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SARDAR PATEL UNIVERSITY
T.Y.B.A. (SIXTH SEMESTER) (CBCS) EXAMINATION 2015
Tuesday, 7th April, 2015
2.30 To 4.30 p.m.
UA06CEPS03: Health Psychology-II

Total Marks: 60

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

15marks

1. The most promising development in the treatment of AIDS is
 - A. an HIV vaccine.
 - B. AZT.
 - C. protease inhibitors.
 - D. HAART
2. Stress has been related to
 - A. rates of infectious disease in children and adults.
 - B. the development of herpes virus infections.
 - C. slower wound healing.
 - D. all of the above.
3. The excessive use of any drug is called:
 - A. Drug misuse
 - B. Drug abuse
 - C. Drug dependence
 - D. Drug addiction
4. Stress can be defined as a negative emotional experience accompanied by
 - A. biochemical and physiological changes.
 - B. cognitive changes.
 - C. behavioral changes.
 - D. all of the above.
5. The aftereffects of stress are most deleterious when the stressor is
 - A. negative.
 - B. intense.
 - C. anticipated.
 - D. unpredictable.
6. What is the most widely used recreational drug in our society?
 - A. Tobacco
 - B. Alcohol
 - C. Marijuana
 - D. Cocaine
7. HIV affects primarily
 - A. helper T cells and macrophages.
 - B. leukocytes.
 - C. natural killer cells.
 - D. B cells
8. The most common mode of transmission of AIDS worldwide is via
 - A. heterosexual sexual activity.
 - B. homosexual sexual activity.
 - C. blood transfusions.
 - D. intravenous drug use.
9. Studies of personality and coping styles have found that the stress-immune functioning relationship is moderated by
 - A. optimism.
 - B. self-efficacy.
 - C. perceived control
 - D. all of the above.

10. Most definitions of stress focus on
- A. stressful events.
 - B. physiological changes.
 - C. emotional changes.
 - D. the relationship between the person and the environment.
11. The process of primary appraisal involves the evaluation of one's
- A. current emotional state.
 - B. perception of the event.
 - C. coping ability.
 - D. resources.
12. All of the following are characteristics of addiction except:
- A. Control
 - B. Denial
 - C. Negative consequences
 - D. Compulsion
13. The process of _____ involves the evaluation of one's resources to determine whether they will be sufficient to meet the demands of stressful situations or events.
- A. primary appraisal
 - B. secondary appraisal
 - C. coping
 - D. all of the above
14. The fight-or-flight response
- A. is never adaptive.
 - B. involves arousal of the parasympathetic nervous system and the endocrine system.
 - C. involves arousal of the sympathetic nervous system and the endocrine system.
 - D. is subject to large individual differences.
15. Studies have found that _____ beliefs about the self and the future are associated with the onset of AIDS in individuals with HIV.
- A. positive
 - B. negative
 - C. neutral
 - D. none of the above

Q.2. Describe developmental model of eating behavior. 15 Marks
Or

Q.2. Explain initiating and maintaining an addicted behavior in details.

Q.3. Define Stress and Illustrate effects of stress. 15 Marks
Or

Q.3. Define HIV/AIDS and Explain Attitude and role of psychology in the study of HIV/AIDS.

Q.4 Short Notes (Any Two) 15 Marks

1. Addiction
2. Relapse in an addicted behavior
3. How does diet affect health?
4. Coping with Stress

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