

Seat No: \_\_\_\_\_

Enrollment No: \_\_\_\_\_

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

**Semester: III**

**Subject code: 15105202**

**Subject Name: Health Psychology**

**Date: 06/12/2017**

**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 assumption wherever necessary.
4. Start new question on new page.

**Q.1 Do as directed:**

(08)

**(A) Multiple choice questions:**

- 1 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. Hard worker and competitive
- 2 A health psychologist would agree with all of the following except
  - a. The functioning of body is linked to psychological factor
  - b. Heath psychologists 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 .
- 3 A source of stress characterized by the inability to satisfy a motive is called
  - a. Conflict
  - b. Life events
  - c. Frustration
  - d. Pressure
- 4 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
- 5 Research suggest that immune system function can be affected by
  - a. Stress
  - b. Stress management
  - c. Depression
  - d. All of the above
- 6 In general, stress events are less stressful when they are
  - a. Predictable
  - b. Unpredictable
  - c. Controllable
  - d. A and c
- 7 Which of the following components of Type A behaviour has a strong negative effect On cardiac functioning?
  - a. Hostile/verbally aggressive
  - b. Hostile /suspicious
  - c. Highly competitive
  - d. Perfectionist
- 8 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
- 9 The behavior of people around us creates a perceived\_\_\_\_
  - a. Social norm
  - b. Intention
  - c. Attitude
  - d. Value
- 10 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

- 11 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. Social norm
- 12 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
- 13 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
- 14 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
- 15 Which is not one dimension of five illness representation domains identified by Leventhal?  
a. Timeline b. Transmissibility  
c. Consequences d. Control/cues
- 16 Which is not one of the five stages within the model of Prochaska and Diceleme ?  
a. Maintenance b. Behavioral engagement  
c. Pre-contemplation d. Preparation

**(B) Answer in one line** (07)

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

**Q.2 Answer the following** (12)

- 1 Explain the dimensions of illness belief?  
2 Explain biomedical model?  
3 Explain health belief model with example?

**OR**

- 3 Describe the goals of health psychology?

**Q.3 Answer the following:** (15)

- 1 Explain bio psycho social model in detail with example?  
2 Give detailed description of theory of planned behavior?  
3 Discuss the type A behavior pattern?

**OR**

- 3 Explain protection motivation theory?

**Q.4 Answer the following** (18)

- 1 Explain the stages of Leventhal's model in detail?  
2 explain types of stressors and seyle's general adaptation syndrome ?  
3 Explain Health issues related to children?

**OR**

- 3 Explain health issues related to adults?