

(2) Seat No.: _____

No. Of Printed Pages: 2

SARDAR PATEL UNIVERSITY
T.Y.B.A. (Advanced) (FIFTH SEMESTER) (CBCS) EXAMINATION 2016
Wednesday, 16th November, 2016
10.00 To 12.00 a.m.
UA05CEPS03: Health Psychology-I

Total Marks: 60

15marks

Q.1 Multiple choice questions (each carry one mark)

1. Which of the following does not belong to the categories of coping strategies that women commonly engaged in?
a. Acceptance b. Resistance c. Revolution d. Adaptation
2. The perception of pain may be influenced by
a. Context b. Socialization c. Attention d. All of the above
3. Health psychology defines _____ as the actions people take that impact their physical health.
a. Behaviours b. Health behaviors c. Reactions d. none
4. The diencephalon includes two structures, one of them is _____.
a. Temporal lobe b. Hypothalamus c. Cerebellum d. Brainstem
5. Behavioral interventions for pain are based on:
a. Operant conditioning b. Cognitive challenge.
c. Self-management techniques d. Motivational techniques.
6. 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
7. _____ is "A patient's own implicit common sense belief about their illness"
a. Illness belief b. Cognitive dimensions
c. Illness cognitions d. None of these
8. Cross-cultural differences have been found in the
a. Discrimination of painful stimuli. b. Reporting and intensity of reactions to pain.
c. Sensory aspect of pain. d. All of the above.
9. Coping occurs as a response to:
a. Illness related beliefs b. A negative emotional response
c. An adverse set of circumstances d. None of the above
10. "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
11. Appraisals of an illness as serious but controllable may be associated with:
a. Anxiety b. Hope c. Optimism d. All of the above
12. According to Cartesian theory of pain "Rational Soul" referred to
a. Body b. Mind c. Brain d. Self

13. A key role for health psychologists in any health care system is to:
- Teach other professions about the principles of health psychology
 - Provide health psychology interventions, and not encourage the use of health psychology by others
 - Provide the research basis for interventions by other professions
 - None of the above
14. What is the primary purpose of the spinal cord?
- To transmit electrical signals between the brain and the rest of the body
 - It fills the subarachnoid space
 - It protects the central nervous system
 - It reduces the weight of the brain
15. Which one of the following is associated with forming lasting memories?
- Hippocampus
 - Homeostasis
 - Axons
 - Spinal cord

Q.2. Describe central nervous system in detail. 15 Marks

Or

Q.2. Illustrate the field of health psychology and explain aims of health psychology

Q.3. Describe types of pain and psychological influences on pain 15 Marks

Or

Q.3. What is illness cognition? Explain Leventhal's model of illness cognition

Q.4 Write Short Notes (any two) 15 Marks

- Theories of pain
- Endocrine System
- Chronic illnesses in childhood
- Meaning of Health and Illness

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