

Question Bank

CC-12 (Health Psychology)

1. Which one of the following is an attribute of well-being.
 - a. Negative thinking
 - b. Generation gap
 - c. Ethical conduct
 - d. None of the above

2. The term 'health' is defined in many ways. The most accurate definition of the health would be,
 - a. Health is the state of body and mind in a balanced condition
 - b. Health is the reflection of a smiling face
 - c. Health is a state of complete physical, mental and social well-being
 - d. Health is the symbol of economic prosperity

3. When can we say that we are not healthy?
 - a. When we are able to cope well with the social pressure
 - b. When we have a positive outlook towards life
 - c. When we feel good physically
 - d. When we constantly suffer from headaches due to a stressful life

4. _____ is a disorder or bad functioning (malfunction of mind or body) which leads to departure of good health
 - a. Disease

- b. Physical disease
- c. Health
- d. Infectious disease

5. Which one of the following diseases is a communicable?

- a. Rickets
- b. Cholera
- c. Diabetes
- d. Scurvy

6. Congenital diseases are

- a. Diseases present after birth
- b. Diseases that spread from one individual to another
- c. Diseases that occur during life time
- d. Disease present at birth

7. Disease of the heart, joints and nervous system are called

- a. Communicable diseases
- b. Degenerative diseases
- c. Deficiency diseases
- d. Mental diseases

8. Diseases are broadly grouped into infectious and non-infectious diseases. In the list given below, identify the infectious diseases

- i. Cholera
- ii. Sickle cell anemia

iii. Tuberculosis

iv. Cancer

- a. i and ii
- b. i and iii
- c. ii and iv
- d. iv and iii

9. Haemophilia disease can be transferred through _____

- a. Vector
- b. Pollutant
- c. Heredity
- d. Vehicle

9. A sexually transmitted bacterial disease is

- a. AIDS
- b. Hepatitis
- c. Syphilis
- d. Cholera

10. A bacterial disease is

- a. Polio
- b. Influenza
- c. Tuberculosis
- d. Malaria

11. The correct order of Hans Selye's General Adaptation Syndrome are

- a. Alarm, resistance, exhaustion
- b. Resistance, alarm, exhaustion
- c. Exhaustion, alarm, resistance
- d. Resistance, exhaustion, alarm
- e. Alarm, exhaustion, resistance

12. Jimmy just lost a race when asked how he could have lost, he commented, "the other runners were just better than I was today." Which explanatory style did Jimmy use?

- a. Pessimistic
- b. Optimistic
- c. Negative
- d. Unrealistic
- e. Type A

13. During which stage of Hans Selye's General Adaptation Syndrome is the sympathetic nervous system activated?

- a. Resistance
- b. Alarm
- c. Exhaustion
- d. Denial
- e. Endorphin

14. _____ conflict is considered the most stressful because the choice has both an appealing and unappealing aspect.

- a. Avoidance-avoidance
- b. Approach-approach
- c. Approach-avoidance
- d. Life chance
- e. Stressor

15. The correct order of Hans Seyle's General Adaptation Syndrome are

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- d. Resistance, exhaustion, alarm
- e. Alarm, exhaustion, resistance

16. _____ is the number one health killer among Americans.

- a. AIDS
- b. Coronary heart disease
- c. STDS
- d. Back ache
- e. Strokes

17. Jimmy cannot pick between two girls who he would like to go to prom with. Which type of conflict is Jimmy experiencing?

- a. Approach-approach
- b. Approach-avoidance
- c. Multiple approach-avoidance
- d. Avoidance-Avoidance

e. Single avoidance-approach

18. During periods of prolonged stress the hypothalamus triggers the

- a. Endorphins
- b. ACTH hormone
- c. Sympathetic nervous system
- d. Pituitary gland
- e. Adrenal gland

19. _____ personalities are at a greater risk for coronary heart disease.

- a. Type D
- b. Type B
- c. Optimistic
- d. Type C
- e. Type A

20. During acute stress the adrenal medulla releases _____ that increase heart-rate and respiration.

- a. Endorphins
- b. Dopamine
- c. Catecholamines
- d. Corticosteroids
- e. Acetylcholine

21. The release of _____ reduces the effectiveness of the immune system in response to prolonged stress?

- a. Corticosteroids

- b. Endorphins
- c. Dopamine
- d. Catecholamines
- e. Serotin

22. Acute stress involves activation of the _____ system; and prolonged stress involves activation of the _____ system.

- a. Sympathetic nervous; endocrine
- b. Parasympathetic nervous, endrocrine
- c. Endocrine; sympathetic nervous
- d. Endocrine; parasympathetic nervous
- e. Sympathetic nervous; parasympathetic nervous

23. For an adolescent, death of a parent is known as one of the hardest _____; as death of a spouse is for an adult.

- a. Daily hassles
- b. Life changes
- c. Conflicts
- d. Pressures
- e. Catecholamines

24. Jimmy wants to persue of helping people overcome stress and live more productive, healthier lives. Which field of psychology should Jimmy persue?

- a. Biomedical
- b. Neural
- c. Health

- d. Stress immune functioning
- e. Biodegradable

25. Jimmy decides not to walk the same way to school to avoid some students who have picked on him in the past. Which coping strategy has Jimmy just used?

- a. Emotion-focused
- b. Downward spiral
- c. Comparison
- d. Evasive tactics
- e. Problem-focused

26. In response to acute or sudden stress the adrenal medulla causes the release of catecholamines which include the neurotransmitters _____ and _____ that circulate in the brain; while the hormones _____ and _____ circulate throughout the body.

- a. Adrenaline, noradrenaline, epinephrine, norepinephrine
- b. Epinephrine, norepinephrine, adrenaline, noreadrenaline
- c. Serotonin, norserotonin, adrenaline, noradrenaline
- d. Epinephrine, dopamine, adrenaline, noradrenaline
- e. Dopamine, serotonin, dopamine, adrenaline

27. Which food does NOT contain Vitamin D?

- a. Mushrooms
- b. Tofu
- c. Caviar
- d. Kale

28. _____ lowers levels of stress hormones and strengthens the immune system.

- a. Laughter
- b. Taking naps
- c. Reading
- d. Singing

29. The _____ lobe is the area of the brain that allows humans to hear and understand people speaking.

- a. Frontal
- b. Parietal
- c. Temporal
- d. Occipital

30. Yoga has a lot of surprising health benefits. Which of the following is NOT one of them?

- a. Improves stamina
- b. Boosts immunity
- c. Eases migraines
- d. Helps you sleep better

31. Which food does NOT contain Vitamin C?

- a. Kiwi
- b. Tomatoes
- c. Peppers
- d. Walnuts

32. Health compromising behavior

- a. good to health
- b. harmful to health
- c. mediate health
- d. none of these

33. Health compromising behaviors are commonly seen in people from

- a. high class
- b. middle class
- c. low class
- d. none of these

34. Alcohol consumption has been linked to

- a. liver cirrhosis
- b. high blood pressure
- c. stroke
- d. all of the above

35. strong need or urge to drink is

- a. craving
- b. loss of control
- c. dependence
- d. tolerance

36. The need to drink greater amounts of alcohol to feel the same effect is;

- a. dependence
- b. craving
- c. loss of control
- d. tolerance

37. Not being able to stop drinking once drinking has begun is;

- a. craving
- b. loss of control
- c. dependence
- d. tolerance

38. Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking is;

- a. dependence
- b. craving
- c. loss of control
- d. tolerance

39. Wheezing is caused by;

- a. alcohol
- b. smoking
- c. drug use

d. all of the above

40. Enjoyment of sexual relation without exploitation, oppression or abuse

a. healthy sex

b. forced sex

c. unhealthy sex

d. none of these

41. sexually arousing fantasies, sexual urges or behaviors involving the exposure of your genitals to an unsuspecting stranger

a. frotteurism

b. pedophilia

c. exhibitionism

d. fetishism

42. Approach unpleasantness in a more positive and productive way is

a. self-talk

b. narcissism

c. positive thinking

d. none of these

43. What was designed as a path to spiritual enlightenment?

a. exercise

b. yoga

c. meditation

d. asanas

44. A network of family, friends, neighbors, and community members that is available in times of need to give psychological, physical, and financial help

a. social support

b. family support

c. friend support

d. emotional support

45. Benefit of social support network

a. sense of belonging

b. increased sense of worth

c. feeling of security

d. all of these

46. Goals of current doctor-patient communication?

a. creating a good interpersonal relationship

b. facilitating exchange of information,

c. including patients in decision making

d. all of these

47. Which one is the most powerful ways of providing support to patient?

a. sympathy

- b. empathy
- c. helping
- d. listening

48. A reciprocal and dynamic relationship, involving the two way exchange of information

- a. collaborative communication
- b. doctor centered communication
- c. patient centered communication
- d. grapevine communication

49. Any event or circumstance that strains or exceeds an individual ability to deal with a problem

- a. stress
- b. stressor
- c. coping
- d. tension

50. Situations and pressure that cause stress are known as

- a. stressor
- b. trauma
- c. tension
- d. anxiety

51. Coping mechanism involved when a person use alternative activities to take one's mind off a problem by day dreaming and escaping through sleep?

- a. behavioral disengagement
- b. mental disengagement
- c. restraint coping
- d. none of these

52. An example of dysfunctional coping?

- a. denial
- b. behavioral disengagement
- c. resistant coping
- d. alcohol disengagement

53. Which type of coping mechanism is involved when person use the method of holding on doing things till the right time approach?

- a. active coping
- b. resistant coping
- c. restraint coping
- d. planning

54. Doing something constructive to solve the problem

- a. emotion focused coping
- b. problem focused coping

c. avoidant coping

d. all of these

55.is a problem focused coping method?

a. denial

b. venting emotions

c. acceptance

d. turning to religion

56.is an emotion focused coping method?

a. planning

b. active coping

c. social support for emotional reason

d. social support for instrumental reason.

57. Which one is an example of internal cause of stress?

a. major life changes

b. worry

c. relationship difficulties

d. financial problems

58. An example of physical signs of stress?

a. difficulty in sleeping

b. poor memory

- c. anger
- d. impulsive actions

59. An example of behavioral signs of stress?

- a. frequent mood swings,
- b. compulsive eating
- c. crying
- d. nervousness and sadness

60. Which one is external causes of stress

- a. pessimism,
- b. unrealistic expectations,
- c. perfectionism,
- d. financial problems

61. coping response, in that a person who accepts the reality of a stressful situation is known as

- a. active coping,
- b. restraint coping,
- c. acceptance,
- d. planning,

62. Which of these is not a definition of health?

- a. Health as not ill

- b. Health despite disease
- c. Health means not seeing a doctor
- d. Health as vitality

63. Which of these things is health psychology concerned with?

- a. What causes illness?
- b. Who is responsible for illness?
- c. How should illness be treated?
- d. All of the above

64. Which of these is not an example of a health behaviour?

- a. Smoking
- b. Taking regular exercise
- c. Eating healthy food
- d. Going to the gym

65. Which of these is not an element of the Health Belief Model?

- a. Threat
- b. Expectations
- c. Cure
- d. Socio-demographic factors

66. Which of these is a stage in the Stages of Change Model?

- a. Study

- b. Contemplation
- c. Deliberation
- d. Meditation

67. What does the term 'mortality' refer to?

- a. Death
- b. Illness
- c. Health
- d. Morbidity

68. Which law relates to a person's right to choose whether they want treatment or not?

- a. The Misuse of Drugs Act 1971
- b. The Health and Safety at Work e.t.c. Act 1974
- c. The Mental Capacity Act 2005
- d. The Medicines Act 1968

69. -----is a physical response

- a. Habit
- b. Emotions
- c. Feelings
- d. Thinking

70. -----is a stimulus which arise from within the body

- a. Emotions
- b. Sight
- c. Smell
- d. Touch

71. -----is the seat of primary emotions

- a. Thalamus
- b. Adrenal gland
- c. Thyroid gland
- d. None of these

72. -----is a term used synonymously with the term 'need'

- a. Urge
- b. Desire
- c. Want
- d. All

73. Which of the following is associated with atherosclerosis?

- a. high cholesterol diet
- b. increased exercise
- c. low-salt diets
- d. including fruit and vegetables in every meal

74. Which of the following is the "silent killer" because it usually has no symptoms?

- a. hemophilia
- b. stroke
- c. high cholesterol
- d. high blood pressure

75. What is the ideal environment for starting to learn relaxation?

- a. Listening to instructions on headphones to avoid distraction
- b. In a group context using biofeedback
- c. At home listening to deep music and taped instructions
- d. Led by a trained practitioner in a quiet room and comfortable chair

76. The psychological goal of most information based interventions designed to reduce the stress associated with operations is:

- a. to minimise physiological arousal.
- b. to increase perceptions of control.
- c. to allow people to forget about things they cannot control.
- d. to help people distract from worrying thoughts.

77. Interventions designed to reduce stress in children having surgery include:

- a. verbal information about any relevant issues.
- b. playing with the equipment they will see during their operation prior to the operation.
- c. a trip to the operating department.

d. All of the above

78. What are the key goals of ACT?

a. Cognitive defusion

b. Acceptance

c. Contact with the present moment

d. All of the above

79. When is relaxation best used?

a. Immediately following times of significant stress

b. At times of great stress

c. At times of both low and high stress

d. As part of a meditation routine

80. Frequent challenges to stressful assumptions that can be used in guided discovery are:

a. Are there any other ways I can think about this situation?

b. What evidence is there that supports or denies my assumption?

c. Could I be making a mistake in the way I am thinking?

d. All of the above

81. Cognitive restructuring involves:

a. identifying self-talk that is contributing to stress, and challenging it.

b. preparing positive self-talk to say to oneself at times of stress.

- c. interrupting the flow of stressogenic self-talk with more positive talk.
- d. distraction away from stressogenic thoughts.

82. Well's (2000) approach to managing emotional distress is known as the:

- a. self-Regulatory Executive Function model.
- b. self-regulation model.
- c. stress inhibition model.
- d. stress-regulation model.

83. The goals of stress management training are to:

- a. identify and change cognitive distortions.
- b. reduce high levels of muscular tension.
- c. identify and reduce triggers using problem-solving strategies.
- d. All of the above

84. Stress management training is based on a _____ theory of stress.

- a. cognitive
- b. behavioural
- c. psychodynamic
- d. cognitive behavioural

85. _____ personalities are at a greater risk for coronary heart disease.

Discuss

- a. Type D

- b. Type B
- c. Type C
- d. Type A

86. The correct order of Hans Seyle's General Adaptation Syndrome are

- a. Alarm, resistance, exhaustion
- b. Resistance, alarm, exhaustion
- c. Exhaustion, alarm, resistance
- d. Alarm, exhaustion, resistance

2. Short answer type/short notes

1. GAS model
2. Problem focused coping
3. Type I diabetes
4. Causes of Alzheimer Disease
5. Resistance stage
6. Primary Appraisal
7. Type II diabetes
8. Prevention of Alzheimer Disease
9. Mind-Body Relationship
10. Goals of Health Psychology
11. Compliance
12. Distinguish between health promotion and health behavior
13. Cognitive appraisal
14. Flight-or-fight syndrome
15. General adaptation syndrome (GAS)

- 16.Exercise as stress management
- 17.Breast self-examination
- 18.Stress and eating
- 19.Primary prevention
- 20.Secondary prevention
- 21.Tertiary prevention
- 22.Problem drinking
- 23.Alcohol abuse
- 24.Passive smoking
- 25.detoxification
- 26.Distinguish between resistance and exhaustion
- 27.Distinguish between mild stress and moderate stress
- 28.Distinguish between problem focused coping and emotion focused coping
- 29.Distinguish between primary appraisal and secondary appraisal

3. Long Answer Type

1. Explain the nature of stress? Describe cognitive appraisal of stressors.
2. What is Autism? Explain the characteristics and prevention of Autism.
3. What is stress? Explain how to manage the stress.
4. What is ADHD? Describe the symptoms and treatment of ADHD.
5. Define Health Psychology? Discuss Biopsychosocial model in Health Psychology.
6. Define Health Psychology? Discuss different goals of health Psychology.
7. Discuss the Heath belief model with its advantages and limitations.
8. Discuss the Protection motivation model with its advantages and limitations.
9. Discuss the Leventhal's self-regulatory model with its advantages and limitations.

10. What is health promotion? Discuss environmental and behavioral interventions in detail.
11. What is stress? Discuss different sources of stress with suitable examples.
12. Define stress. Discuss different types of stress with examples.
13. What is stress management? Discuss different coping styles with examples.
14. Discuss different psychological and physical consequences of stress.
15. Discuss different types of diabetes. How this disorder can be treated?
16. What are the inherent and environmental risk factors for cancer.
17. What are the behavioral risk factors of cancer.
18. Point out the psychosocial risk factors for cancer patients with examples.
19. Briefly discuss different health enhancing behaviors with examples.
20. Point out different types of cancer related behavior with illustrations.
21. Is it necessary to maintain a healthy diet? Discuss the resistance and interventions for modifying diet.
22. What is obesity? Discuss different factors associated with obesity.
23. What is substance dependence? Discuss different treatment procedures of alcohol abuse.
24. Why do people smoke? Discuss different interventions to reduce smoking.
25. Discuss how preventive behaviors play significant roles in staying healthy.
26. Point out the differences among primary, secondary and tertiary prevention strategies.
27. Which factors determine the success of behavior-change programmes and how might they be affected by personality.
28. Discuss the health issues of women and elderly.
29. Briefly discuss malnutrition and immunization of children.
30. Briefly discuss children health issues (Autism and ADHD).
31. Discuss the symptoms, cause and treatment of depression.

