

ASSESSMENT OF 30 MCQs

FPSC No : 64 MCQS ON SELF-CARE TECHNIQUES Submission DEADLINE: 22 MARCH 2016, 12 NOON

INSTRUCTIONS

- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal (www.cfps2online.org)
- Attempt ALL the following multiple choice questions.
- There is only ONE correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via the College Online Portal before the submission deadline stated above.
- There will be NO further extension of the submission deadline.

1. **Self-compassion involves the following steps:**
 - A. Being mindful of one's own suffering, appreciating that one's suffering is greater than that of other human beings, and being kind towards oneself in the face of the suffering.
 - B. Being hateful of one's own suffering, appreciating that one's suffering is common to other human beings, and being kind towards oneself in the face of the suffering.
 - C. Being mindful of one's own suffering, appreciating that one's suffering is common to other human beings, and being critical towards oneself in face of the suffering.
 - D. Being mindful of others' suffering, appreciating that one's suffering is common to other human beings, and being kind towards oneself in the face of the suffering.
 - E. Being mindful of one's own suffering, appreciating that one's suffering is common to other human beings, and being kind towards oneself in the face of the suffering.

2. **According to Martin Seligman, which path of happiness is associated with flow?**
 - A. The good (engaged) life.
 - B. The happy life.
 - C. The meaningful life.
 - D. The pleasant life.
 - E. The positive life.

3. **Factors leading to delay in physicians seeking treatment include:**
 - A. Over-reacting to early symptoms.
 - B. Unwillingness to perform self-diagnosis and self-treatment.
 - C. Seeing the call for help as a sign of weakness.
 - D. Being unconcerned about confidentiality and privacy.
 - E. Being unconcerned about the impact on fitness to practice.

4. **Social connectedness is perceived effective in relationships when the following is/are established:**
 - A. The presence of emotional, instrumental, informational and appraisal support.
 - B. The presence of instrumental and informational support.
 - C. The presence of emotional and appraisal support.
 - D. The presence of emotional and informational support.
 - E. None of the above.

5. **Which one of these is not an aetiologic factor in burnout?**
 - A. Perfectionism and compulsiveness.
 - B. Denial of personal vulnerability.
 - C. Instant gratification.
 - D. Guilt.
 - E. Self-denial.

6. **Which of these statements about positive emotions is false?**
 - A. Positive emotions broaden our thought-action repertoires.
 - B. Positive emotions have an upward spiral effect.
 - C. Positive emotions help us build resilience to negative events.
 - D. Positive emotions prevent us from experiencing negative emotions.
 - E. Positive emotions build our psychological, social, and physical resources.

7. **Sleep restriction involves:**
 - A. Increasing how deep one sleeps.
 - B. Reducing the sleep hours permanently.
 - C. Increasing efficacy of one's limited sleep drive.
 - D. A and C.
 - E. A, B and C.

8. What is mindfulness?

- A. The purposeful act of being aware of all of one's internal and external experiences happening in any given moment by attempting to change these experiences.
- B. The purposeful act of being aware of all of one's internal and external experiences happening in any given moment, without any attempts to change these experiences.
- C. The unconscious act of being aware of all of one's internal and external experiences happening in any given moment, without any attempts to change these experiences.
- D. The purposeful act of being aware of some of one's internal and external experiences happening in any given moment, without any attempts to change these experiences.
- E. The purposeful act of being aware of all of one's internal and external experiences happening in the past, without any attempts to change these experiences.

9. Response modulation strategies include which of the following?

- A. Repressing our memories.
- B. Using other means to express our emotions adaptively.
- C. Expressing our emotions loudly to get our needs met.
- D. Suppressing our needs.
- E. Asserting our rights over the rights of the other party.

10. Self-compassion entails:

- A. Being aware of others' suffering and needs, and wishing for alleviation of their suffering.
- B. Being aware of one's own suffering and needs, and wishing for alleviation of one's own suffering.
- C. Being unaware of one's own suffering and needs, and not wishing for alleviation of one's own suffering.
- D. Being aware of one's own suffering and needs, and wishing for aggravation of one's own suffering.
- E. Being aware of one's own suffering and needs, and that of other people.

11. Symptoms of burnout include all except:

- A. Overwhelming physical and emotional exhaustion.
- B. Feelings of cynicism and detachment from the job.
- C. Overwhelming craving to make a career move into aesthetic medicine.
- D. A sense of ineffectiveness and lack of accomplishment.
- E. Over-identification or over-involvement.

12. When a doctor is being critically curious towards his own experiences, he will

- A. Blame himself for being upset when a patient complains about his treatment.
- B. Blame the patient for complaining about his treatment.
- C. Wonder honestly about his own sense of upset when his patient complains about his treatment.
- D. Wonder what problems the patient has for complaining about his treatment.
- E. Avoid considering his own sense of upset when his patient complains about his treatment.

13. Which of the statements about compassion in relation to social connection is correct:

- A. Compassion to others is more important than compassion to self in social connections.
- B. Compassion to others decreases self-accountability and self-responsibility in social connections.
- C. Self-compassion and compassion to others are equally important and contribute to social connection with others.
- D. Self-compassion has no direct impact on social connectedness.
- E. Self-compassion is more important than compassion to others, and the only factor that needs to be cultivated in social connections.

14. Which of these states is characterised by the absence of mental illness and the absence of mental health?

- A. Flourishing.
- B. Moderate mental health.
- C. Languishing.
- D. Depression.
- E. None of the above.

15. How can a physician savour life?

- A. By only focusing on what she can see during an activity and ignoring what she can hear, feel, smell or taste.
- B. By taking five minutes to purposefully and consciously go through the motions of an enjoyable activity while engaging all her senses.
- C. By rushing around trying to complete as many tasks as possible within a very short period of time.
- D. By taking five minutes to purposefully and consciously go through the tasks she has to do tomorrow.
- E. By taking five minutes to purposefully and consciously go through everything that has gone wrong so far in the day.

- 16. According to Linehan's theory of emotion dysregulation, poor emotion regulation is a result of which scenarios below?**
- The person being in frequently invalidating environments.
 - The person being biologically more emotionally sensitive than others.
 - The person frequently experiencing more intense emotional states than others.
 - The person generally experiencing emotional states for longer periods of time than others.
 - All of the above.
- 17. Re-appraisal strategies include which of the following?**
- Positive self-talk.
 - Distracting oneself from one's emotions.
 - Finely differentiating emotions.
 - Using emotions instead of logic to guide our decision-making.
 - All of the above.
- 18. What is the purpose of practicing gratitude?**
- People tend to overlook the large positive events that are happening around them — gratitude practice helps to channel attention towards these events and build up positive emotions.
 - People tend to overlook the small positive events that are happening around them — gratitude practice helps to channel attention towards these events and build up positive emotions.
 - People tend to overlook the small negative events that are happening around them — gratitude practice helps to channel attention towards these events and build up positive emotions.
 - People tend to overlook the large negative events that are happening around them — gratitude practice helps to channel attention towards these events and build up positive emotions.
 - People tend to overlook the small positive events that are happening around them — gratitude practice helps to channel attention away from these events and build up negative emotions.
- 19. Sleep is essential for which function?**
- Resolving turmoils.
 - Consolidation of information into longer-term memory.
 - Consolidating emotional struggles.
 - Repairing damaged cells.
 - Consolidating energy.
- 20. Which are the following statements is correct:**
- Competence, autonomy and relatedness are not essential in the development of social connections with others.
 - Relatedness with others, sense of competency with self, and sense of autonomy have no influence on self-satisfaction and happiness.
 - Positive emotions, happiness and individual well-being is associated with positive social support in the environment.
 - The closeness in relationship has no direct impact on social relationship or support.
 - Individuals' experience of positive emotions with others has no connection with inner well-being.
- 21. Which one of these is not one of the causes of emotional exhaustion?**
- Gate-keeper role of a family physician.
 - Empathy-boundary conflict.
 - Encounters with patients with four or more chronic conditions.
 - High tolerance for uncertainty in clinical care.
 - Work-family interference.
- 22. Insufficient sleep:**
- Predicts greater cynicism and emotional detachment.
 - Predicts emotional exhaustion and emotional detachment.
 - Predicts emotional detachment and daytime sleepiness.
 - Predicts emotional detachment and compassion fatigue.
 - Predicts greater cynicism in clinicians and emotional exhaustion.
- 23. Emotions serve which function below?**
- Distance us from our goals and needs.
 - Guide our decision-making.
 - Weaken our memories.
 - Damage relationships.
 - Motivate us generally.
- 24. Factors contributing to poor sleep can include:**
- Environmental factors.
 - Psychological factors.
 - Routine factors.
 - Lifestyle factors.
 - All of the above.
- 25. According to the Modal Model of emotion regulation, emotions are processed in which of the following sequences?**
- Situation change, attention deployment, reappraisal, change in emotions, emotional expression.
 - Change in situation, change in emotions, emotional expression, appraisal, further changes to the situation.

- C. Attention orientation, appraisal, change in emotions, emotional expression, change in situation.
- D. Situation change, appraisal, attention orientation, emotional expression, change in emotions.
- E. Situation change, attention orientation, appraisal, change in emotions, emotional expression.

26. Stimulus control strategies are based on the idea that:

- A. Repeated pairing of the sleep environment with sleeplessness triggers sleepiness when we are exposed to the sleep environment.
- B. Repeated pairing of the non-sleep environment with sleepiness triggers sleepiness when we are exposed to the sleep environment.
- C. Repeated pairing of the sleep environment with sleepiness triggers sleepiness when we are exposed to the sleep environment.
- D. Repeated pairing of the sleep environment with sleepiness triggers sleeplessness when we are exposed to the sleep environment.
- E. Repeated pairing of the sleep environment with sleepiness triggers good sleep when we are exposed to the sleep environment.

27. Our social self and connectedness with others is an important development of our self-concept, influenced by:

- A. The primary psychological need of motivational drive and survival instinct.
- B. The innate drive to balance and curb innate aggression.
- C. The need for love and belongingness.
- D. The need for self-actualisation.
- E. All of the above.

28. Regarding gender differences in burnout, which one of the following statements is false?

- A. Men who tend to use depersonalization as a coping mechanism to deal with emotional stress, or women who tend to use emotion-focused coping which wears them out.
- B. Men tend to delegate patient care tasks.
- C. Women hold onto patient care tasks which means women are less likely to depersonalize but more likely to become emotionally exhausted.
- D. Women may tend to feel guilty and less certain about the quality of care they provide.
- E. Women in the modern era have a smaller household role and responsibility which leads to less work-family conflict.

29. What does the theory of symbolic interactionism suggest about human behaviour?

- A. That human behaviour is affected by symbols and interactions but not influenced by social interaction.
- B. That human behaviour is affected by the meaning that

people assign to events, largely influenced by social interactions.

- C. That human behaviour is symbolic by nature and we create these symbols based on what we receive from our parents.
- D. That human behaviour is influenced by the meanings created largely by our innate drive and cannot be influenced.
- E. That human behaviour is affected by self-fulfilment and self-driven meanings that largely influence our interactions.

30. Presence means that the doctor:

- A. Experiences his feelings concretely as they happen.
- B. Thinks about his feelings as they happen.
- C. Fantasises about having other more comfortable feelings instead of the ones he is experiencing.
- D. Avoids his feelings as they happen.
- E. Thinks about but avoids his feelings.