

ENTRANCE EXAMINATIONS – 2018**Ph.D. Psychology**

Duration : 2 hours

Max. Marks : 80

Hall Ticket No.

INSTRUCTIONS

1. Write your Hall Ticket No. in the OMR Answer Sheet given to you. Also, write your Hall Ticket No. in the space provided above.
2. Each question carries **One mark**. There is **negative marking of 0.33** for **each wrong answer**.
3. Answers are to be marked on the OMR Answer Sheet following the instructions provided thereon.
4. Please handover the **OMR Answer Sheet** at the end of the examination to the Invigilator. You may take the Question Paper after the examinations is over.
5. No additional sheet will be provided. Rough work can be done in the Question paper itself.
6. This question paper contains **17 pages excluding this page**.

Part A

1. In a research the informed consent given to the participant includes
 - A. Procedure of the study
 - B. Right to withdraw at any time
 - C. Risk involved in participation
 - D. All the above

2. Which one of the following is not one of the probability sampling?
 - A. Quota sampling
 - B. Systematic sampling
 - C. Cluster sampling
 - D. Simple random sampling

3. A statistical test used to compare two group means is known as
 - A. One-way Analysis of Variance
 - B. Post hoc test
 - C. Chi-square
 - D. *t*-test

4. Which of the following is correct?
 - i. In non-probability sampling it is impossible to know how well the population is represented
 - ii. In non-probability sampling experimenter follows specific subject selection process
 - A. i is correct
 - B. ii is correct
 - C. Both are correct
 - D. Both are incorrect

5. The main difference between a focus group and a group interview is
 - A. Group interviews involve fewer participants
 - B. Focus groups are used to study the way people discuss a specific topic
 - C. There is no moderator present in a focus group
 - D. Focus groups save more time and money

6. Qualitative research is often exploratory and has all of the following characteristics except
 - A. It is typically used when a great deal is already known about the topic of interest
 - B. It relies on the collection of non-numerical data such as words and sentences
 - C. It is used to generate hypotheses and develop theory about phenomena in the world
 - D. It uses the inductive scientific method

7. _____ is the method of investigating or inquiring into the meanings of human consciousness and individuals' experience with life

- A. Phenomenology
- B. Ethnography
- C. Grounded theory
- D. Case study research

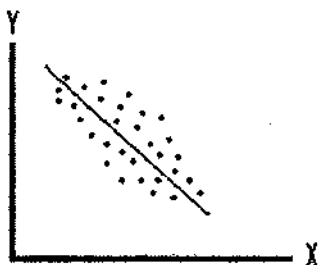
8. Which of the following statements is incorrect?

- A. The most basic distinctions that can be made between types of data is to separate those which are discrete from those which are continuous
- B. An attribute is another term for a 'word category' and attributes will generate data that are non-numerical
- C. Continuous data can take the form of either words or numbers
- D. Numerical data which are not discrete, form second fundamental classification

9. A computer tool that provides a way of laying out data in rows and columns on the screen is referred as

- A. Word processing
- B. Spreadsheet
- C. Data set
- D. Cell

10. The degree of strength of association between two variables is represented in scatter graph below. What does the graph indicate?



- A. Zero order correlation
- B. Zero correlation
- C. Positive correlation
- D. Negative correlation

11. In statistics, *Type I* error means

- A. The null hypothesis is rejected when it is true
- B. The null hypothesis is not rejected when it is false
- C. The null hypothesis is in favour of alternative
- D. The null hypothesis is zero

12. Which of the following best explains internal reliability?

- A. Assesses the consistency of results across items within a test
- B. The degree to which different raters give consistent estimates of the same behaviour
- C. Assesses the external consistency of a test
- D. Measures the stability of a test

13. Which among the following statements is true about standard deviation?

- A. It is found by collecting and organizing data in order to count the frequency of each result
- B. It is sometimes used as opposed to mean when there are outliers in the sequences that might skew the average of the values
- C. It is the difference between the highest and lowest values within a set of numbers
- D. It is calculated as the square root of variance by determining the variation between each data point relative to the mean

14. The term statistical significance refers to

- A. The likelihood that a relationship between two or more variables is caused by something other than chance
- B. That there are no reasonable alternative explanations
- C. The representativeness of a population as well as sample
- D. The data are important for future analysis and applying knowledge that will lead to generalization

15. Letter grade on a test is to the _____ scale of measurement as height is to the _____ scale of measurement

- A. Ordinal; ratio
- B. Ordinal; nominal
- C. Nominal; interval
- D. Interval; ratio

16. Which of the following correlation coefficients represents the variables with the weakest degree of relationship?

- A. -.99
- B. -.49
- C. +.83
- D. +.01

17. If observers disagree 20 times out of 80, then the interrater reliability is

- A. 40%
- B. 75%
- C. 25%
- D. Cannot be determined

18. Which of the following is true?

- A. Construct validity is the extent to which a measuring instrument covers a representative sample of the domain of behaviours to be measured
- B. Criterion validity is the extent to which a measuring instrument accurately predicts behaviour or ability in a given area
- C. Content validity is the degree to which a measuring instrument accurately measures a theoretical construct or trait that it is designed to measure
- D. Face validity is a measure of the truthfulness of a measuring instrument

19. Seven Girl Scouts reported the following individual earnings from their sale of cookies: Rs.17, Rs.23, Rs.13, Rs.15, Rs.12, Rs.19, and Rs.13. In this distribution of individual earnings, the mean is _____ the mode and _____ the median

- A. Equal to; equal to
- B. Greater than; equal to
- C. Equal to; less than
- D. Greater than; greater than

20. Munny's first philosophy exam score is 1 standard deviation from the mean in a normal distribution. The test has a mean of 82 and a standard deviation of 4. Munny's percentile rank would be approximately

- A. 78%
- B. 84%
- C. 16%
- D. Cannot say from the information given

21. A research method in which groups of participants of different chronological ages are observed and compared at a given time is referred as

- A. Longitudinal method
- B. Cross sectional method
- C. Case study method
- D. Sequential method

22. If a skewed distribution shows bunching at the top end because too many people score the maximum or very near it, then the variable measure shows a _____ and its opposite is a _____

- A. Positive skewness, negative skewness
- B. Negative skewness, positive skewness
- C. Floor effect, ceiling effect
- D. Ceiling effect, floor effect

23. Which of the following is a statistical procedure for testing the effects of one or more independent variables on more than one dependent variable?

- A. Correlation
- B. MANOVA
- C. Multiple regression
- D. ANCOVA

24. The argument of Glasser and Strauss that observers should (a) enter a research situation with no prior theoretical preconceptions and (b) create, refine and revise theory in the light of further data collected refers to principles of

- A. Grounded theory
- B. Narrative analysis
- C. Phenomenological theory
- D. Content analysis

25. Match *Category A* with *Category B*

Category A

- i. Case study
- ii. Correlational research
- iii. Survey
- iv. Archival research

Category B

- a. People chosen to represent a larger population are asked a series of questions about their behaviour, thoughts or attitudes
- b. Data such as census documents, college records, and newspaper clippings are examined to test a hypothesis
- c. In-depth, intensive investigation of an individual or small group of people
- d. Relationship between two sets of variables is examined to determine their association

- A. i-c, ii-d, iii-a, iv-b
- B. i-c, ii-b, iii-d, iv-a
- C. i-d, ii-a, iii-b, iv-c
- D. i-a, ii-d, iii-c, iv-b

26. Factors that distort how the independent variable affects the dependent variable in an experiment refers to

- A. Placebo
- B. False treatment
- C. Experimental bias
- D. Expectation distortions

27. The items of a _____ are constructed with uniformly low difficulty, whereas in a _____, difficulty of the items is steeply graded

- A. Mastery test, Determinate test
- B. Speed test, Power test
- C. Domain test, Referenced test
- D. Error-free test, Limit test

28. Which of the following refers to a post-experimental session in which the experimenter explains the purpose of the experiment to the participants, reduces any discomfort felt by them, and answers any questions asked by them?

- A. Deception
- B. Explanation
- C. Debriefing
- D. Discussion

29. A Health Psychologist was conducting a research to measure the effect of guided imagery on stress. Upon enquiry, he stated that the participants were assigned randomly. What does it mean?

- A. The participants were assigned to experimental and control groups so that the groups varied on the significant variable before the experiment began
- B. The participants were assigned to experimental and control groups from a sample which was representative of the population under study
- C. The Health Psychologist, being the researcher and experimenter, did not have any control on random assignment of participants to experimental and control groups
- D. Each of the participants had an equal chance of being assigned to either the experimental or control group

30. A researcher in the field of Psychology wanted to test the hypothesis that music would improve learning. He compared the test scores of the participants who studied listening to music with those who studied in silence. Which of the following could be an extraneous variable in the experiment?

- A. Participants' test scores
- B. Silence
- C. Amount of time permitted for studying
- D. Presence or absence of listening to music

31. A researcher in the field of Positive Psychology has reviewed and analysed the findings of a large number of quantitative studies related to 'happiness'. Which of the following statistical techniques is most suitable for him to combine the results from these multiple studies to increase the power over individual studies, improve estimates of the size of the effect, and to resolve uncertainty when reports disagree?

- A. Correlational analysis
- B. Meta-analysis
- C. Regression analysis
- D. Multivariate analysis of variance

32. For a $2 \times 2 \times 2 \times 3 \times 3$ Analysis of Variance, how many effects (i.e., different F ratios) are there to test?
- A. 5
 - B. 11
 - C. 21
 - D. 31
33. If df_{error} for a 2×3 Analysis of Variance is 96, how many participants are in each cell?
- A. 14
 - B. 15
 - C. 16
 - D. 17
34. One disadvantage of a repeated-measures Analysis of Variance (as compared to an independent-groups Analysis of Variance on the same data) is
- A. The reduction of degrees of freedom in the error term
 - B. The reduction in the size of the error term
 - C. The reduction in alpha
 - D. The reduction in the numerator of the F-ratio
35. The research problem is to find out the differential impact of three intervention modules for managing stress on participants working in IT Sector and those in Defense Services. Which of the following research design is suitable?
- A. $3 \times 2 \times 3$ Factorial Design
 - B. 3×2 Factorial Design
 - C. $2 \times 2 \times 2$ Factorial Design with the second factor repeated
 - D. Simple Factorial Design with the first factor repeated
36. You are asked to test the reliability of a scale measuring the lateral thinking of children between the age group of seven to twelve years. Which of the following procedures you adopt to establish the validity?
- A. Administer the new scale on a day and re-administer the same scale after two weeks and by checking the correlation of these two I can establish test-retest validity
 - B. Administer the new scale along with another standardized scale that measures the lateral thinking and by finding out the correlation between the two I can establish the content validity
 - C. Administer the new scale. Later on conduct a quasi-experiment that calls for the children to think laterally where you ascribe scores for each step. Correlate the scores of the two and I can establish the criterion validity
 - D. Administer the new scale. Score each item and find out the total. Correlate each item score with the total and I establish the face validity

37. You have joined a project that investigates incidence of hypertension among the age group of 30 to 70 years in urban and rural population in India. Your Principal Investigator has asked you to come with a sampling plan using stratified random sampling. Which of the following options is the best feasible?

A. Divide the area into four geographical zones; choose one State from each zone; further divide the States into the strata of Districts; choose n number of districts from each State; enlist the rural & urban zones; choose n number of rural and n number of urban places from the list; procure the voter list and choose the households following random sampling

B. Stratify the entire country based on food habits; divide each stratum into rural and urban; based on the food habits further divide the rural and urban into several strata; choose n number of rural areas and n number of urban areas following simple random sampling; take all the households from the geographical location chosen

C. Divide the country into States; randomly choose one district from each State; depending upon approachability to the place identify rural areas from some states and urban areas from some following simple random sampling

D. Divide the country into four strata of north, south, east and west; take four districts located into the extreme north, south, east and west. divide them into rural and urban; randomly choose n number of rural and n number of urban areas from each stratum

38. You have administered an Indian Scale of Health Locus of Control (LoC) that identifies 'Self', 'Doctor', 'Significant Family member', and 'God' as four possible LoC. You have to test the reliability of the scale. Which of the following methods is the most appropriate?

- A. Split-half
- B. Criterion
- C. Concurrent
- D. Test-Retest

39. You have conducted a study to measure the anxiety levels of students preparing for national level medical entrance examination, those preparing for entrance examinations into IIT, and those preparing for the main Civil Services examinations. The anxiety test has been administered and the scores have been entered into the computer. Which of the following statistical tests is the most appropriate?

- A. ANCOVA
- B. Paired t test
- C. One-way ANOVA
- D. Mann-Whitney U test

40. Your data consists of the marks obtained by 10th class students in Mathematics, Physics and Chemistry. You want to use the data in a meaningful way. Which of the following is the right thing to do?

- A. Compare the marks of the three Subjects to find out if the students significantly differed in performance by using Wilcoxon test
- B. Correlate the marks of the three Subjects to see if there is a relationship between performance of the three Subjects
- C. Compute paired t test to find out significant differences between each pair
- D. Group the marks into high, low and average for each subject and compute chi square test

Part B

41. When a person is alert and attentive to the environment, brain produces _____ activity

- A. Theta
- B. Alpha
- C. Beta
- D. Delta

42. How does Levinson describe adulthood in his theory of seasons of life?

- A. A long, stable period
- B. A process of continuous change
- C. Rapid changes between stable periods
- D. Stable periods alternating with transitional periods

43. Match *Category A* with *Category B*

Category A

- i. Charles Spearman
- ii. Howard Gardner
- iii. Robert Stenberg
- iv. Louis L. Thurstone

Category B

- a. Creative Intelligence
- b. g-factor
- c. Musical intelligence
- d. Associative Memory

- A. i-b, ii-d, iii-c, iv-a
- B. i-c, ii-b, iii-a, iv-d
- C. i-d, ii-a, iii-c, iv-b
- D. i-b, ii-c, iii-a, iv-d

44. _____ assumed that activation of a set of nerve impulses makes the face display the appropriate expression

- A. Facial feedback hypothesis
- B. Facial impulse
- C. Facial-affect program
- D. Nerve impulse

45. *Anaphylaxis* is

- A. Isoimmune disorder
- B. Hypersensitivity disorder
- C. Autoimmune disorder
- D. Immunodeficiency disorder

46. The Specific Reaction theory suggests that

- A. Some organs systems show greater reactivity than other systems
- B. A weak organ system may be susceptible to disruption during stress
- C. Specific emotional states are related to emotional changes
- D. Hormones mediate physiological response

47. The process of putting life in perspective occurs in which one of the following stages of Erikson's psychosocial development theory?

- A. Integrity vs Despair
- B. Intimacy vs Isolation
- C. Generativity vs Stagnation
- D. Autonomy vs Shame & doubt

48. Chomsky argued that the human brain contains an innate mental module that allows young children to develop language. This mental module is referred as

- A. Linguistics development device
- B. Language development device
- C. Language acquisition device
- D. Universal grammar

49. Circadian rhythms are controlled by a biological clock, or over all coordinator, located in a tiny teardrop shaped cluster of cell in the hypothalamus called

- A. Alpha waves
- B. Melatonin
- C. Suprachiasmatic nucleus
- D. Reticular activating system

50. A great deal of human learning remains inactive until circumstances allow or require it to be expressed in an overt response. This form of learning is called

- A. Respondent conditioning
- B. Latent learning
- C. Programmed learning
- D. Successive learning

51. The notion that many people need to believe that the world is fair and justice is served, bad people are punished, and good people are rewarded is called

- A. Principle of falsifiability
- B. Validity effect
- C. Self-serving bias
- D. Just-world hypothesis

52. Which of the following is not correct for Sternberg's triarchic theory of intelligence?

- A. It emphasizes information-processing strategies
- B. It is informally known as three-box model
- C. It is a well-known cognitive theory
- D. It distinguishes three aspects of intelligence

53. Under which cluster the personality disorders are characterized by dramatic, overly emotional or unpredictable thinking or behaviour and manipulative, exploitative interactions with others?

- A. Cluster B
- B. Cluster C
- C. Cluster A
- D. Not specified

54. When single word is used as a sentence by children, it is called

- A. Monophrase
- B. Syntax
- C. Holophrase
- D. Mouthing

55. The newly approved Diagnostic and Statistical Manual of Mental Disorders (DSM V) contains many revisions, but few are as sweeping as those involving somatoform disorders. In the updated edition, hypochondriasis and several related conditions have been replaced by

- A. Illness anxiety disorder
- B. Somatic problems
- C. Health related disorders
- D. Chronic somatic symptoms

56. The theory that guides health behaviour modification, builds on the idea that people are actively motivated to pursue their goal is known-as

- A. Self-determination theory
- B. Implementation theory
- C. Attitude theory
- D. Protection motivation theory

57. Match *Category A* with *Category B*

Category A

- i. Readiness to change model
- ii. Self-regulatory model
- iii. Protection motivation theory
- iv. Health Action Process Approach

Category B

- a. Leventhal
- b. Prochaska
- c. Schwarzer
- d. Rogers

- A. i-b, ii-d, iii-c, iv-a
- B. i-b, ii-a, iii-d, iv-c
- C. i-c, ii-a, iii-b, iv-d
- D. i-a, ii-c, iii-b, iv-d

58. Motivational Interviewing involves a number of techniques. Which of the following is the correct explanation of these techniques?

- A. Expressing empathy, Developing discrepancy, Rolling with resistance, Internal monologue
- B. Expressing empathy, Developing discrepancy, Avoiding argumentation, Rolling with resistance
- C. Self-efficacy, Rolling with resistance, Developing discrepancy, Intrinsic motivation
- D. Expressing empathy, Avoiding argumentation, Rolling with resistance, Determination to work

59. Match *Category A* with *Category B*

Category A

- i. Personality type characterized by the personal attributes of cooperation, appeasement, compliance, passivity, stoicism, unassertiveness, being self-sacrificing and the inhibition of negative emotions
- ii. A Personality type characterized by inhibition of expression of negative emotions and avoidance of social interaction so as to avoid feelings of disapproval
- iii. A Personality type characterized by less stress prone, patient, relaxed, and easy going

iv. A Personality type characterized by competitiveness, achievement-orientated behaviour, impatience, being easily annoyed, hostility and anger, trying to achieve too much in too little time

Category B

- a. Type D
- b. Type B
- c. Type C
- d. Type A

- A. i-b, ii-d, iii-c, iv-a
- B. i-d, ii-a, iii-b, iv-c
- C. i-c, ii-a, iii-b, iv-d
- D. i-a, ii-c, iii-b, iv-d

60. The theory that suggests some people are buffered against the potentially harmful effects of stress by their personality is called

- A. Self-efficacy personality model
- B. Hardy personality model
- C. Conscientiousness personality model
- D. Biopsychosocial personality model

61. Optimistic Style of Coping refers to attribution of

- A. External cause, specific impact, and unstable outcome
- B. Stable outcome, specific impact, and external cause
- C. Internal cause, global impact, and unstable outcome
- D. Global impact, internal cause, and stable outcome

62. The Psycho-analytic theory that originated with Melanie Klein's view that the building blocks of people's experience of the world emerge from their relations to loved and hated significant people in their lives is

- A. Person theory
- B. Social attachment theory
- C. Object relations theory
- D. Experience theory

63. A person under stress is likely to be vulnerable to infections and viruses because

- A. In the process of coping with the stress there is a lot of physical strain and exposure to undesirable physical environment
- B. One is likely to have erratic sleep pattern which in turn weakens the body
- C. The cells in the immune system get destroyed by cortisol secretion
- D. The cognition and affect state overuse the reserved energy and make the person weak

64. Match *Category A* with *Category B*

Category A

- i. A theoretical viewpoint maintaining that a person's behavioural intentions and behaviours can be understood by knowing the person's attitudes toward the behaviour, subjective norms regarding the behaviour, and perceived behavioural control over that action
- ii. A theory of responses to stress maintaining that in addition to fight-or-flight, humans respond to stress with social affiliation and nurturant behaviour toward off spring; thought to depend on the stress hormone oxytocin; these responses may be especially true of women
- iii. A theory of health behaviours; the model predicts that whether a person practices a particular health habit can be understood by knowing the degree to which the person perceives a personal health threat and the perception that a particular health practice will be effective in reducing that threat
- iv. An analysis of the health behaviour change process that draws on the stages and processes people go through in order to bring about successful long-term behaviour change

Category B

- a. Transtheoretical model
- b. Theory of tend-and-befriend
- c. Theory of planned behaviour
- d. Health belief model

- A. i-d, ii-b, iii-c, iv-a
- B. i-d, ii-a, iii-b, iv-c
- C. i-c, ii-b, iii-a, iv-d
- D. i-c, ii-b, iii-d, iv-a

65. A form of memory loss in which an individual seems unable to remember some period of his/her life or entire past inclusive of own identity, often understood as a way of coping with extraordinarily painful events is called

- A. Dissociation
- B. Dissociative amnesia
- C. Disorganized schizophrenia
- D. Dissociative identity disorder

66. Health resides on a continuum from an entropic end to a salutary end; how one manages stress can move a person towards either end of the continuum is explained in

- A. Job-fit model
- B. Salutogenic model
- C. Continuity model
- D. Entrogenic model

67. Choose the correct order of the five layers of human body according to Indian perspective of health

- A. Annamaya, Pranamaya, Manomaya, Vigyanmaya, and Anandamaya
- B. Manomaya, Vigyanmaya, Anandamaya, Annamaya, and Pranamaya
- C. Pranamaya, Manomaya, Vigyanmaya, Anandamaya, and Annamaya
- D. Vigyanmaya, Anandamaya, Annamaya, Pranamaya, and Manomaya

68. Match *Category A* with *Category B*

Category A

- i. Cardinal trait
- ii. Central trait
- iii. Secondary trait
- iv. Source trait

Category B

- a. Characteristic that affects behaviour in fewer situations
- b. Sixteen pairs
- c. Individual's major characteristics numbering from five to ten in any person
- d. Characteristic that directs most of a person's activities

- A. i-b, ii-c, iii-d, iv-a
- B. i-c, ii-d, iii-a, iv-b
- C. i-d, ii-c, iii-a, iv-b
- D. i-b, ii-a, iii-d, iv-c

69. Which of the following childhood disorders does not form a part of communication disorders according to DSM V?

- A. Language disorder
- B. Speech sound disorder
- C. Childhood onset fluency disorder
- D. Oppositional defiant disorder

70. 'Distancing' as a strategy of coping refers to

- A. Running away from the problem that causes stress to the person
- B. Indulgence in drinking, smoking, eating or sleeping
- C. Keeping the problem to oneself and not willing to share
- D. Making light of the situation and taking the problem casually

71. A hypothesis about the cause of certain Psychological disorders that suggests that genetic factors predispose an individual to a certain disorder, but that environmental stress factors must impinge in order for the potential risk to manifest itself is

- A. Stress inoculation hypothesis
- B. Evolutionary hypothesis

- C. Diathesis–stress hypothesis
- D. Ecological hypothesis

72. In Seligman’s PERMA model, ‘E’ and ‘M’ stands for

- A. Emotion, meaning
- B. Engagement, mindfulness
- C. Emotion, mindfulness
- D. Engagement, meaning

73. The assumption(s) of the theory of reasoned action is/are

- A. Human behaviour is under the voluntary control of the individual
- B. People think about the consequences and implications of their behaviour and decide whether or not to do something
- C. Whether or not a person intends to perform a health behaviour should relate to whether or not they actually use the behaviour
- D. All the above

74. The Broaden-and-Build theory of positive emotions provides an explanation of the utility and importance of positive emotions in people’s lives. Who among the following is significantly associated with this theory?

- A. Martin E. P. Seligman
- B. Ed Diener
- C. Christopher Peterson
- D. B. L. Fredrickson

75. Which of the following is correct?

- A. Adrenocorticotrophic Hormone (ACTH) stimulates adrenal gland which secretes Cortisol
- B. Adrenocorticotrophic Hormone (ACTH) stimulates pituitary gland which releases Corticotrophic Releasing Factor (CRF)
- C. Adrenocorticotrophic Hormone (ACTH) stimulates adrenaline and nor-adrenaline which helps secretion of cortisol
- D. Cortisol stimulates adrenaline and nor-adrenaline which in turn helps in arresting the secretion of Adrenocorticotrophic Hormone (ACTH)

76. In Egan’s Developmental model of counseling, Force Field Analysis is used to

- A. Force the client to identify irrational beliefs
- B. Identify the facilitating and restraining forces in the real life
- C. Challenge the client forcefully manifesting resistance
- D. Restraining the client from premature termination of counseling

77. Match *Category A* with *Category B*

Category A

- i. A cluster of symptoms that characterize a particular condition
- ii. The proportion of a population that has a disease or disorder at a specific point in time
- iii. A measure of the frequency of new cases of a disease or disorder during a specified period of time
- iv. A set of interrelated analytic statements that explain a set of phenomena, such as why people practice poor health behaviour

Category B

- a. Theory
- b. Syndrome
- c. Prevalence
- d. Incidence

- A. i-b, ii-d, iii-c, iv-a
- B. i-d, ii-a, iii-b, iv-c
- C. i-c, ii-a, iii-b, iv-d
- D. i-b, ii-c, iii-d, iv-a

78. Optimum Stress Level (OSL) refers to

- A. The level of stress where the individual is likely to fall sick
- B. The level of stress where the individual's nervous system will suffer a set back
- C. The level of stress where the individual will be able to work efficiently
- D. The level of stress that reaches the optimum because the individual accumulates the stress

79. Positive Reappraisal is a method of coping

- A. Where the individual appears to be blaming oneself with an under tone of self-praise
- B. That closely resembles the defense mechanism of rationalization
- C. That can be designated as a productive style of coping
- D. That assumes the philosophy of being detached to the sufferings

80. A hypothesis that posits that social support can help people at both low and high levels of stress; so having high levels of social support is always advantageous to health is called

- A. Direct effects hypothesis
- B. Buffering hypothesis
- C. Coping hypothesis
- D. Effective hypothesis