

Name: _____ Date: _____

Answer Key: Stoicism vs. Hedonism: 10th Grade Emotional Regulation Quiz

Evaluate how cognitive reappraisal and the 'Hedonic Treadmill' affect long-term mental health while analyzing varied psychological coping frameworks.

1. A sophomore student consistently uses 'Cognitive Reappraisal' to handle academic setbacks. Which of the following best describes their internal process?

Answer: B) Challenging and reframing the underlying meaning of a stressful event.

Cognitive reappraisal is an antecedent-focused emotion regulation strategy that involves changing the trajectory of an emotional response by reinterpreting the meaning of the emotional stimulus.

2. The concept of _____ refers to the tendency of humans to quickly return to a relatively stable level of happiness despite major positive or negative events or life changes.

Answer: C) The Hedonic Treadmill

The Hedonic Treadmill (or hedonic adaptation) explains why external achievements often provide only temporary boosts to mental well-being, highlighting the importance of internal resilience.

3. True or False: According to the 'Diathesis-Stress Model,' mental health outcomes are determined solely by genetic predisposition regardless of environmental stressors.

Answer: B) False

The Diathesis-Stress Model posits that mental health disorders result from a combination of a biological vulnerability (diathesis) and stressful life experiences (stress).

4. In the context of emotional health, which term describes the ability to monitor one's own and others' feelings and use this information to guide thinking and action?

Answer: D) Emotional Intelligence (EQ)

Emotional Intelligence involves four main branches: perceiving emotions, using emotions to facilitate thought, understanding emotions, and managing emotions.

5. Viktor Frankl's psychological theory, known as _____, suggests that the primary motivational force of an individual is to find a meaning in life, even in suffering.

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Answer: A) Logotherapy

Logotherapy focuses on the 'will to meaning' as opposed to the 'will to pleasure' or 'will to power' found in other psychological frameworks.

6. True or False: 'Sublimation' is considered a mature defense mechanism where socially unacceptable impulses are transformed into socially acceptable actions or behavior.

Answer: A) True

Sublimation (e.g., channeling anger into intensive physical exercise) is a high-level coping mechanism that allows for productive emotional processing.

7. Which neurobiological process describes the brain's ability to reorganize itself by forming new neural connections in response to learning or experience after a period of chronic stress?

Answer: B) Neuroplasticity

Neuroplasticity is the brain's capacity to change and adapt throughout life, proving that mental health habits can physically rewire the brain for better resilience.

8. When an individual experiences a psychological conflict that is converted into physical symptoms (like a headache or stomach pain), they are experiencing ____.

Answer: C) Somatization

Somatization is the manifestation of psychological distress as physical symptoms, illustrating the deep connection between emotional health and physical physiology.

9. True or False: According to the concept of 'Locus of Control,' individuals with a high internal locus of control believe that their own actions determine their life outcomes.

Answer: A) True

An internal locus of control is associated with higher levels of resilience and proactive stress management, as the person feels empowered to influence their environment.

10. A person decides to utilize 'Radical Acceptance' when facing a situation they cannot change. What is the primary benefit of this Dialectical Behavior Therapy (DBT) skill?

Answer: C) It prevents 'secondary suffering' by stopping the fight against reality.

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Radical Acceptance involves completely accepting reality as it is. While it doesn't remove pain, it prevents 'suffering' which is caused by the mental resistance to that pain.