

**BA PSYCHOLOGY
FIFTH SEMESTER
INTRODUCTION TO HEALTH PSYCHOLOGY
BPY - 502**

**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

- Which of the following areas falls within the scope of health psychology?
 - Understanding the psychological aspects of chronic illness
 - The effects of medication on mental health
 - Rehabilitation after surgery
 - All of the above
- Which of the following best describes the Biomedical Model of health?
 - A holistic approach considering psychological and social factors
 - A model focusing solely on biological factors and diseases
 - A model that emphasizes the importance of lifestyle changes
 - A framework that integrates mental and physical health
- Health psychology aims to understand how.....influences health outcomes and the ability to cope with illness.
 - Behavior
 - Habit
 - Mood
 - Emotions
- What is the primary focus of health psychology?
 - The study of brain functions
 - The psychological factors influencing health and illness
 - The treatment of psychological disorders
 - The analysis of human behavior
- Which coping mechanism focuses on tackling the problem causing stress directly?
 - Problem-focused coping
 - Avoidance
 - Emotion-focused coping
 - Rumination
- Which of the following is NOT a physiological response to stress?
 - Increased heart rate
 - Muscle relaxation
 - Rapid breathing
 - Sweating
- Which of the following is a potential health consequence of chronic stress?
 - Increased immune function
 - Higher risk of cardiovascular diseases
 - Improved memory retention
 - Short-term muscle tension
- Eustress is best described as:
 - Negative stress that harms health
 - Positive stress that motivates individuals
 - Chronic stress with lasting impacts
 - A stress-free state

9. Which part of the brain is associated with benefits from regular mindfulness meditation, including increased gray matter density?
 - a. Occipital lobe
 - b. Amygdala
 - c. Prefrontal cortex
 - d. Cerebellum
10. Which of the following is commonly considered a life-threatening illness?
 - a. Arthritis
 - b. Diabetes Type II
 - c. Hypertension
 - d. Cancer
11. A terminal illness is characterized by:
 - a. An illness with no cure that will likely result in death
 - b. A short-term illness that leads to temporary disability
 - c. An illness with a high chance of recovery
 - d. An acute illness that only lasts for a few weeks
12. Cancer is best described as:
 - a. The rapid growth of healthy cells
 - b. The uncontrolled growth and spread of abnormal cells
 - c. An illness only affecting elderly individuals
 - d. A condition that solely affects the skin
13. The main goal of antiretroviral therapy (ART) is to:
 - a. Cure HIV completely
 - b. Suppress the virus and prevent progression to AIDS
 - c. Increase the production of HIV in the body
 - d. Cause side effects to improve immunity
14. Diabetic retinopathy is a complication of diabetes that affects the:
 - a. Lungs
 - b. Heart
 - c. Eyes
 - d. Liver
15. What is the primary purpose of meditation?
 - a. To improve physical strength
 - b. To enhance emotional stability and focus
 - c. To increase appetite
 - d. To promote sleepiness
16. Health-promoting behaviours primarily include physical activity, balanced diet, and.....
 - a. Stress management
 - b. Sedentary lifestyle
 - c. Unhealthy eating
 - d. Excessive screen time
17. Which of the following is considered a primary prevention strategy?
 - a. Screening for early signs of disease
 - b. Encouraging regular exercise and healthy eating
 - c. Administering medication for chronic illness
 - d. Rehabilitating patients after surgery

18. Which of the following diets is recommended for promoting well-being?
- a. High-fat and low-fiber
 - b. Vegetarian and high in fruits and vegetables
 - c. Processed foods with high sugar content
 - d. High protein with minimal carbohydrates
19. What is the primary goal of secondary prevention?
- a. To promote healthy lifestyle choices
 - b. To eliminate the risk of diseases
 - c. To reduce the severity of existing health conditions
 - d. To encourage regular physical activity
20. Which of the following types of exercise is primarily aimed at improving cardiovascular endurance?
- a. Weight lifting
 - b. Yoga
 - c. Sprinting
 - d. Stretching
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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

1. Discuss the key differences and similarities between the Biomedical Model and the BioPsychosocial Model of health psychology and explain how the BioPsychosocial Model offers a more holistic understanding of health and illness. Provide specific examples to illustrate your points. 6+4=10
2. Define health psychology and discuss its significance in understanding the relationship between psychological factors and health outcomes. Provide examples of how health psychologists contribute to promoting health and managing illness. 5+5=10
3. Define Acculturation. Discuss how cultural factors can shape an individual's perception of stress. In what ways can cultural expectations create or alleviate stress? 3+7=10
4. Explain the difference between problem-focused coping and emotion-focused coping. Identify and explain some relaxation techniques used in emotion-focused coping. 6+4=10
5. What is a Life Threatening Illness? Explain the significance of the study of Life threatening Illness 2+8=10
6. Write short notes on the following: 5+5=10
 - a) Cancer
 - b) HIV-Aids
7. Case Study: 10

Dimpy is a 45-year-old woman who has recently noticed an increase in her stress levels due to work-related pressures and personal issues. She has been feeling fatigued, has gained weight, and has difficulty sleeping. After attending a health workshop, she decides to implement some changes in her lifestyle.

Question:

Based on Dimpy situation, outline a comprehensive health-promoting intervention plan that includes at least three specific behaviours she can adopt to improve her overall well-being. Discuss how these behaviours are interconnected and how they will benefit her mental and physical health.

8. Discuss the role of yoga and Physical exercise in preventing lifestyle-related diseases. Include in your answer how these practices can affect stress management, emotional regulation, and overall well-being. Provide examples of specific techniques and their benefits. 10

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