

**BA PSYCHOLOGY
SECOND SEMESTER
HEALTH PSYCHOLOGY
MOOCs
[USE OMR SHEET]**

**SET
A**

Duration: 1hr. 30 mins.

Full Marks: 35

Choose the correct answer from the following:

1 × 35 = 35

1. Which one of the following belongs from the three components of Logotherapy?
 - a. Paradoxical intention
 - b. Self-Actualisation
 - c. Self-consistent
 - d. All of the Above
2. Which coping strategy is aimed at reducing the demands of a stressful situation or expanding the resources to deal with it?
 - a. Problem-focused
 - b. Emotion-focused
 - c. Avoidant
 - d. Approach
3. _____ is a program that makes use of various phases of education, skill, acquisition and practice.
 - a. CSN
 - b. Relaxation Training
 - c. Self-instructional training
 - d. None of the Above
4. General Adaptation Syndrome consists of _____ stages.
 - a. Four
 - b. Three
 - c. Two
 - d. Five
5. Which of the following is a discrete stressor?
 - a. Chronic Stressor
 - b. Life events
 - c. Daily hassles
 - d. None of the Above
6. Trauma reflects exposure to terrible events that are
 - a. Emotionally painful
 - b. intense
 - c. Distressing
 - d. All of the above
7. Who gave the concept of GAS?
 - a. Walter Cannon
 - b. Hans Selye
 - c. A. Baum
 - d. None of the Above
8. Sometimes we have been able to fall asleep and we jerk awake suddenly, this is an example of _____
 - a. Acute Stress
 - b. Episodic Acute
 - c. Chronic Stress
 - d. None of These

9. How many dimensions are there in the Model of Psychological well-being?
 - a. Four
 - b. Six
 - c. Five
 - d. Eight
10. The multidimensional model of social well-being was developed by
 - a. E.Diener
 - b. Corey L.M. Keyes
 - c. Martin Seligman
 - d. Both a and c
11. Who is known as of father of Modern Philosophy?
 - a. Humo
 - b. Plato
 - c. Descartes
 - d. Socrates
12. Origin of species was published in
 - a. 1857
 - b. 1856
 - c. 1877
 - d. 1890
13. Who was the pioneer of Positivism?
 - a. Aristotle
 - b. Immanuel Kant
 - c. August Comte
 - d. Thales
14. Who is the main proponent of Biopsychosocial model
 - a. George Engel
 - b. Galen
 - c. Romano
 - d. None of the Above
15. In which year Engel develop Biopsychosocial model?
 - a. 1977
 - b. 1986
 - c. 1930
 - d. 1872
16. In which approach the health professional is believed to be the 'healer'?
 - a. Integrated view of the body
 - b. Western Medicine
 - c. Allopathic/Conventional Model
 - d. None
17. In which approach the client is in control of which options are available or taken?
 - a. Holistic Model view
 - b. Western Model view
 - c. Conventional Model
 - d. None
18. The type of motivation that is associated with activities that are rewarding or satisfying themselves is
 - a. State Motivation
 - b. Dissociative fugue
 - c. Extrinsic motivation
 - d. Dissociative amnesia
19. The sign of low self-esteem is
 - a. Social withdrawal
 - b. Anger
 - c. Physical symptoms
 - d. Hurtful
20. The most important demotivator in the classroom is
 - a. Peers
 - b. Negative feedback by teacher
 - c. Fast speed of instruction
 - d. Content not relevant and useful

21. How many needs are there in Maslow's hierarchy?
 a. 4 b. 3
 c. 6 d. 5
22. Fromm describes loneliness and _____ as the core of the human experience as a result of his historical analyses.
 a. Nature b. Environment
 c. Significance d. Insignificance
23. Drinking water
 a. Increase blood content b. Improves water level
 c. Removes toxins d. Cleans the stomach
24. Eustress is
 a. Positive stress b. Negative stress
 c. External stress d. Internal stress
25. Resilience development involves
 a. Solving problems of teens b. Preventing them from undergoing problems
 c. Shielding them from others d. Helping them to solve their problems on their own
26. The food which gives energy is
 a. Nutrition bars b. Chocolate
 c. Potato chips d. Cakes
27. The term 'Gestalt' means
 a. Equilibrium b. Shape
 c. Background d. Light
28. Gestalt Therapy, any situation needs to be worked on and _____ in order to reach completion.
 a. Finished b. Talked about
 c. Remain unfinished d. None of the Above
29. The Organ responsible for emotions in our body is
 a. Heart b. Kidney
 c. Stomach d. Amygdala
30. Empathy means
 a. Understanding self b. Understanding the concept
 c. Understanding others d. Understanding colleagues
31. Freud model of personality has three parts namely
 a. Mad, Bad and Good b. Id, Ego and Super Ego
 c. Conscious, Unconscious and Preconscious d. Conscious, Public and Hidden

32. Which of the following statement is incorrect about adjustment disorder?
- a. It is caused within three months of exposure to the stressor.
 - b. It leads to lasting syndromes
 - c. Its symptoms are transient.
 - d. Stressor leading to the disorder is clearly identifiable
33. When all of the four wants are met, the ultimate need, the need for _____ becomes our motivation.
- a. Love
 - b. Safety
 - c. Self-actualization
 - d. Esteem
34. External locus of control has been associated with ----- coping strategies
- a. Help seeking
 - b. Positive thinking
 - c. Avoidance
 - d. All of these
35. Which disease is associated with type A behaviour patterns?
- a. Obesity
 - b. Cancer
 - c. Diabetes
 - d. Coronary heart disease

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