

PSY511 Quiz No. 3 Fall 2021,22

Quiz # 3

BC210209882: IRAM FIAZ Time Left 35 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 07:00 AM, 18 February 2022

Question # 9 of 10 ( Start time: 07:06:56 AM, 18 February 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
- Self serving bias
  - Consistency
  - Consensus
  - Distinctiveness
- [Click to Save Answer & Move to Next Question](#)

BC210209882: IRAM FIAZ Time Left 53 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 07:00 AM, 18 February 2022

Question # 10 of 10 ( Start time: 07:08:11 AM, 18 February 2022 ) Total Marks: 1

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

- Select the correct option
- Stage of resistance
  - Stage of exhaustion
  - Stage of normalization
  - Alarm reaction
- [Click to Save Answer & Move to Next Question](#)

BC210204999: JAMEELA Time Left 31 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 05:32 AM, 18 February 2022

Question # 1 of 10 ( Start time: 05:32:54 AM, 18 February 2022 ) Total Marks: 1

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

- Select the correct option
- Emotional conflict
  - Happiness
  - Stress
  - Excitement
- [Click to Save Answer & Move to Next Question](#)

BC210204999: JAMEELA Time Left 65 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 05:32 AM, 18 February 2022

Question # 2 of 10 ( Start time: 05:34:12 AM, 18 February 2022 ) Total Marks: 1

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

- Normative social influence
- Dissenters
- Anonymity
- Conformity

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA Time Left 18 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 05:32 AM, 18 February 2022

Question # 3 of 10 ( Start time: 05:34:59 AM, 18 February 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

- Stage of action
- Stage of reactance
- Stage of normalization
- Stage of exhaustion

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA Time Left 18 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 05:32 AM, 18 February 2022

Question # 4 of 10 ( Start time: 05:36:23 AM, 18 February 2022 ) Total Marks: 1

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

~~\_\_\_\_\_~~  
This factor has been labeled **hardiness** (Kobasa, 1979), and is related to what Zimmerman (1990) has called **learned hopefulness**: knowing how to solve problems paired with a sense of control. Contradic (1989) has shown that persons fitting the description of being "hardy" tend not to be overwhelmed by difficult situations; rather, they are spurred on to seek solutions, to be constructive. As a result, they

Select the correct option

- Learned Helplessness
- Learned Hopefulness
- Learned Helpfulness
- Learned Hopelessness

Click to Save Answer & Move to Next Question

BC210206061: ASIF NAWAZ Time Left 66 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 07:29 AM, 18 February 2022

Question # 5 of 10 (Start time: 07:32:21 AM, 18 February 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
- Arousal
  - Appraisal
  - Stressor
  - Aptitude

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA Time Left 38 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 05:32 AM, 18 February 2022

Question # 6 of 10 (Start time: 05:39:04 AM, 18 February 2022) Total Marks: 1

Which of the following is NOT a life style disease?

- Select the correct option
- Heart Attack X
  - Hypertension X
  - Alzheimer's ✓
  - Diabetes

not appear to be the result of specific physiological dysfunction (e.g., hypertension, heart disease, and the like are not contagious, are not caused by germs, microbes, or other simple infection-causing mechanisms. Rather, they are contributed to by a number of factors including responses to stressors).

doubt

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA Time Left 21 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 05:32 AM, 18 February 2022

Question # 7 of 10 (Start time: 05:40:13 AM, 18 February 2022) Total Marks: 1

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

- Select the correct option
- Amount
  - Duration
  - Ability to control
  - Intensity

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA

Time Left 65 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 05:32 AM, 18 February 2022

Question # 8 of 10 (Start time: 05:41:39 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Stage of resistance
- Stage of normalization
- Alarm reaction
- Stage of resistance

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA

Time Left 65 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 05:32 AM, 18 February 2022

Question # 9 of 10 (Start time: 05:42:20 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Informality
- Identification
- Compliance
- Internalization

Click to Save Answer & Move to Next Question

BC210204999: JAMEELA

Time Left 29 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 05:32 AM, 18 February 2022

Question # 10 of 10 (Start time: 05:43:04 AM, 18 February 2022)

Total Marks: 1

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

**Model B:**

Model B, the *stress-strain hypothesis*, postulates that psychophysiological strain mediates the impact of life events on subsequent health and illness. Evidence in support of this hypothesis comes from studies that show that if the effects of symptoms of psychophysiological straining are eliminated, correlations of stressful life events scores and measures of illness are significantly reduced (Bloom, 1985). This model is most closely related to the conceptualization of stress in this text.

Select the correct option

- Chronic Burden Hypothesis
- Stress-Strain Hypothesis **doubt**
- Vulnerability Hypothesis **X**
- Added Burden Hypothesis

Click to Save Answer & Move to Next Question

BC210206623: SAMINA Time Left 82 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 06:33 AM, 18 February 2022

Question # 1 of 10 ( Start time: 06:33:33 AM, 18 February 2022 ) Total Marks: 1

Which of the following is NOT a life style disease?

Select the correct option

- Alzheimer's
- Heart Attack
- Hypertension
- Diabetes

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

BC210206623: SAMINA Time Left 31 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 06:33 AM, 18 February 2022

Question # 2 of 10 ( Start time: 06:34:02 AM, 18 February 2022 ) Total Marks: 1

Normative influence is a function of social impact theory which has three components. Which of the following is not one of them?

Select the correct option

- Immediacy
- A group's strength
- Tendency towards mean
- The number of people in the group

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

BC210206623: SAMINA Time Left 19 sec(s)  
PSY511 - Environmental Psychology (Quiz 3) Quiz Start Time: 06:33 AM, 18 February 2022

Question # 3 of 10 ( Start time: 06:35:23 AM, 18 February 2022 ) Total Marks: 1

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

Select the correct option

- Thyroid Gland **doubt**
- Pineal Gland
- Adrenal Gland
- Pituitary Gland

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

BC210206623: SAMINA

Time Left 19 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 06:33 AM, 18 February 2022

Question # 4 of 10 (Start time: 06:36:48 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Bomb blast
- Natural disasters
- Nuclear accidents
- Neighborhood problems

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left 72 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 5 of 10 (Start time: 07:14:51 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Alarm reaction
- Stage of exhaustion
- Stage of resistance
- Stage of normalization

Click to Save Answer & Move to Next Question

BC210206623: SAMINA

Time Left 11 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 06:33 AM, 18 February 2022

Question # 6 of 10 (Start time: 06:39:37 AM, 18 February 2022)

Total Marks: 1

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

unpleasant (e.g., an electric shock), they all demand adaptation. This adaptation invariably involves the activities of various hormones and numerous biological systems including the hypothalamus, cerebral cortex, reticular formation, limbic system, and autonomic nervous system. Regardless of its ultimate expression, the stress response is initially activated by alerting the organism to environmental change and readying it for action. This process is generally labeled **arousal**.

Select the correct option

- Reticular Formation
- Sex Chromosomes
- Cerebral Cortex
- Hypothalamus

Click to Save Answer & Move to Next Question

BC210206623: SAMINA

Time Left 53 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 06:33 AM, 18 February 2022

Question # 7 of 10 ( Start time: 06:41:18 AM, 18 February 2022 )

Total Marks: 1

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

- Dissenters
- Anonymity
- Normative social influence
- Conformity

Click to Save Answer & Move to Next Question

BC210206623: SAMINA

Time Left 52 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 06:33 AM, 18 February 2022

Question # 8 of 10 ( Start time: 06:42:10 AM, 18 February 2022 )

Total Marks: 1

Which of the following is characterized as a process that unfolds as we encounter a stressor, become aware of its danger, mobilize our efforts to cope with it, engage in confronting it, and succeed or fail in adapting to it?

Select the correct option

- Exhilaration
- Stress
- Emotion
- Panic attach

Click to Save Answer & Move to Next Question

BC210206623: SAMINA

Time Left 42 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 06:33 AM, 18 February 2022

Question # 9 of 10 ( Start time: 06:43:14 AM, 18 February 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

- Blood cells
- Brain
- Lungs
- Immune system

Click to Save Answer & Move to Next Question

BC210206623: SAMINA

Time Left 82 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 06:33 AM, 18 February 2022

Question # 10 of 10 (Start time: 06:44:20 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Learned Hopefulness
- Learned Helpfulness
- Learned Hopelessness
- Learned Helplessness

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left 72 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 1 of 10 (Start time: 07:11:48 AM, 18 February 2022)

Total Marks: 1

Job dissatisfaction is an example of which of the following?

Select the correct option

- Personal Life Event
- Ambient Stressor
- Cataclysmic Events
- Daily Hassels

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left 64 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 2 of 10 (Start time: 07:12:22 AM, 18 February 2022)

Total Marks: 1

Which of the following is characterized as a process that unfolds as we encounter a stressor, become aware of its danger, mobilize our efforts to cope with it, engage in confronting it, and succeed or fail in adapting to it?

Select the correct option

- Emotion
- Exhilaration
- Stress
- Panic attach

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left: 74 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 3 of 10 (Start time: 07:13:08 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Stereotype
- Self-serving bias
- propaganda
- Prejudice

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left: 79 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 4 of 10 (Start time: 07:13:48 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Learned hopefulness
- Irresistibility
- Insight
- Social support

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left: 85 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 6 of 10 (Start time: 07:15:26 AM, 18 February 2022)

Total Marks: 1

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

Select the correct option

- Neighborhood problems
- Natural disasters
- Nuclear accidents
- Bomb blast

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left 39 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 7 of 10 ( Start time: 07:15:46 AM, 18 February 2022 )

Total Marks: 1

Intensity of the stressor refers to the:

Select the correct option

Power of the Stimulus

Type of the Stimulus

Category of the Stimulus

Kind of the Stimulus

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left 54 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 8 of 10 ( Start time: 07:16:56 AM, 18 February 2022 )

Total Marks: 1

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

Select the correct option

Choices

Drawbacks

Shortcomings

Single way

Click to Save Answer & Move to Next Question

BC210208756: TABINDA GILLANI

Time Left 63 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:11 AM, 18 February 2022

Question # 10 of 10 ( Start time: 07:19:26 AM, 18 February 2022 )

Total Marks: 1

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

Select the correct option

Consistency

Distinctiveness

Consensus

Attribution Error

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 46 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 1 of 10 ( Start time: 07:00:18 AM, 18 February 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

- Limbic system
- Thyroid
- Serous glands
- Adrenaline

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 83 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 2 of 10 ( Start time: 07:01:18 AM, 18 February 2022 )

Total Marks: 1

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

Select the correct option

- Intensity
- Ability to control
- Amount
- Duration

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 59 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 3 of 10 ( Start time: 07:01:39 AM, 18 February 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

- Attribution theory
- Behavioral theory
- Cognitive theory
- Social learning theory

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 70 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 4 of 10 ( Start time: 07:02:35 AM, 18 February 2022 )

Total Marks: 1

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

Select the correct option

- Consensus
- Distinctiveness
- Reliability
- Consistency

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 55 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 5 of 10 ( Start time: 07:03:10 AM, 18 February 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

- Acute stress
- Daily hassles
- Adaptive stress
- Cataclysmic Events

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 50 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 6 of 10 ( Start time: 07:04:03 AM, 18 February 2022 )

Total Marks: 1

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

Select the correct option

- Thalamus
- Medulla Oblongata
- Hypothalamus
- Cerebellum

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 68 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 7 of 10 ( Start time: 07:05:02 AM, 18 February 2022 )

Total Marks: 1

Attributing success to internal factors and failure to external factors is called:

Select the correct option

- Internally caused behaviors
- Fundamental Attribution Error
- Self-serving Bias
- Internally vs externally caused behavior

Click to Save Answer & Move to Next Question

BC210209882: IRAM FIAZ

Time Left 34 sec(s)

PSY511 - Environmental Psychology (Quiz 3)

Quiz Start Time: 07:00 AM, 18 February 2022

Question # 8 of 10 ( Start time: 07:05:41 AM, 18 February 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

- Normative Influence
- Peer Influence
- Conformity Influence
- Majority Influence

Click to Save Answer & Move to Next Question