

Playfulness: Neurobiology Distance Learning Questions:

- 1) Identify the positive outcome of the disease model.
 - a) disorders are treatable
 - b) drugs and treatments are invented
 - c) scientific studies focus on efficacy of treatment
 - d) all of the above

- 2) A goal of Positive Psychology is to...
 - a) make life more fulfilling
 - b) teach clients wishful thinking
 - c) encourage fads in clinical treatment
 - d) teach clients the power of prayer

- 3) Is an increase in one's overall sense of wellbeing the same as happiness?

- 4) What does PERMA stand for in Positive Psychology?
P=
E=
R=
M=
A=

- 5) True or False: Mindfulness is a tenant of Positive Psychology.

- 6) Where in the body do emotions originate/happen?
 - a) heart
 - b) brain
 - c) stomach
 - d) lungs

- 7) What causes happiness?
 - a) money
 - b) pleasure
 - c) lack of misery
 - d) positive attitude

- 7) Over 70% of individuals who are "locked in" report a positive send of wellbeing. True or False?

- 8) Pleasure is experienced in the pre-frontal cortex. True or False?

- 9) Dopamine is responsible for which of the following feelings?
 - a) pleasure
 - b) confusion
 - c) desire
 - d) liking

- 10) Dopamine teaches us if a reward is salient (important). True of False?