

**BA PSYCHOLOGY  
THIRD SEMESTER  
HEALTH PSYCHOLOGY  
BPY - 931[1DMj]**

**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. Restricting food intake for a certain period is called.....
  - a. Exercising
  - b. Overeating
  - c. Fasting
  - d. None of the Above
2. What is the primary focus of Health Psychology?
  - a. The biological aspects of health
  - b. The psychological factors that influence health
  - c. The medical treatment of diseases
  - d. The socio-cultural determinants of health
3. Which of the following is NOT a common area of study in Health Psychology?
  - a. Stress and coping
  - b. Chronic illness management
  - c. Genetic predisposition
  - d. Health Behaviour change
4. What is the full form of HIV?
  - a. Human-Immunodeficiency virus
  - b. Human-Infected Virus
  - c. Health Interexchange Virus
  - d. Health Immunodeficiency virus
5. Which of the following is NOT a type of Diabetes?
  - a. Gestational
  - b. Type II
  - c. Type I
  - d. Type III
6. Which of the following is a common physical health effect of chronic stress?
  - a. Decreased immune function
  - b. Improved digestion
  - c. Increased cognitive performance
  - d. Enhanced physical endurance
7. Which of the following best describes 'Eustress'?
  - a. Negative stress that harms health
  - b. Stress that results in fatigue and burnout
  - c. Positive stress that can enhance performance
  - d. A stressor that only affects physical health
8. Which of the following is a health-promoting behaviour?
  - a. Eating junk food
  - b. Substance Abuse
  - c. Poor sleep
  - d. Having positive relationships

9. Which theory suggests that individuals are more likely to change their behavior if they perceive a threat to their health?
  - a. Social learning Theory
  - b. Health Belief Model
  - c. Theory of Planned Behavior
  - d. Transtheoretical Model
10. The Biopsychological model of health emphasizes the interplay between which three components?
  - a. Biological, psychological and social factors
  - b. Medical, environmental and psychological factors
  - c. Genetic, emotional and behavioral factors
  - d. Social, cultural and economic factors
11. A life-threatening disease is.....in nature.
  - a. Temporary
  - b. long term
  - c. Neutral
  - d. None of the above
12. Which type of coping is aimed at managing the emotions that arise from a stressful situation rather than the problem itself?
  - a. Problem focused coping
  - b. Emotion focused coping
  - c. Avoidance coping
  - d. Cognitive restructuring
13. Stress that results from personal losses, such as the loss of a loved one, is often classified as:
  - a. Acute Stress
  - b. Traumatic stress
  - c. Chronic stress
  - d. Eustress
14. Which of the following is considered a chronic stressor?
  - a. A traffic jam
  - b. A surprise party
  - c. Ongoing financial problems
  - d. An exam
15. Which of the following counts as a psychological impact of HIV-AIDS?
  - a. Rejection from people
  - b. Chest pain
  - c. Breathlessness
  - d. All of the above
16. Who has proposed the Biopsychosocial model?
  - a. Freud
  - b. Engel
  - c. Ajzen
  - d. None of the Above
17. Which of the following is a disadvantage of fasting?
  - a. Fatigue
  - b. Improved heart rate
  - c. Enhanced sleep
  - d. All of the above
18. Which of the following is a treatment for cancer?
  - a. Vaccination
  - b. Transplant
  - c. Cosmetic surgery
  - d. Chemotherapy

19. Biomedical approach emphasizes on.....elements as the root cause of disease.
- a. Social
  - b. Biological
  - c. Psychological
  - d. None of the above
20. Health-promoting behaviours are actions to.....the lifestyle.
- a. enhance
  - b. diminish
  - c. stagnate
  - d. None of the above
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**( Descriptive )**

Time : 2 Hr. 30 Mins.

Marks : 50

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

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|--------------------------------------------------------------------------------------------------------------------------------|--------|
| 1. What do you mean by Health Psychology? Elucidate its scope.                                                                 | 2+8=10 |
| 2. Explain the two models of Health Psychology.                                                                                | 10     |
| 3. What is a life-threatening disease? Explain the various types of such diseases with their impact on the body.               | 2+8=10 |
| 4. What is stress? Elaborate on the physiological mechanism of stress.                                                         | 3+7=10 |
| 5. What is health promoting behaviour? Explain the ways in which unhealthy behaviours could be avoided in our day-to-day life. | 2+8=10 |
| 6. Explain fasting. Elucidate the positive and negative impact of fasting in detail.                                           | 2+8=10 |
| 7. Define stress and its characteristics? Explain the behavioural changes that occur as result of stress.                      | 5+5=10 |
| 8. Give certain definitions of stress and explain its nature.                                                                  | 10     |

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