



## BRAINWARE UNIVERSITY

Term End Examination 2024-2025  
Programme – B.Sc.(PSY)-Hons-2024  
Course Name – Health Psychology  
Course Code - BPY10201  
( Semester I )

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Brainware University  
398, Ramkrishnapur Road, Barasat  
Kolkata, West Bengal-700125

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

### Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Select the primary goal of health psychology from the options below
- a) To focus solely on the treatment of physical illnesses
  - b) To understand how biological, psychological, and social factors influence health and illness
  - c) To design drugs and medical technologies
  - d) To conduct surgical procedures to cure diseases
- (ii) Identify the goal of health psychology related to understanding the social factors affecting health
- a) To develop new medical technologies for disease detection
  - b) To explore how social support systems impact health and recovery
  - c) To research the genetic basis of chronic illnesses
  - d) To evaluate the cost-effectiveness of healthcare systems
- (iii) Choose the statement that accurately reflects the scope of health psychology
- a) Health psychology is concerned with how social factors affect physical health only
  - b) Health psychology integrates knowledge from psychology, medicine, and public health to understand health and illness
  - c) Health psychology focuses exclusively on psychological treatments for mental health issues
  - d) Health psychology deals mainly with the administration of healthcare systems
- (iv) Choose the statement that accurately describes the mind-body relationship
- a) Mental and physical health are unrelated and do not influence each other
  - b) Mental states can affect physical health and vice versa, creating a complex interplay
  - c) Physical health only affects mental states when there is a severe illness
  - d) The mind-body relationship is only important in the field of psychiatry
- (v) Select the approach that emphasizes the importance of integrating mental and physical health in treatment

- a) Conventional medicine  
c) Emergency medical services
- b) Holistic health care  
d) Pharmacological intervention
- (vi) Identify the hormone that is commonly elevated in individuals experiencing chronic stress
- a) Insulin  
c) Cortisol
- b) Melatonin  
d) Serotonin
- (vii) Select the treatment approach that is commonly used for stress disorders, especially PTSD
- a) Cognitive Behavioral Therapy (CBT)  
c) Aromatherapy
- b) Hypnosis  
d) Homeopathy
- (viii) Select the symptom that is NOT typically associated with stress disorders
- a) Hyperarousal  
c) Compulsive rituals
- b) Intrusive thoughts  
d) Emotional numbness
- (ix) Identify the stage in the Trans-Theoretical Model where an individual has made specific modifications in their lifestyle but has not yet reached six months of consistent behavior change:
- a) Action  
c) Preparation
- b) Maintenance  
d) Contemplation
- (x) Select the correct statement about the clinical application of the bio-psychosocial model:
- a) It allows for a standardized treatment approach for all patients.  
c) It restricts healthcare providers to using only medical interventions
- b) It supports personalized treatment plans based on individual needs and contexts.  
d) It minimizes the importance of mental health in patient care
- (xi) Choose the factor most likely to contribute to a health-promoting lifestyle.
- a) High stress levels  
c) Frequent consumption of fast food
- b) Adequate sleep  
d) Sedentary behavior
- (xii) Select the most appropriate strategy to enhance adjustment during a major life transition of an individual.
- a) Avoid seeking support from friends and family  
c) Rely solely on past experiences for guidance
- b) Maintain an open mind and be willing to learn  
d) Focus on controlling every aspect of the situation
- (xiii) Select the most effective coping strategy for managing frustration in a high-stress situation.
- a) Ignoring the problem  
c) Procrastinating on the task
- b) Deep breathing exercises  
d) Yelling at others
- (xiv) Select the conflict management style that involves both parties working together to find a mutually beneficial solution.
- a) Competing  
c) Accommodating
- b) Avoiding  
d) Collaborating
- (xv) Identify the key factor that contributes to ability to remain hopeful during difficult times of an individual.
- a) Social Support  
c) Life Satisfaction
- b) Optimism  
d) Happiness

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**Group-B**  
(Short Answer Type Questions)

3 x 5=15

2. Employ the biopsychosocial model in explaining disease patterns in India. (3)
3. Define stress and its types. (3)

4. Explain the long-term consequences of chronic stress. (3)
5. Explain the stages of the trans-theoretical model in health behavior change. (3)
6. Distinguish between mental health and mental hygiene. (3)

**OR**

Explain how frustration can lead to conflict in personal relationships. (3)

### **Group-C**

(Long Answer Type Questions)

5 x 6=30

7. Give an Example of How Unresolved Conflict Can Lead to Long-Term Psychological Issues. (5)
8. Differentiate between happiness and life satisfaction. (5)
9. Enumerate the key features of health psychology. (5)
10. Estimate the long-term impact of stress on mental health. (5)
11. Discuss the role of self-efficacy in Protective Motivation Theory. (5)
12. Differentiate between Mental Health and Mental Hygiene. (5)

**OR**

Compare the Criteria for Adjustment and Factors Influencing Adjustment. (5)

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