Lecturer MCQs

# Chapter 1: Health psychology: An introduction

1. Fill in the missing word: Health is a state of well-being with satisfaction of physical, cultural, psychosocial, \_\_\_\_\_\_ and spiritual needs, not simply the absence of illness.

\*a. economic

b. educational

c. environmental

d. experiential

2. The hierarchy of needs was proposed by \_\_\_\_\_\_.

a. Murray

b. MacDonald

c. Marks

\*d. Maslow

3. In the hierarchy of needs, the most basic level is defined as \_\_\_\_\_\_.

a. safety

b. belonging

c. esteem

\*d. physiological

4. In the hierarchy of needs, the highest level is defined as \_\_\_\_\_\_.

a. safety

b. belonging

c. esteem

\*d. self-actualization

5. Who defined happiness as: ‘the meaning and the purpose of life, the whole aim and end of human existence’? Was it \_\_\_\_\_\_?

\*a. Aristotle

b. Diener

c. Doyal

d. Maslow

6. According to \_\_\_\_\_\_, subjective well-being is: ‘An umbrella term for different valuations that people make regarding their lives, the events happening to them, their bodies and minds, and the circumstances in which they live’.

a. Aristotle

\*b. Diener

c. Doyal

d. Maslow

7. QoL is an acronym for the phrase \_\_\_\_\_\_.

a. quality of living

b. quality of learning

\*c. quality of life

d. quality of liking

8. According to Diener and Chan (2011), having high subjective well-being, adds \_\_\_\_\_\_ years to one’s life.

a. 1–2

b. 2–4

c. 4–5

\*d. 4–10

9. A popular term for a person who smokes, eats fatty foods, drinks alcohol and watches TV many hours every day is \_\_\_\_\_\_.

a. lucky devil

b. lazy lump

c. couch cowboy

\*d. couch potato

10. A term used for an environment that is conducive to eating too much and taking too little exercise is \_\_\_\_\_\_.

\*a. obesogenic

b. oboozogenic

c. obeasogenic

d. obusogenic