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**KING SAUD UNIVERSITY**

**College of Applied Medical Sciences**

**Department of Community Health Sciences**

**Personal Health**

**(CHS 311)**

**Midterm Exam 2**

2013 - 2014

Name of Student:

Student ID Number:

Total Mark:

***Question 1: answer the following questions in short answers:***

1. **What is the definition of Anger?**
2. **What is the definition of Self Efficacy?**
3. **Fats are playing an important role in personal health, please mention the major 4 types of Fats?**
4. **What is the definition of Positive Thinking?**
5. **Please list 4 disadvantages of Anger?**

***Question 2: write (True) or (False) for the following statements:***

1. **Positive thinking in personal health, has not shown that diseases can be healed through the practice of positive thinking ( ).**
2. **Functional foods such as garlic, olive oil, high-fiber foods, calcium-rich foods, foods enriched with folic acid, and antioxidant-rich foods are capable of contributing to the improvement of personal health or prevention of specific health problems ( ).**
3. **In personal health, identifying of a patient's self destructive behavior is one of the Skills needed in dealing with his anger ( ).**
4. **Selfishness, arrogance and temporary euphoria are all examples of high self esteem ( ).**
5. **Dietary supplements can be used in themselves as conventional main foods or as the only items in a meal or diet, also can be used to cure or treat diseases ( ).**
6. **Thinking positively brings clarity of mind and a courageous attitude, so starting new projects or getting on with existing ones becomes an exciting activity ( ).**
7. **Regarding to anger and personal health, identifying aggressive acts shown by self and others is not needed in dealing with the anger ( ).**
8. **Childhood experiences play an important role in shaping self esteem of any adult ( ).**
9. **Food allergy and food intolerance, are usually caused by an enzyme deficiency ( ).**
10. **Positive thinking leads to states of calm, peace, joy, happiness, vibrant energy and optimism, so Positive thinking provokes smiles ( ).**

**The End of This Exam…. Good Luck !!!!**