



UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Sixth Semester – 2019

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. _____ is a psychological and possibly life-threatening eating disorder defined by an extremely low body weight, illogical fear of weight gain, and distorted perception of self-image and body.
 - a. Anorexia Nervosa
 - b. Bulimia Nervosa
 - c. Obesity
 - d. None of Above
2. Health behaviors that suggest beliefs relating to the effectiveness, ease, and consequences of doing a certain behavior will determine whether individuals do that behavior is called _____.
 - a. Health locus of control
 - b. Health beliefs
 - c. Life orientation
 - d. Health status
3. _____ is a subjective assessment that people make about their own health state and it is an indicator of overall health status.
 - a. Perceived health status
 - b. Overall quality of life
 - c. Health beliefs
 - d. All of the above
4. _____ is the study of the self in relation to others and to society.
 - a. Locus of control
 - b. Life orientation
 - c. Quality of life
 - d. None of above
5. The degree to which an individual is able to maximize his or her physical, psychological, vocational, and social functioning is called
 - a. Locus of control
 - b. Quality of life
 - c. Health status
 - d. All of the above
6. The type/types of retrovirus.
 - a. Oncogenic
 - b. Foamy retroviruses
 - c. Lentiviruses
 - d. All of above

P.T.O.

7. _____ is a powerful pain in the chest, which sometimes radiates down the left arm.
- a. Cancer
 - b. HIV
 - c. Angina
 - d. None of above
8. _____ is a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy.
- a. Pancreatic juice
 - b. Peptic juice
 - c. Insulin
 - d. Cortisol
9. _____ is a type of diabetes develops in some women when they are pregnant.
- a. Type I diabetes
 - b. Type II diabetes
 - c. Gestational
 - d. None of above
10. Humoral theory of illness was proposed by
- a. Descartes
 - b. Hippocrates
 - c. Plato
 - d. Galen



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Roll No.

Paper: Health Psychology

Course Code: APSY-368 Part – II

Time: 2 Hrs. 45 Min. Marks: 50

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q.2. Give short Answers.

(20)

1. What is biopsychosocial model? (3 Marks)
2. What are illness perceptions? (3 Marks)
3. What are psychophysiological disorders? (3 Marks)
4. What is Selye's general adaptation syndrome? (3 Marks)
5. What is psychoneuroimmunology? (3 Marks)
6. What is Selye's general adaptation syndrome? (3 Marks)
7. What are the aims of health psychology? (2 Marks)

Q.3. Give Long Answers.

(5x6=30)

1. What is health belief model? How can it be applied to patient with diabetes? (6 Marks)
2. What are the problems faced by caregivers of patients with chronic disease? (6 Marks)
3. What are personality traits? How can they influence illness recovery? (6 Marks)
4. What are stages of change model? How can it be used for smoking cessation? (6 Marks)
5. What are physical and psychological problems related to obesity? (6 Marks)