state of mind in which one may get ready for a certain type of action in order to deal with a certain scenario in the environment?

Select the correct option

<input type="radio"/>	Enthusiasm
<input checked="" type="radio"/>	Arousal
<input type="radio"/>	Depression
<input type="radio"/>	Motivation

correct 

[Click to Save Answer & Move to Next Question](#)


BC210414374: MUHAMMAD FUZAIL

PSY511 - Environmental Psychology (Quiz 3)

Question # 10 of 10 (**start time: 10:09:05 PM, 22 August 2022**)

All of the following factors influence conformity EXCEPT:

Select the correct option

<input type="radio"/>	Anonymity
<input type="radio"/>	Disagreement among the participant
<input type="radio"/>	Self conflict vs. self doubt correct 
<input type="radio"/>	Dissenters

PSY511 - Environmental Psychology (Quiz 3)

Question # 8 of 10 (start time: 10:08:17 PM, 22 August 2022)

The State-Trait Anxiety Inventory is used to measure which one of the following?

Select the correct option

<input type="radio"/>	Emotions
<input type="radio"/>	Frustration
<input checked="" type="radio"/>	Stress
<input type="radio"/>	Happiness


correct 

Click

Question # 6 of 10 (Start time: 10:07:11 PM, 22 August 2022)

Threat appraisal is related to:

Select the correct option


<input checked="" type="radio"/>	Future Dangers correct 
<input type="radio"/>	Self Apprehensions
<input type="radio"/>	Social Criticism
<input type="radio"/>	Current External Dangers

PSY511 - Environmental Psychology (Quiz 3)

Question # 7 of 10 (**Start time: 05:37:10 PM, 23 August 2022**)

In a stressful situation pituitary gland secretes which hormone?

Select the correct option

<input type="radio"/>	AHTC
<input checked="" type="radio"/>	ACTH correct 
<input type="radio"/>	ATCH
<input type="radio"/>	AHCT

Question # 6 of 10 (Start time: 05:36:14 PM, 23 August 2022)

Which of the following term refers to knowing how to solve problems paired with a sense of control?

Select the correct option

<input checked="" type="radio"/>	Learned hopefulness
<input type="radio"/>	Social support
<input type="radio"/>	Insight
<input type="radio"/>	Irresistibility

correct 

Question # 2 of 10 (Start time: 05:32:36 PM, 23 August 2022)

Subjects were asked to judge line lengths while working in a group in which of the followings?

Select the correct option


<input type="radio"/>	Herbert's experiment
<input type="radio"/>	Pavlo's experiment
<input checked="" type="radio"/>	Asch's experiment
<input type="radio"/>	Keilman's experiment

correct 

Question # 4 of 10 (Start time: 05:34:01 PM, 23 August 2022)

Which of the following stressor has a universal impact?

▶ Select the correct option

<input type="radio"/>	Ambient Stressor
<input type="radio"/>	Cataclysmic Event correct 
<input type="radio"/>	Universal Stressor
<input type="radio"/>	Major Personal Life Event

Question # 9 of 10 (Start time: 05:22:53 PM, 23 August 2022)

The category that includes some of the most chronic environmental stressors like job dissatisfaction, neighborhood problems, crowding and noise has been labeled as what?

Select the correct option

Daily hassles

correct 

Acute stress

Adaptive stress

Cataclysmic events

Question # 10 of 10 (Start time: 05:23:17 PM, 23 August 2022)

During body's reaction to stress, the organism recovers from the initial stress and begins to attempt to cope with the situation in:

Select the correct option

- | | |
|----------------------------------|---------------------|
| <input type="radio"/> | Stage of Exhaustion |
| <input type="radio"/> | Alarm Reaction |
| <input checked="" type="radio"/> | Stage of Resistance |
| <input type="radio"/> | Stage of Relaxation |
- correct** 

Question # 7 of 10 (Start time: 05:19:11 PM, 23 August 2022)

Evidence suggests that functioning of which of the following is impaired while a person is experiencing stress, thus leaving the individual more vulnerable to disease.

Select the correct option

Brain

Lungs

Blood cells

Immune system

correct




PSY511 - Environmental Psychology (Quiz 3)

Question # 4 of 10 (Start time: 05:15:46 PM, 23 August 2022)

All of the following situations are categorized in Cataclysmic events except:

Select the correct option

<input type="radio"/>	Natural disasters
<input type="radio"/>	Nuclear accidents
<input checked="" type="radio"/>	Neighborhood problems correct 
<input type="radio"/>	Bomb blast

Question # 6 of 10 (Start time: 05:18:22 PM, 23 August 2022)

Stressful life events or personal dispositions or social situations lead to adverse health changes. This is explained by:

Select the correct option

<input type="radio"/>	Stress-Strain Hypothesis
<input checked="" type="radio"/>	Chronic Burden Hypothesis
<input type="radio"/>	Added Burden Hypothesis
<input type="radio"/>	Vulnerability Hypothesis

correct 


PSY511 - Environmental Psychology (Quiz 3)

Question # 2 of 10 (Start time: 05:14:04 PM, 23 August 2022)

Which of the following glands secretes growth hormones and is known as master gland?

Select the correct option


<input type="radio"/>	Pineal Gland
<input type="radio"/>	Thyroid Gland
<input type="radio"/>	Adrenal Gland
<input checked="" type="radio"/>	Pituitary Gland

correct 

Question # 1 of 10 (Start time: 05:13:19 PM, 23 August 2022)

All of the following situations are categorized in chronic environmental stressors (daily hassles) except:

Select the correct option


- | | |
|----------------------------------|--------------------------|
| <input type="radio"/> | Job dissatisfaction |
| <input type="radio"/> | Neighborhood problems |
| <input type="radio"/> | Traffic jam and crowding |
| <input checked="" type="radio"/> | Severe stomach problem |
- correct 

PSY511 - Environmental Psychology (Quiz 3)

Question # 10 of 10 (Start time: 04:21:24 PM, 23 August 2022)

All of the following factors influence conformity EXCEPT

▶ Select the correct option


<input type="radio"/>	Anonymity	correct 
<input type="radio"/>	Self awareness	
<input type="radio"/>	Lack of self confidence	
<input type="radio"/>	Dissenters	

PSY511 - Environmental Psychology (Quiz 3)

Question # 7 of 10 (Start time: 04:17:44 PM, 23 August 2022)

Identify which one of the following is the correct procedure.

▶ Select the correct option

<input type="radio"/>	Stressor- perception of stressor- appraisal- mobilization- coping correct 
<input type="radio"/>	Perception of stressor- coping- appraisal
<input type="radio"/>	Stressor- successful adaptation- appraisal- coping
<input type="radio"/>	Stressor- coping- perception of stressor- appraisal

Question # 6 of 10 (Start time: 04:16:25 PM, 23 August 2022)

A process in which members of one cultural group adopt the beliefs and behaviors of another group is called:

Select the correct option

<input checked="" type="radio"/>	Acculturation
<input type="radio"/>	Custom
<input type="radio"/>	Ritual
<input type="radio"/>	Enculturation


correct 

Question # 5 of 10 (Start time: 04:15:45 PM, 23 August 2022)

According to Hans Selye, which of the following is not a stage of body's reaction to stress?

Select the correct option

<input type="radio"/>	Stage of Exhaustion
<input checked="" type="radio"/>	Stage of Relaxation
<input type="radio"/>	Stage of Resistance
<input type="radio"/>	Alarm Reaction

correct 

Question # 2 of 10 (Start time: 04:10:57 PM, 23 August 2022)

Job dissatisfaction is an example of which of the following?

Select the correct option

<input checked="" type="radio"/>	Daily Hassels
<input type="radio"/>	Ambient Stressor
<input type="radio"/>	Cataclysmic Events
<input type="radio"/>	Personal Life Event

correct 

Question # 9 of 10 (Start time: 04:04:50 PM, 23 August 2022)

Which of the following explains women's attempt to create the ideal body through dieting, and also explains the high prevalence of eating disorders such as anorexia nervosa and bulimia?

Select the correct option

Conformity

Normative social influence

Anonymity

Dissenters

correct




PSY511 - Environmental Psychology (Quiz 3)

Question # 1 of 10 (**Start time: 04:10:34 PM, 23 August 2022**)


Which of the following is Not a scale for measuring Stress?

Select the correct option

<input type="radio"/>	The State-Trait Anxiety Inventory
<input type="radio"/>	The Demoralization Scale
<input type="radio"/>	Life Experience Scale
<input checked="" type="radio"/>	Minnesota Multiphasic Personality Inventory correct 

All of the following will decrease after long term exposure to stress EXCEPT:


Select the correct option

<input type="radio"/>	Sensitivity
<input type="radio"/>	Cognitive Function
<input type="radio"/>	Tolerance
<input checked="" type="radio"/>	Aggression correct 

Question # 8 of 10 (Start time: 04:04:29 PM, 23 August 2022)

"Whatever happens to me, I will face bravely" is an example of:

Select the correct option

<input type="radio"/>	Threat Appraisals
<input type="radio"/>	Harm or Loss Assessments
<input type="radio"/>	Self Appraisals
<input checked="" type="radio"/>	Challenge Appraisals correct 

PSY511 - Environmental Psychology (Quiz 3)

Question # 3 of 10 (Start time: 03:57:34 PM, 23 August 2022)

Men are more emotionally stable; refers to which component of culture?

Select the correct option



The belief component

correct



Social component



Customs component




Values component

PSY511 – Environmental Psychology (Quiz 3)

Question # 8 of 10 (**Start time: 03:41:55 PM, 23 August 2022**)

Intensity of the stressor refers to the:


Select the correct option

<input type="radio"/>	Type of the Stimulus
<input checked="" type="radio"/>	Power of the Stimulus correct 
<input type="radio"/>	Category of the Stimulus
<input type="radio"/>	Kind of the Stimulus

Question # 9 of 10 (Start time: 03:42:31 PM, 23 August 2022)

Which of the following refers to a stirred up state of mind in which one may get ready for a certain type of action in order to deal with a certain scenario in the environment?

Select the correct option

- | | |
|----------------------------------|------------|
| <input type="radio"/> | Enthusiasm |
| <input checked="" type="radio"/> | Arousal |
| <input type="radio"/> | Motivation |
| <input type="radio"/> | Depression |
- correct** 

Question # 1 of 10 (Start time: 03:30:26 PM, 23 August 2022)

Which of the following is a process by which an individual's attitudes, beliefs, and behaviors are influenced by other people?

Select the correct option

<input checked="" type="radio"/>	Conformity
<input type="radio"/>	Obedience
<input type="radio"/>	Normative
<input type="radio"/>	Suspiciousness


correct



Question # 1 of 10 (Start time: 06:38:22 PM, 24 August 2022)

Which of the following is public conformity, while keeping one's own private beliefs?

Select the correct option

<input type="radio"/>	Internalization
<input type="radio"/>	Compliance correct 
<input type="radio"/>	Identification
<input type="radio"/>	Informality

Question # 3 of 10 (Start time: 06:40:38 PM, 24 August 2022)

Normative influence is a function of social impact theory which has three components. Which of the following

Select the correct option

- | | |
|-----------------------|-----------------------------------|
| <input type="radio"/> | The number of people in the group |
| <input type="radio"/> | Tendency towards mediocrity |
| <input type="radio"/> | A group's strength |
| <input type="radio"/> | Immediacy |

correct 

Click to Save

PSY511 - Environmental Psychology (Quiz 3)

Question # 2 of 10 (Start time: 07:08:58 PM, 24 August 2022)

As exposure to stress _____, the subsequent coping ability _____.

Select the correct option



Reduce, increase



Increases, reduces

correct 



Reduce, reduce



Increase, increase

PSY511 - Environmental Psychology (Quiz 3)

Question # 8 of 10 (Start time: 07:11:34 PM, 24 August 2022)

Although conformity generally leads individuals to think and act more like groups, but sometimes individuals can resist this tendency and change the people around them. This is known as what?

Select the correct option



Democracy



Gender consensus



Normative social influences



Minority influence

correct 

Click to

Question # 3 of 10 (Start time: 10:39:39 PM, 24 August 2022)

Which of the following, according to Rodin, Solomon and Metcalfe can reduce crowding stress?

Select the correct option

- | | |
|----------------------------------|---------------------------|
| <input type="radio"/> | Expression of frustration |
| <input checked="" type="radio"/> | Control |
| <input type="radio"/> | Argument |
| <input type="radio"/> | Displacement |

correct 

Click to Save


Question # 7 of 10 (Start time: 11:26:18 PM, 24 August 2022)

Total Marks:

Increased cardiovascular reactivity, muscle potential changes and skin conductance measures have been used to show the effects of

Select the correct option

<input type="radio"/>	Depression
<input type="radio"/>	Catatonic condition
<input type="radio"/>	Delusional tendencies
<input type="radio"/>	Acute stress

correct 

Click to Save Answer & Move to Next Question