

SEAT No. _____

No. of Printed Pages : 02

[A-25]

SARDAR PATEL UNIVERSITY
T.Y.B.A. (ADVANCED) (SIXTH SEMESTER) (CBCS) EXAMINATION 2020

Wednesday, 7th October, 2020

Time: 3.00 to 5.00 p.m.

UA06CEPS03: Health Psychology-II

Note: All questions are compulsory.

Total Marks: 60

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

20 Marks

1. 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.
2. Human beings need to consume a variety of foods in order to have a balanced diet and yet show fear and avoidance of novel foodstuff called
 - a) Food intake
 - b) Neophobia
 - c) Ingestion
 - d) Food scares
3. Cancer patients showed increases in immune system functioning after
 - a) They were questioned about life events
 - b) Stress management treatment
 - c) The general adaptation syndrome began
 - d) They were taught repressor coping styles
4. The correct order of Hans Seyle's General Adaptation Syndrome are
 - a) Alarm, resistance, exhaustion
 - b) Resistance, alarm, exhaustion
 - c) Exhaustion, alarm, resistance
 - d) Resistance, exhaustion, alarm
5. Most definitions of stress focus on
 - a) stressful events.
 - b) physiological changes.
 - c) emotional changes.
 - d) the relationship between the person and the environment.
6. Interventions for alcohol abuse
 - a) Concentrate on biology and physiology
 - b) Focus on individual or psychological aspects of the problem
 - c) Focus on family and relational aspects
 - d) Take a multivariate approach
7. What is the most widely used recreational drug in our society?
 - a) Tobacco
 - b) Alcohol
 - c) Marijuana
 - d) Cocain
8. In which stage of the general adaptation syndrome is resistance to stress lowered?
 - a) Resistance stage
 - b) Exhaustion stage
 - c) Alarm stage
 - d) Defensive stage
9. The excessive use of any drug is called:
 - a) Drug misuse
 - b) Drug abuse
 - c) Drug dependence
 - d) Drug addiction
10. AIDS impairs the body's immune system by destroying or disabling the immune cells called
 - a) T-4 helper cells
 - b) B-cells
 - c) DNA
 - d) A & B both
11. Who gave the flight or fight model?
 - a) Freud
 - b) Jung
 - c) Walter Cannon
 - d) Lazarus
12. 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.

13. Each of the following is an effective method of coping with stress except
 a) Removing stress b) Cognitive coping
 c) Defense mechanisms d) Managing stress reactions
14. The term neoplasm specifically refers to which cell growth?
 a) Abnormal b) Cancerous c) Benign d) Malignant
15. The body's natural tendency to maintain a state of internal balance or equilibrium is called:
 a) Arousal b) Opponent process c) Homeostasis d) Instinct
16. 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
17. Unsuccessful married life is an example of
 a) Acute Stress b) Chronic Stress c) Neither A nor B d) Both A and B
18. A health psychologist would agree with all of the following except
 a) The functioning of the body is linked to psychological factors.
 b) Health psychologists seek to promote healthy life-styles.
 c) Stress is less of a factor in health psychology than it was a few years ago.
 d) Our patterns of behavior have direct impact on our health.
19. When we say we want to "lose weight" we really should be saying we want to lose
 a) Bone b) Fat c) Muscle d) Water
20. Psychological aspects of chronic illness include
 a) Damage to self-esteem b) Shame c) Depression d) All of the above

Q.2 What is dieting? Explain model of eating behavior?
 Or

15 Marks

Q.2. Discuss Generalized adaptation syndrome (GAS)

15 Marks

Q.3 Write Short Notes (any five)

25 Marks

1. Psychoneuroimmunology
2. How does diet affect health?
3. Relapse Stage in substance abuse
4. Role of Psychology in HIV/Aids
5. Addiction
6. PTSD
7. Anorexia nervosa
8. Effects of Chronic Stress
9. Stressors
10. Coping with stress
