

**BA PSYCHOLOGY  
THIRD SEMESTER  
HEALTH PSYCHOLOGY IN PRACTICE  
BPY – 932 [IDM<sub>n</sub>]**

**SET  
A**

**[USE OMR SHEET FOR OBJECTIVE PART]**

Duration: 1.30 hrs.

Full Marks: 35

Time: 15 mins.

**(Objective)**

Marks: 10

*Choose the correct answer from the following:*

**1 × 10 = 10**

1. Health habits are.....
  - a. Positive behaviors
  - b. Negative behaviors
  - c. Neutral Behaviors
  - d. None of the Above
2. Health Psychology is also called.....
  - a. Neuroscience
  - b. Behavioral Health
  - c. Well-Being Psychology
  - d. Behavioral Medicine
3. Matarazzo defined Health Behaviour in terms of.....and.....
  - a. Disease and medicine
  - b. Cognition and emotion
  - c. Illness and weakness
  - d. Health impairing and health protective
4. Cognitive Behavioural Approach aims towards.....
  - a. Keeping the negative thoughts constant
  - b. Keeping thoughts and actions neutral
  - c. Changing negative thoughts
  - d. None of the Above
5. Theory of Planned Behaviour was developed by.....
  - a. Maslow
  - b. Ajzen
  - c. Piaget
  - d. None of the Above
6. Which is NOT an example of health habit?
  - a. Exercise
  - b. Smoking
  - c. Staying hydrated
  - d. Balanced Diet
7. .... is a medical condition with identifiable cause.
  - a. Diet
  - b. Exercise
  - c. Disease
  - d. All of the Above
8. .... can contribute to weakened immune function, hypertension and cardiovascular disease.
  - a. Stress
  - b. Diabetes
  - c. Heart Attack
  - d. None of the Above

9. Health compromising behaviours are actions which can.....impact our health and lead to chronic diseases.
- a. Positively
  - b. Negatively
  - c. Neutrally
  - d. None of the Above
10. Which among the following is an example of Health compromising behaviour?
- a. Adequate sleep
  - b. Jogging
  - c. Balanced Diet
  - d. Substance Abuse

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**(Descriptive)**

Time : 1 Hr. 15 Mins.

Marks : 25

[ Answer question no.1 & any two (2) from the rest ]

1. State various ways in which health habits can be changed? 5
2. Elaborate on the barriers to modifying poor health behaviour. 10
3. What do you mean by Health Belief Model? Explain its components. 10
4. Explain the cognitive behavioral approach to changing health behaviour with an example. 10
5. What do you mean by health behaviour? Explain the behavioral factors which play a role in disease development and progression. 3+7=10

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