

BA PSYCHOLOGY
THIRD SEMESTER
HEALTH PSYCHOLOGY
BPY – 931 [IDMj]

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. Which of the following best defines Health Psychology?
 - a. The study of the psychological processes involved in promoting physical health and preventing illness.
 - b. The study of the biological processes involved in promoting physical health and preventing illness.
 - c. The study of the social processes involved in promoting physical health and preventing illness.
 - d. The study of the economic processes involved in promoting physical health and preventing illness.
2. Health Psychology aims to provide insights into which of the following.
 - a. The relationship between health and illness.
 - b. The role of psychology in health and illness relationship
 - c. Who is responsible for health and illness, how illness should be treated
 - d. All of the above
3. Health Psychology is needed
 - a. To treat sexually transmitted disease
 - b. To treat chronic disease
 - c. To treat the biological as well as the psychological issues
 - d. None of the above
4. Health Psychology is link to
 - a. Behavioral science
 - b. Clinical Psychology
 - c. Behavioral medicine
 - d. All of the above
5. Factors that influence health outcomes are called
 - a. Principle concepts
 - b. Ecological factors
 - c. Determinants of health
 - d. Cultural variants
6. What are the some common sources of stress in the workplace?
 - a. Low pay, long hours and job insecurity
 - b. Lack of job satisfaction, poor relationship with co-workers, and insufficient training
 - c. Overbearing bosses, unrealistic deadlines and difficult customers
 - d. All of the above

7. Which of the following is not a cause of stress?
 - a. Family issues
 - b. School-related stress
 - c. Financial stress
 - d. Lack of social media use
8. What are the three main components of the stress response?
 - a. Fight, flight and freeze
 - b. Hormonal, physiological and behavioral
 - c. Perception, appraisal and coping
 - d. Sympathetic, parasympathetic and central nervous system
9. AIDS is caused by HIV. Among the following which one is not a mode of transmission of HIV?
 - a. Transfusion of contaminated blood
 - b. Sharing the infected needles
 - c. Shaking hands with infected person
 - d. None of the above
10. Cancer causing genes are called
 - a. Oncogenes
 - b. Expressor genes
 - c. Structural genes
 - d. None of the above
11. Events that cause stress are also known as
 - a. Distress
 - b. Stressors
 - c. Eustress
 - d. None of the above
12. Fight response means
 - a. Aggressive response to stress
 - b. To avoid a situation
 - c. To observe a situation
 - d. None of the above
13. Who was a contributor to stress research?
 - a. Jean Piaget
 - b. Hans Selye
 - c. Walter Cannon
 - d. None of the above
14. Which of the following is a behavioural change of stress?
 - a. Substance abuse
 - b. Loss of interest
 - c. Procrastination
 - d. Depression
15. Which appraisal occurs when a person tries to understand what a stressful event is and what it will mean?
 - a. Secondary appraisal
 - b. Primary appraisal
 - c. Ranking appraisal
 - d. None of the above
16. The full form of HPA axis is
 - a. Hypothalamic Pineal Adrenal Axis
 - b. Hypothalamic Pancreatic Adrenal Axis
 - c. Hypothalamic Pituitary Adrenal Axis
 - d. None of the above
17. Which nervous system accounts for fight or flight response?
 - a. Sympathetic nervous system
 - b. Parasympathetic nervous system
 - c. Peripheral nervous system
 - d. None of the above

18. The function of antidiuretic hormone is to
- a. Increase heart rate
 - b. Regulate stress
 - c. Regulate fluid loss
 - d. None of the above
19. Which of the following is a stress management technique?
- a. Excessive sleeping
 - b. Consuming alcohol or smoking
 - c. Eating junk food
 - d. Meditation
20. Which part of the brain perceives a situation as stressful?
- a. Hypothalamus
 - b. Hippocampus
 - c. Medulla
 - d. Cerebellum

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. What do you understand by Health Psychology? Give different definitions of Health Psychology. 3+7=10
2. What is the scope of Health Psychology in present scenario? 10
3. Write short note on the following (any of two): 5+5=10
 - a) HIV
 - b) Cancer
 - c) Hypertension
4. What is stress? Discuss stress at workplace. 10
5. Explain the techniques which could be used to improve our mental health. 10
6. Describe the behavioral and cognitive changes that take place because of stress. 5+5=10
7. Do you think stress is completely harmful? Explain the physiology of stress. 2+8=10
8. Describe the various stress management techniques that are essential for our well-being. 10

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