16499

BRAINWARE UNIVERSITY

Term End Examination 2025-2026
Programme – B.Sc.(PSY)-Hons-2024/B.Sc.(PSY)-Hons-2025
Course Name – Health Psychology
Course Code - BPY10201
(Semester I)

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) Select the concept that best describes the health-illness continuum.

a) A model that categorizes health as either good or bad
b) A spectrum ranging from optimal health to severe illness and disability
c) A fixed state where health remains constant over time
d) A system that only focuses on the presence or absence of disease

(iii) Identify the term that refers to the interaction between mental processes and physical health.

a) Social determinants of health
b) Psychosomatic connection
c) Environmental health factors
d) Genetic predisposition

(iv) Choose the concept that explains how psychological factors can influence the onset or progression of disease.

a) Biological determinism
b) Mind-body interaction
c) Social health model
d) Environmental exposure

(v) Identify the part of the brain that activates the stress response.

a) Hippocampus
b) Hypothalamus
c) Cerebellum
d) Medulla oblongata

(vi) Select the type of stress that is short-term and can be motivational.

a) Chronic stress
b) Acute stress
c) Traumatic stress
d) Residual stress

(vii) Select the most common cause of stress in adults.

a) Lack of sleep
b) Unhealthy diet
c) Financial problems
d) Physical illness

(viii) Select the most effective relaxation technique to manage acute stress.

a) Procrastination
b) Deep breathing exercises
c) Overeating
d) Excessive exercise

(ix) Identify the approach that focuses on recognizing and managing thoughts that contribute to stress.

a) Cognitive-behavioral therapy (CBT)
b) Pharmacotherapy
c) Nutritional therapy
d) Physical therapy

(x) Choose the individual barrier that is most likely to affect the ability to quit smoking of someone.

a) Peer pressure
b) Stress management difficulties
c) High cost of nicotine patches
d) Lack of health education

(xi) Select the primary neurotransmitter involved in regulating mood, which is often associated with depression when its levels are imbalanced.

a) Dopamine
b) Serotonin
c) Norepinephrine
d) Acetylcholine

(xii) Select the behavior that indicates a person is experiencing frustration.

a) Smiling and laughing
b) Avoiding conflict and staying silent
c) Repeatedly attempting to solve a problem without success
d) Exhibiting enthusiasm and energy

(xiii) Identify the factor most associated with setting and pursuing goals with a sense of purpose and direction.

a) Happiness
b) Resilience
c) Hope
d) Life Satisfaction

(xiv) Select the factor that is most likely to decrease life satisfaction.

a) Strong social relationships
b) Chronic stress
c) High levels of resilience
d) A sense of purpose

(xv) Select the characteristic that is most likely to improve resilience in the face of adversity.

a) Rigid thinking
b) Positive coping strategies
c) Avoidance of challenges
d) Excessive worry

Group-B

(Short Answer Type Questions) 3 x 5=15

2. Describe the primary goals of health psychology. (3)
3. Describe the causes of stress. (3)
4. Describe the difference between positive stress and negative stress. (3)
5. Illustrate the community-level barriers to health. (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. Discuss the mind-body relationship in health psychology. (5)
8. List the psychological factors influencing health behaviors. (5)
9. Express how the Trans-Theoretical Model can be applied to smoking cessation. (5)
10. Compare health-promoting behaviors with health-damaging lifestyles. (5)
11. Compare the Criteria for Adjustment and Factors Influencing Adjustment. (5)
12. Differentiate between happiness and life satisfaction. (5)

OR

Compare resilience and optimism in how they contribute to mental health. (5)

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