

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

**Semester: 3****Subject Code: 15105203****Subject Name: Introduction to Health Psychology****Date: 13/12/2017****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 assumptions wherever necessary.
4. Start new question on new page.

**Q.1 Do as directed****(A) Multiple choices question****(08)**

1. Health is the state of complete ..... well being.
  - a. Physical
  - b. Social of spiritual
  - c. Mental
  - d. All of the above
2. Prolonged stress affects a person physically socially as well as-
  - a. Ecologically
  - b. Psychologically
  - c. Treatment wise
  - d. None of the above
3. Coping reactions for dealing with stress are-
  - a. Behavior tics
  - b. Emotional
  - c. Cognitive
  - d. All of the above
4. Most effective and supportive prevention and help for good health, is-
  - a. Diet
  - b. yoga
  - c. family and social support
  - d. none of the above
5. Stress management techniques are-
  - a. bio feedback
  - b. exercise
  - c. relaxation technique
  - d. all of the above
6. .... are common to occur in elderly persons that affect psychological health.
  - a. Helplessness
  - b. Alzheimer
  - c. Dementia
  - d. All of the above
7. How many type of stress are there ?
  - a. 6
  - b. 2
  - c. 3
  - d. 4
8. .... and .... are not good for health.
  - a. Balance diet and nutrition
  - b. Alcohol and smoking
  - c. Exercise and yoga
  - d. None of the above
9. A source of stress characterized by the inability to satisfy motive is called
  - a. Conflict
  - b. Life event
  - c. Frustration
  - d. Motive
10. Which one is not the dimension of five illness representative domains identified by Leventhal?
  - a. Timeline
  - b. Transmissibility
  - c. Consequences
  - d. Control/cues
11. 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

12. In general, stress events are less stressful when they are
  - a. Predictable
  - b. Unpredictable
  - c. Controllable
  - d. A and C
13. Distal factors that impact on our health behavior includes :
  - a. Our-socio economic status
  - b. Our culture
  - c. Our ethnicity
  - d. All the above
14. The behavior of people around us creates a perceived \_\_\_\_\_
  - a. Social norm
  - b. Intention
  - c. Attitude
  - d. Value
15. 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
16. 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

**(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. Discuss the goals and scope of social psychology?
2. Explain bio-psycho-social model with example?
3. Explain the health issues in children?

**OR**

3. Explain the types of stress?

**Q.3 Answer the following**

**(15)**

1. Mention the dimension of illness belief and explain them?
2. Explain the theory of planned behavior?
3. Explain the stages of Leventhal's model with example?

**OR**

3. Explain the health belief model with the help of example

**Q.4 Answer the following**

**(18)**

1. Describe protection motivation theory?
2. Discuss the type A behavior pattern?
3. Explain the health problem related to old age and also explain some treatment for the problems?

**OR**

3. Explain the health issues related to women?