

PARUL UNIVERSITY
FACULTY OF ARTS
B.A Summer 2017 – 18 Examination

Semester: 3
Subject Code: 15105203
Subject Name: Introduction to Health Psychology

Date: 07/06/2018
Time: 10.30 am to 1.00 pm
Total Marks: 60

Instructions:

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

Q.1 Do as directed.**(08)****A. Multiple choice type questions. (Each of 0.5 mark)**

1. Which is not one of the five stages within the model of Prochaska and Di celemte ?
 - a. Maintenance
 - b. Behavioral engagement
 - c. Pre-contemplation
 - d. Preparation
2. Which is not one dimension of five illness representation domains identified by Leventhal?
 - a. Timeline
 - b. Transmissibility
 - c. Consequences
 - d. Control/cues
3. Criticism of health belief model suggest that
 - a. It overestimates the role of threat
 - b. It takes limited account of social influence on behavior
 - c. It is a static model
 - d. All of the above
4. Which of the following is not a component of health belief model?
 - a. Perceived susceptibility
 - b. Perceived behavioral control
 - c. Perceived barriers
 - d. Perceived severity
5. Which of these is not one of the Weinstein's (1987) four factors associated with Unrealistic optimism?
 - a. I can stop this happening
 - b. The problem is rare therefore the chances of happening it to be are slim.
 - c. Ignorance is bliss
 - d. None of the above
6. The existence of simultaneous positive and negative evaluations, which could be both Cognitive and behavioral, is called
 - a. Ambivalence
 - b. Attitude
 - c. Social norm
 - d. None of the above
7. According to Wallston, there are three domains within which we judge where the locus of control over our behavior lies , they are :
 - a. Internal, external , environmental facilitator
 - b. Internal , self confidence , environmental facilitator
 - c. Internal , powerful others , self confidence
 - d. Internal, external, powerful others
8. The behavior of people around us creates a perceived _____
 - a. Social norm
 - b. Intention
 - c. Attitude
 - d. Value

9. Distal factors that impact on our health behavior includes
 - a. Our socio-economic status
 - b. Our culture
 - c. Our ethnicity
 - d. All of the above
10. Which of the following components of Type A behavior has a strong negative effect On cardiac functioning?
 - a. Hostile/verbally aggressive
 - b. Hostile /suspicious
 - c. Highly competitive
 - d. Perfectionist
11. In general, stress events are less stressful when they are
 - a. Predictable
 - b. Unpredictable
 - c. Controllable
 - d. A and c
12. Research suggest that immune system function can be affected by
 - a. Stress
 - b. Stress management
 - c. Depression
 - d. All of the above
13. In which stage of the general adaptive syndrome are the body's resources fully Mobilized and resistant to stress?
 - a. The resistance stage
 - b. The exhaustion stage
 - c. The alarm stage
 - d. The defensive stage
14. A source of stress characterized by the inability to satisfy a motive is called
 - a. Conflict
 - b. Life events
 - c. Frustration
 - d. Pressure
15. A health psychologist would agree with all of the following except
 - a. The functioning of body is linked to psychological factor
 - b. Health psychologist seek to promote healthy life-style
 - c. Stress is less of a factor in health psychology than it was a few year ago
 - d. Our patterns of behavior have direct impact on our health .
16. Which of the following statements best defines Type A personality?
 - a. Goal setting , driven to achieve and friendly
 - b. Relaxed, clam and unhurried
 - c. Hard working , competitive and unhurried
 - d. Goal seeking , driven to achieve , hand working and competitive

B. Terms/ Short notes/ Case study/ Charts/ Graphs/ Tables, etc. (Each of 01 mark)

(07)

1. Define health
2. The health belief model for developed by _____?
3. Biopsychosocial model of health was given by _____?
4. Name two kinds of infants categorized under low birth weight?
5. Mention the characteristics of type B behavior.
6. ACTH stands for?
7. Define stress?

Q.2 Answer the following.

- | | |
|--|-------------|
| A. Explain biomedical model? | (04) |
| B. Explain the dimensions of illness belief? | (04) |
| C. Describe the goals of health psychology? | (04) |
| OR | |
| C. Explain health belief model with example? | (04) |

Q.3 Answer the following.

- A. Give detailed description of theory of planned behavior? **(05)**
- B. Explain bio psycho social model in detail with example? **(05)**
- C. Explain protection motivation theory? **(05)**

OR

- C. Discuss the type A behavior pattern **(05)**

Q.4 Answer the following.

- A. Explain types of stressors and Selye's general adaptation syndrome ? **(06)**
- B. Explain the stages of Leventhal's model in detail? **(06)**
- C. Explain health issues related to adults? **(06)**

OR

- C. Explain Health issues related to children? **(06)**