

**BA PSYCHOLOGY
FIFTH SEMESTER
HEALTH PSYCHOLOGY
BPY – 503**

**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. The condition in which both body and mind are sound and vigorous is:
 - a. Health
 - b. Wellness
 - c. Illness
 - d. Behavior
2. In China and Greece, health was seen as a state of:
 - a. Harmony
 - b. Disharmony
 - c. Dissonance
 - d. Disagreement
3. Which of these is not a definition of health?
 - a. Health as not ill
 - b. Health despite disease
 - c. Health means not seeing a doctor
 - d. Health as vitality
4. Which of these things is health psychology concerned with?
 - a. What causes illness?
 - b. Who is responsible for illness?
 - c. How should illness be treated?
 - d. All of the above
5. Which of these is not an example of health behaviour?
 - a. Smoking
 - b. Taking regular exercise
 - c. Eating healthy food
 - d. Going to the gym
6. Who has given General Adaptation Syndrome?
 - a. Selye
 - b. Wundt
 - c. Freud
 - d. Watson
7. Who has given fight or flight response concept?
 - a. Canon
 - b. Taylor
 - c. Baron
 - d. Wundt
8. ____ is a negative emotional experience accompanied by biological cognitive and behavioral.
 - a. Hope
 - b. Response Bias
 - c. Stress
 - d. Excitement
9. What are the effects of long term stress?
 - a. Weight gain
 - b. Suppression of immunity
 - c. Increased blood pressure
 - d. All
10. Stressors are more likely to affect health if they are which of the following?
 - a. Long lasting
 - b. Highly disruptive
 - c. Difficult to control
 - d. All of the above

11. Type I diabetes is:
 - a. Insulin-dependent
 - b. Non-insulin-dependent
 - c. All of the above
 - d. None of the above
12. Tumors are also called:
 - a. Neoplasm
 - b. Benign
 - c. Malignant
 - d. Cancer
13. HIV can lead to:
 - a. AIDS
 - b. CD4 cells
 - c. T cells
 - d. SIV
14. Angina is a form of:
 - a. CHD
 - b. Cancer
 - c. HIV
 - d. Diabetes
15. Which type of diabetes can occur during pregnancy?
 - a. Gestational
 - b. Type I
 - c. Type II
 - d. All of the above
16. The psychological theory of smoking assumes that smoking _____.
 - a. is a learned habit
 - b. Looks cool
 - c. Moderates anxiety
 - d. All of these
17. The alcohol-intoxicated individual has the less cognitive capacity to process all ongoing information. So alcohol acts to narrow attention and means that the drinker processes fewer cues less well. This is known as
 - a. Alcohol myopia
 - b. Alcohol dependency
 - c. Alcohol abuse
 - d. Alcohol amnesia
18. High-intensity, long duration, and high endurance exercises are called:
 - a. Aerobic
 - b. Anaerobic
 - c. Isokinetic
 - d. None of the above
19. What is the purpose of yoga?
 - a. Lose weight
 - b. Gain physical fitness
 - c. Complete health wellness, muscle toning and calmness without stress
 - d. Body flexibility
20. Which of the following processes are important in explaining obesity?
 - a. Food environment
 - b. Physical activity
 - c. Individual psychology
 - d. All of these

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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. What is stress? Discuss the different approaches to stress. 5+5=10
2. What are the 4 elements which determine the likelihood of someone changing a healthy habit? What are the primary goals of the 'Healthy People 2000 Initiative 1979'? 5+5=10
3. Describe the consequences of stress. Describe coping styles. 5+5=10
4. Describe the models of health. Write the scope of health psychology. 5+5=10
5. What are the risk factors of cancer? Describe the different types of cancer. 5+5=10
6. How can HIV spread? How to prevent HIV? 5+5=10
7. Describe the health implications of smoking and alcoholism. 5+5=10
8. Describe the physiological and psychological benefits of exercise. 5+5=10

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