**Community health sciences department**

**College of Applied Medical Sciences**

**King Saud University**

**CHS 311**

**Personal Health**

**2nd semester of 1434-1435**

**1st midterm**

**Ms. Noura Alomair**

**&**

**Ms. Samah Alageel**

**Name: ………………………………………….**

**Student no.: ……………………………………**

**Time allowed: 1 hour**

**Marks: 20**

**Please answer the following questions:**

**Please choose the right answer for the following questions (5 marks):**

1. **Anger can be caused by:**
2. Internalized thoughts.
3. External triggers.
4. None of the above.
5. Both a and b.
6. **People with high self-esteem possess the following characteristics except:**
7. They like to make new friends.
8. They have and I think ‘I can attitude’.
9. They forgive themselves for past mistakes.
10. They worry about other people’s judgment.
11. **……………………it involves being attentive to your thoughts and behaviors, whether positive or negative:**
12. Spiritual wellness.
13. Intellectual wellness.
14. Emotional wellness.
15. Social wellness.

**4. All of the following are factors affecting personal health, except:**

1. Hereditary factors.
2. Environmental factors.
3. Occupational factors.
4. Dietary factors.
5. **The ……………………… is the point in the stress curve at which positive and healthy emotions switch to negative and unhealthy feelings.**
6. Resistance point.
7. Stress switching point.
8. Tolerance point.
9. Turning point.

**Please indicate whether the following statements are true or false (3 marks):**

1. Self-esteem is something a person is born with; it’s a quality that cannot be acquired ( )
2. Everybody experiences anger, the way a person deals with his/her anger shows if they have anger management issues or not ( )
3. Parents should praise and complement their children to build their self-esteem even if the complement was not true ( )
4. Worrying does not help in dealing with problems; it is a substitute for handling the issue ( )
5. Illness is referred to an alteration of the mental and/or physical structure of the human body or mind ( )
6. Only anxious people experience stress ( )

**List the different anger styles with brief explanation of each (3 marks)**

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**Reasons behind low self-esteem (2 marks)**

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**What are the common negative thinking traits (3 marks)**

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**List life most common stressors (2 marks)**

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**List the four stages of illness (2 marks)**

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