

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

- Health psychologists analyze the adoption and of health behaviors.
 - Sustain
 - Tolerance
 - Maintenance
 - compromise
- The Biopsychosocial model was first conceptualized by..... in 1972
 - Rothman
 - George Engel
 - Norman
 - Adams
- Health Psychology addressed: why illness occurs, how response to illness, how recovery from illness
 - How staying healthy
 - How psychology works
 - What medicine works
 - How people survive
- The health belief model are identified 4 key construct: perceived susceptibility , perceived severity, perceived benefits, and
 - Perceived barriers
 - Perceived manifestation
 - Perceived belief
 - Perceived control
- The goals of CBT are to decrease theproperties of alcohol.
 - Addiction
 - Reinforcing
 - Stress
 - Tolerance
- The process by which the body increasingly adapts to the use of substance is called
 - Withdrawal
 - Adaptation
 - Tolerance
 - Dependency
- After chemotherapy some cancer patients experience compromise work, social activities and sense of self, this diffuse mental cloudiness is called..... effect.
 - Mental anxiety
 - Chemo brain
 - Hallucination
 - Delusions
- There are two types of treatment: Curative treatment andtreatment.
 - Chronic Treatment
 - Long Treatment
 - Palliative Treatment
 - None of the above

9. Full form of AIDS
- | | |
|---------------------------------------|--|
| a. Acute Immunity Deficiency Syndrome | b. Acquired Immune Deficiency Syndrome |
| c. Acute Immunity Deficit System | d. Acquired Immune Deficiency state |
10. Retinoblastoma is a one type of inherited cancer of cancer
- | | |
|-----------|--------------|
| a. Rectum | b. Liver |
| c. Eye | d. Esophagus |
11. Insufficient sleep less thanaffects cognitive functioning, mood, job performance and quality of life
- | | |
|-----------|-----------|
| a. 7 hrs | b. 8 hrs |
| c. 11 hrs | d. 13 hrs |
12. Appendicitis is a condition that occurs when wastes, bacteria accumulates in the
- | | |
|-------------|--------------------|
| a. Liver | b. Appendix |
| c. Duodenum | d. Small intestine |
13. Health Psychology is both an field.
- | | |
|-----------------------------|-----------------------------|
| a. Applied & Basic Research | b. Clinical & Research |
| c. Applied & Clinical | d. Health care & Management |
14. Family support enhances the patient's physical, emotional functioning and..... , it can improve course of health disorder.
- | | |
|-----------------------|--------------------------------|
| a. Economical support | b. Mental support |
| c. Cognitive support | d. Promote treatment adherence |
15. Dieting contributes to the propensity for obesity. Successive cycles of dieting and weight gain is called
- | | |
|--------------------------|------------------------|
| a. Yo-yo dieting | b. Weight gain dieting |
| c. Stress eating dieting | d. Reverse dieting |
16. Psychological inhibition promote a more rapid course of illness. Optimism, active coping, extraversion and spirituality predict slower disease
- | | |
|----------------|---------------|
| a. Repression | b. Mutation |
| c. Progression | d. Conquering |
17. The word yoga was first mentioned in ancient sacred text called the.....
- | | |
|----------------|------------------|
| a. Arthasastra | b. Ramayana |
| c. Rig Veda | d. Bhagabad Gita |
18. Trans Theoretical model of Behaviour Change developed by
- | | |
|------------------|--------------------|
| a. J.O Prochaska | b. K.J. Petrie |
| c. Sigmund Freud | d. Franz Alexander |

19. Health Psychologists typically assess some of the activities as coping outcomes. Which one is not the coping activity?
- a. Maintaining a positive self image
 - b. Adjusting to negative events
 - c. Maintaining emotional equilibrium
 - d. Having Negative Relationship
20. The full form of ART is
- a. Acquired Rapid Treatment
 - b. Acquired Retroactive Therapy
 - c. Anti Retroviral Therapy
 - d. Anti Retroactive Treatment

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

- | | |
|--|----------|
| 1. Define health psychology. Discuss about the aims of health psychology. Explain the Bio-psychosocial model with suitable diagram. | 2+3+5=10 |
| 2. What do you mean by substance dependence and alcoholism? Explain the Treatment Programs of Alcohol abuse. | 4+6=10 |
| 3. Give the definition of stress. Mention the physiological reaction to stress. Discuss in details about stress management. | 2+2+6=10 |
| 4. Write Short Notes:
a) Health Implications of Smoking
b) Yoga Therapy & Meditation | 5×2=10 |
| 5. What is cancer? Mention the Psychological affects during course of cancer. Discuss about the importance of psychological intervention with cancer patients. | 2+4+4=10 |
| 6. Define obesity. Discuss about the risk factors of obesity and intervention /treatment/management of obesity. | 2+4+4=10 |
| 7. Define chronic illness. Discuss about the importance of studying quality of life and Emotional responses to chronic health disorders. | 2+3+5=10 |
| 8. What is HIV and AIDS? How does HIV spread? Discuss how to prevent HIV / AIDS. | 2+4+4=10 |

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