

**BA PSYCHOLOGY**  
**Fifth Semester**  
**HEALTH PSYCHOLOGY**  
**(BPY - 23)**

**Duration: 3Hrs.**

**Full Marks: 70**

Part-A (Objective) =20  
Part-B (Descriptive) =50

**(PART-B: Descriptive)**

**Duration: 2 hrs. 40 mins.**

**Marks: 50**

**Answer any four from Question no. 2 to 8**  
**Question no. 1 is compulsory.**

1. Define stress. Discuss different cognitive and psychological factors of stress.  
(2+4+4=10)
2. How cancer develops? Discuss the various types of cancer. How people who have cancer learn to cope with psychological stress?  
(3+3+4=10)
3. What are the emotional stressors related to HIV? How to reduce the risk of getting HIV?  
(5+5=10)
4. What is Yoga therapy? What are the general precautions that need to be considered for practicing Yoga? Explain the psychological benefit of Yoga.  
(3+3+4=10)
5. Define health psychology. Explain Research methods in health psychology.  
(4+6=10)
6. Differentiate between illness and disease. Explain different approaches of health psychology.  
(2+8=10)
7. "TTM analyses the stages and process people go through in attempting to bring about a change in behavior." Who developed the above mentioned theory? Explain the theory with a suitable example and a neat diagram.  
(1+2+1+6=10)
8. Explain any two theories of stress. Discuss different coping styles of stress.  
(5+5=10)

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**BA PSYCHOLOGY**  
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**Duration: 20 minutes**

**Marks – 20**

**(PART A - Objective Type)**

**I. Tick the correct answer:**

**1×7=7**

1. The word Yoga has come from a \_\_\_\_\_ root.
  - i. Latin
  - ii. Sanskrit
  - iii. Greek
  - iv. None of the above
2. Who among the below mentioned do not provide Yoga therapy?
  - i. Integrative yoga therapy
  - ii. Essential yoga therapy
  - iii. Yoga living institute
  - iv. Yoga life institute
3. During blood pressure reading which number appears at the top?
  - i. Systolic pressure
  - ii. Diastolic pressure
  - iii. Between –beat pressure
  - iv. None of the above
4. Many cancers form solid tumors, except
  - i. Leukemia
  - ii. Sarcomas
  - iii. Carcinomas
  - iv. Lymphoma
5. Aids is the stage that occurs when.....is badly damaged.
  - i. Immune system
  - ii. Circulatory system
  - iii. Digestive system
  - iv. None of the above
6. The optimal amount of stress that people need to promote their health and sense of well being is called,
  - i. Intensity
  - ii. Distress
  - iii. Eustress
  - iv. Acute stress
7. 'A desired job offer does not come through after all'..... This an example of,
  - i. Pressure
  - ii. Frustration
  - iii. Aggression
  - iv. Conflict

**II. Tick true or false:**

**1×7=7**

1. Diabetes is classed as a metabolism disorder. (True/False)
2. Insulin is a hormone that is produced by Adrenal gland. (True/False)
3. A systolic blood pressure with 120 is considered hypertension. (True/False)



4. Neoplastic cells are larger and divided more quickly than do normal cells. (True/False)
5. Primary appraisal involves an individual's determination of whether his/her own abilities and resources are sufficient to overcome the threat of potential harm. (True/False)
6. Transtheoretical model of stress was originally developed by prochaska and Diclemente (1983). (True/False)
7. The word health is derived from Old High German and Anglo Saxon words meaning 'whole', 'hale' and 'holy'. (True/False)

**III. Fill in the blanks:**

**1×6=6**

1. ....model is single factor model of illness.
2. ....is the study of relation between stress and immune system.
3. In..... approach conflict the choice is between two or more goals or events that are unpleasant.
4. In the..... stage of the GAS the person may actually start to feel better.
5. In..... the individuals may confront the trouble directly by gathering information and even by taking straight forward preventive action.
6. Fight or Flight theory was given by.....

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