

SEAT No. _____

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[7]

SARDAR PATEL UNIVERSITY

T.Y.B.A. (FIFTH SEMESTER) NC (Advanced) (CBCS) EXAMINATION 2020

Thursday, 24 December, 2020

Time: 10.00 to 12.00 a.m.

UA05CEPS03: Health Psychology-I

Total Marks: 60

(20)

Q.1 Multiple Choice Questions. (each carry one mark)

1. What type of pain can the gate theory of pain not account for?
a. Phantom limb pain b. Arthritic pain
c. Back pain d. Pain post-stroke
2. Levanthal and his colleagues identified cognitive dimensions. Which excludes _____.
a. Identity b. Perceive cause of illness c. Consequences d. Presentations
3. The emergency-control branch of human nervous system is:
a. Sympathetic b. Parasympathetic c. Cerebrospinal d. Ventromedial
4. In ancient times, who supposedly inhibited the body and soul of a "crazy" person?
a. God b. A saint c. The devil d. None of these
5. The gate control theory of pain is a:
a. Biomedical model of pain b. Psycho-biological model of pain
c. Sociological model of pain d. Psychological model of pain
6. "I have been trying to come up with a strategy about what to do" is an example
a. Planing b. Denial c. Self control d. Escape
7. The perception of pain may be influenced by
a. Context b. Socialization c. Attention d. All of the above
8. Creating the magic of consciousness is carried out primarily by
a. The hindbrain. b. The midbrain. c. The forebrain. d. The brainstem.
9. The diencephalon includes two structures, one of them is _____.
a. Temporal lobe b. Hypothalamus c. Cerebellum d. Brainstem
10. Sensory nerve cells act as the decision-making cells to sum up all signals for certain stimuli.
a. True b. False
11. What does the term 'mortality' refer to?
a. Death b. Illness c. Health d. Morbidity
12. The endocrine system is *quicker* than the nervous system.
a. True b. False
13. Behavioral interventions for pain are based on:
a. Operant conditioning b. Cognitive challenge.
c. Self-management techniques d. Motivational techniques.
14. Who in the population are most likely to report pain?
a. People with high levels of physical strain in their jobs b. The elderly
c. People who are divorced or separated d. All of the above
15. Appraisals of an illness as serious but controllable may be associated with:
a. Anxiety b. Hope c. Optimism d. All of the above

16. Health, as used in this class, is best defined as
- The absence of illness or pain
 - body condition with no current physical disease or injury
 - A positive state of mental, social, and physical well being
 - A body condition with no risk of physical illness
17. Currently the major cause of illness is
- Behavior or lifestyle
 - Genetic or family background
 - Care taken during childhood
 - Work environments
18. Health psychology is linked to
- The behavioral sciences
 - Clinical psychology
 - Behavioral medicine
 - A and B only
19. Feelings such as sadness, despair and anxiety are indicators of
- Mental illness
 - Physical health
 - Psychological health
 - All of the above
20. Biologically, pain is defined as an unpleasant sensation resulting from
- Disease
 - Injury
 - The imagination
 - All

Q.2. Describe chronic illness in childhood and adolescents 15
OR

Q.2. Describe the fields of health psychology and aims of health psychology in detail. 15

Q.3 Write Short Notes. (Any five) 25

- Theories of pain
- Endocrine System
- Dealing with chronic illness
- Hindbrain & Forebrain
- Acute and chronic Pain
- Psychological Influences on Pain
- Mind Body Connection
- Peripheral nervous system
- Meaning of health
- Illness cognition

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