17409

BRAINWARE UNIVERSITY

Term End Examination 2025-2026
Programme – B.Sc.(PSY)-Hons-2023
Course Name – Health Psychology
Course Code - BPY50204
(Semester V)

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 which type of stress arises from everyday demands and pressures?
a) Acute stress b) Chronic stress
c) Environmental stress d) Daily hassles

(ii) Identify, What type of stress occurs suddenly and usually in response to a specific event or situation?
a) Eustress b) Acute stress
c) Chronic stress d) None of the these

(iii) Identify the type of stress that results from ongoing demands, pressures, and worries that seem endless, in relation to its impact on health and well-being.
a) Eustress b) Acute stress
c) Chronic stress d) None of the these

(iv) Identify the hormone primarily associated with the body's stress response and explain its role in stress-related physiological changes.
a) Insulin b) Cortisol
c) Estrogen d) Testosterone

(v) Identify which of the following is a cognitive symptom of stress.
a) Increased appetite b) Difficulty concentrating
c) Elevated heart rate d) Improved memory

(vi) Identify the type of stress that is often viewed as positive and motivating.
a) Eustress b) Acute stress
c) Chronic stress d) None of the these

(vii) Choose the correct definition of stress that best applies to understanding health-related behaviors.
a) A state of tranquility b) A response to challenging situations
c) A form of relaxation d) A state of euphoria

(viii) Select the option that best explains how stress impacts the body.

a) It has no physical effects
b) It triggers the fight-or-flight response
c) It only affects mental functions
d) It enhances immune function

(ix) Select, How does chronic stress differ from acute stress?

a) Chronic stress is short-term, acute stress is long-term
b) Chronic stress is intense, acute stress is mild
c) Chronic stress persists over time, acute stress is brief
d) Chronic stress is adaptive, acute stress is maladaptive

(x) The Social Readjustment Rating Scale (SRRS) measures:

a) Stressful life events
b) Coping strategies
c) Neurotransmitter levels
d) Personality traits

(xi) The General Adaptation Syndrome (GAS) theory was proposed by:

a) Hans Selye
b) Walter Cannon
c) Richard Lazarus
d) Albert Ellis

(xii) Select the duration for which symptoms must be present to characterize Acute Stress Disorder (ASD).

a) Less than 1 week
b) Between 1 week and 1 month
c) Between 1 month and 3 months
d) More than 3 months

(xiii) Select the disorder characterized by persistent and intrusive anxiety symptoms following a traumatic event.

a) Generalized Anxiety Disorder (GAD)
b) Panic Disorder
c) Post-Traumatic Stress Disorder (PTSD)
d) Social Anxiety Disorder

(xiv) Select the physiological system activated during the 'fight-or-flight' response.

a) Parasympathetic nervous system
b) Sympathetic nervous system
c) Endocrine system
d) Immune system

(xv) PTSD typically develops following exposure to:

a) A chronic illness
b) A traumatic event
c) A natural disaster
d) A difficult breakup

Group-B

(Short Answer Type Questions) 3 x 5=15

2. Identify the difference between eustress and distress. (3)
3. Identify the key components of a health-promoting lifestyle, and how do they contribute to overall well-being? (3)
4. Describe the concept of health psychology and outline its scope. (3)
5. Discover how health psychology contributes to our understanding of the mind-body connection. (3)
6. Explain how practicing good hygiene habits contribute to disease prevention and overall health. (3)

OR

Evaluate the impact of prolonged exposure to stressors on the development of chronic diseases and mental health disorders. (3)

Group-C

(Long Answer Type Questions) 5 x 6=30

7. Describe primary and secondary appraisal in the context of stress. (5)
8. Explain How does the Transtheoretical Model (Stages of Change) describe behavior change and progression through different stages? (5)
9. Evaluate the characteristics of a maladjusted person. (5)
10. Evaluate some common strategies for maintaining mental hygiene in daily life. (5)
11. Illustrate the challenges and future directions in the field of health psychology. (5)
12. Illustrate the difference between approach-approach and approach-avoidance conflicts. (5)

OR

Evaluate the characteristics that define a well-adjusted person. (5)

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