



UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Sixth Semester – 2020

Paper: Health Psychology

Course Code: APSY-368 Part – I (Compulsory)

Time: 15 Min. Marks: 10

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

ATTEMPT THIS PAPER ON THIS QUESTION SHEET ONLY.

Division of marks is given in front of each question.

This Paper will be collected back after expiry of time limit mentioned above.

Q.1. Encircle the correct option.

(10x1=10)

1. ACTH is the abbreviation of
 - a. Adrenalcorticaltropic hormone
 - b. adrenalcortisolotropic hormone
 - c. Adrenocorticotropic hormone
 - d. adrenalcarticotropic hormone
2. A definition of health is offered by the World Health Organization (WHO) as,
 - a) a complete state of physical & mental well being
 - b) social well-being
 - c) absence of disease or infirmity
 - d) All of the above
3. The theory of reasoned action mainly as enhancement of
 - a. Anderson's Information integration Theory
 - b. Anderson's information Theory
 - c. Information integration chance theory
 - d. Enhancement theory
4. The biomedical model has emerged over time as;
 - a) a reaction to previous superstitions about health
 - b) An explanation to existing views about illness
 - c) Both a & b
 - d) Explaining the importance of psychosocial factors
5. Belief about whether most people approve or disapprove of their behavior is called
 - a. Personal norms
 - b. Subjective norms
 - c. Social norms
 - d. a and b

6. Which of the following individual factors may influence adherence to clinical guidelines?
 - a. Personal attitudes and beliefs regarding the target behaviour
 - b. Personal attitudes and beliefs regarding the treatment
 - c. Personal attitudes and beliefs regarding the condition
 - d. All of above
7. The end point of coronary heart disease is a heart attack (myocardial infarction). How is it caused?
 - a. Blockage (occlusion) of a blood vessel
 - b. A clot is 'pulled off' of the artery wall and circulates in the blood stream
 - c. Both the first and second
 - d. High heart rate
8. The biopsychosocial model
 - a. Emphasizes the interaction between biological processes and psychological influences on health.
 - b. Emphasizes the interaction between biological processes and social influences on health.
 - c. Suggests that disease is the result of social and psychological factors.
 - d. Emphasizes the interaction between biological processes, social and psychological influences on health.
9. The lymph nodes are part of the immune system. Which of the following is not a lymph node?
 - a. Tonsils
 - b. Cilia
- c. Appendix
 - d. Peyer's patches
10. What are three key psychological factors the influence the experience of pain?
 - a. Mood, attention and perception
 - b. Mood, attention and cognition
 - c. Mood, perception and cognition
 - d. Perception, attention and cognition



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q.2. Give short Answers.

(20)

1. Define and differentiate between Biomedical and Biopsychosocial Model of Health Psychology?(3 Marks)
2. Explain the types of LOC of control with examples of beliefs ? (3 Marks)
3. Define arthritis and explain symptoms of arthritis? (3 Marks)
4. Explain the Health Belief Model? (3 Marks)
5. Explain physiology of stress? (3 Marks)
6. Define immune system.(3 Marks)
7. What is meant by doctor-patient relationship? (2 Marks)

Q.3. Give Long Answers.

(5x6=30)

1. What are Coronary Heart Diseases? List some of the risk factors of CHD.
2. Define and name some health promoting and health compromising behaviors?
3. What are the health beliefs? How can they influence coping with an illness?
4. Explain factors that affect medication adherence in individuals with diabetes mellitus?
5. What is transtheoretical model? How can this model be used to develop the habit of exercise for an overweight individual?