Assignment 5

The due date for submitting this assignment has passed.

As per our records you have not submitted this assignment.

1) Deep, slow breathing is also known as..........................
   (a) Diaphragmatic breathing
   (b) Thoracic breathing
   (c) Chest breathing
   (d) None of these
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (a) Diaphragmatic breathing
   1 point

2) Progressive muscle relaxation was developed by.........................
   (a) Freud
   (b) Kabat-Zinn
   (c) Jacobson
   (d) Seligman
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (c) Jacobson
   1 point

3) In Albert Ellis’ ABC model, B stands for......................
   (a) Behavior
   (b) Brain
   (c) Belief system
   (d) None of these
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (c) Belief system
   1 point

4) Which of the following is NOT a characteristic of irrational beliefs?
   (a) It distorts reality
   (b) It prevents from reaching goals
   (c) It leads to healthy emotions
   (d) It leads to self-defeating behavior
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (c) It leads to healthy emotions
   1 point

5) According to ..................., individuals are surrounded by supportive others who move with them throughout the life course and vary in their degrees, their quality, their function.
   (a) Buffering hypothesis
   (b) Direct hypothesis
   (c) Social convoy model
   (d) Both direct and buffering hypotheses
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (c) Social convoy model
   1 point

6) Who among the following is the founder of mindfulness based stress reduction (MBSR)?
   (a) Shauna Shapiro
   (b) Jon Kabat-Zinn
   (c) Martin Seligman
   (d) Carl Rogers
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (b) Jon Kabat-Zinn
   1 point

7) Shapiro et al. (2006) proposed .................. as the meta-mechanism by which mindfulness leads to various therapeutic effects on mind and body.
   (a) Perceiving
   (b) Re-perceiving
   (c) Apperceiving
   (d) None of these
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (b) Re-perceiving
   1 point

8) Irrational/catastrophic thinking has many errors such as-
   (a) Ignoring positive
   (b) Exaggerating the negative
   (c) Over-generalization
   (d) All of these
   No, the answer is incorrect.
   Score: 0
   Accepted Answers:
   (d) All of these
   1 point