



## BRAINWARE UNIVERSITY

Term End Examination 2023-2024  
Programme – B.Sc.(PSY)-Hons-2022  
Course Name – Health Psychology  
Course Code - PSYC401  
( Semester IV )

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) According to Lazarus and Folkman, secondary appraisal involves:
- a) Assessing the severity of a stressor
  - b) Evaluating one's coping resources and options
  - c) Determining the physiological response to stress
  - d) Ignoring the stressor altogether
- (ii) Which disorder involves the experience of persistent and intrusive symptoms of anxiety following exposure to a traumatic event?
- a) Generalized Anxiety Disorder (GAD)
  - b) Panic Disorder
  - c) Post-Traumatic Stress Disorder (PTSD)
  - d) Social Anxiety Disorder
- (iii) The "fight-or-flight" response is associated with the activation of which physiological system?
- a) Parasympathetic nervous system
  - b) Sympathetic nervous system
  - c) Endocrine system
  - d) Immune system
- (iv) Which of the following is NOT a common stress management technique?
- a) Exercise
  - b) Procrastination
  - c) Deep breathing
  - d) Meditation
- (v) Mindfulness-based stress reduction (MBSR) programs often incorporate practices from which tradition?
- a) Buddhism
  - b) Hinduism
  - c) Judaism
  - d) Christianity
- (vi) The theory that states people are more likely to engage in health-promoting behaviors if they believe they are susceptible to a health threat and that taking action can reduce that threat is known as:
- a) Theory of Planned Behavior
  - b) Health Belief Model
  - c) Transtheoretical Model
  - d) Social Cognitive Theory
- (vii) The term "health literacy" refers to:

- a) The ability to read medical textbooks      b) The ability to understand and use health information to make informed decisions
- c) The ability to perform medical procedures      d) The ability to prescribe medications
- (viii) Excessive consumption of sugary beverages has been linked to an increased risk of:
- a) Type 2 diabetes      b) Osteoporosis
- c) Depression      d) Alzheimer's disease
- (ix) The term "approach-approach conflict" refers to a situation where an individual:
- a) Faces two undesirable options      b) Faces one desirable and one undesirable option
- c) Faces two equally desirable options      d) Faces no desirable options
- (x) The term "mental hygiene" was coined by:
- a) Sigmund Freud      b) Carl Jung
- c) Alfred Adler      d) William James
- (xi) According to the Health Belief Model, which of the following is NOT a factor influencing health behavior change?
- a) Perceived susceptibility      b) Perceived severity
- c) Perceived benefits      d) Perceived personality traits
- (xii) In the Transtheoretical Model, what are the five stages of change?
- a) Precontemplation, Contemplation, Preparation, Action, Maintenance      b) Denial, Acceptance, Planning, Implementation, Reflection
- c) Ignorance, Awareness, Motivation, Persistence, Success      d) Procrastination, Exploration, Commitment, Execution, Sustainment
- (xiii) The field of health psychology contributes to:
- a) Understanding the psychological aspects of illness and disease      b) Developing interventions to promote health and prevent illness
- c) Improving patient outcomes and quality of life      d) All of these
- (xiv) The health-illness continuum helps healthcare professionals:
- a) Ignore the psychological and social aspects of health      b) Recognize that health is solely determined by genetic factors
- c) Understand that health and illness are not dichotomous but exist on a spectrum      d) Discourage patients from seeking preventative care
- (xv) The field of psychoneuroimmunology examines:
- a) The relationship between psychology and neurology      b) The connection between the mind, the nervous system, and the immune system
- c) The effects of nutrition on mental health      d) The impact of exercise on cognitive function

### Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain the difference between eustress and distress. (3)
3. Define fight-or-flight response and how does it relate to stress? (3)
4. Discuss Lazarus and Folkman's transactional model of stress and coping. (3)
5. Enumerate some common maladaptive coping mechanisms that hinder adjustment. (3)
6. Evaluate how health psychology addresses the role of cultural and social factors in health and illness. (3)

OR

Predict the links between unhealthy dietary habits and the prevalence of conditions like diabetes and hypertension. (3)

### Group-C

(Long Answer Type Questions)

5 x 6=30

7. Describe Health Psychology and its Scope. (5)
8. Summarize How does the Theory of Planned Behavior explain the role of attitudes, subjective norms, and perceived behavioral control in predicting health behaviors? (5)
9. Infer the criteria for an well adjusted person. (5)
10. Identify some common strategies for maintaining mental hygiene in daily life? (5)
11. Discuss, how do stress management techniques promote mental hygiene. (5)
12. Correlate the role of health psychology plays in promoting preventive health behaviors and habits. (5)

**OR**

Illustrate, How socioeconomic factors, such as income and education level, influence disease patterns. (5)

\*\*\*\*\*