**IV Semester**

**Health Psychology**

**Unit 1- Introduction to health Psychology.**

1. **Choose the correct answer –**

1. On which era, mental illness was regarded as God’s punishment for evil doing

a) Ancient Greeks

b) Middle Ages

c) Renaissance

d) Stone Ages

2. Black bile is related to

a) Sadness

b) Angry

c) Temperament

d) Life approach

3. In which era, they believe that psychological factors related to bodily factors.

a) Stone Age

b) Ancient Greeks

c) Middle Ages

d) Renaissance

4. Whose theory is called Conversion hysteria.

a) Alfred Adler

b) Sigmund Freud

c) Alexander

d) Dumbar

5. Whose model assumes mind body dualism, maintaining that mind and body are separate entities?

a) Psychoanalytic model

b) Psychosomatic model

c) Biomedical model

d) Bio social model

6. Health Psychology aims to provide insights into which of the following

a) The relationship between health and illness

b) The role of psychology in health and illness relationship

c**)** Who is responsible for health and illness, how illness should be treated

d) All of the above

7. Descartes advocated which of the following theoretical approaches for understanding the relationship between the mind and the body

a) Epistemology

b) Ontology

c) Dualism

d) Monism

8. What are the most common causes of mortality in the United States to date?

a) Tuberculosis

b) Pneumonia

c) Sexually Transmitted disease

d) Cardiovascular

9. The Bio-Psychosocial model contributes towards health psychology include

a) The process of diagnosis include the interacting role of biological, psychological and

social factors

b) Separates the mind from the body

c) They also make explicit the significance of the relationship between patient and

practitioner.

d) All of the above

10. Biological factors are considered as

a) Micro level processes

b) Macro level processes

c) Hierarchical processes

d) System theory

11. The Bio Medical model

a) Is a reductionist model

b) Is a single factor model

c) Separates the mind from the body

d) All of the above.

12. Health psychologist covers the area of

a) Illness

b) Prevention

c) Treatment

d) All of the above

13. Health Psychology is needed

a) To treat sexually transmitted disease

b) To treat chronic disease

c) To treat the biological as well as the psychological issues.

d) None of the above

14. The role of health psychologist is

a) To promote health care system

b) To modify people’s risk behaviour before they become ill.

c) To reduce the number of invested money to the management of illness

d) All of the above

15. Health Psychology is linked to

a) Behavioral science

b) Clinical psychology

c) Behavioral medicine

d) All of the above

16. Which nervous system prepares the body to emergency situations?

a) The nervous system

b) The sympathetic nervous system

c) The peripheral nervous system

d) The parasympathetic nervous system

17. Which nervous system controls voluntary movement?

a) Autonomic nervous system

b) Somatic nervous system

c) Brain

d) Spinal cord

18. Which part of the forebrain is involved in cardiac functioning, blood pressure and respiration?

a) Thalamus

b) Hypothalamus

c) Medulla

d) Pons

19. Disorders of the nervous system does not include

a) Epilepsy

b) Cerebral Palsy

c) Huntington’s disease

d) Leukemia

20. Which disorders result as tremors, rigidity and slowness of movement?

a) Cerebral palsy

b) Multiple Sclerosis

c) Parkinson”s disease

d) Huntington’s disease

21. Which hormone controls growth, development and secretion of the thyroid gland?

a) Gonatropic hormone

b) Somatotropic hormone

c) Thyrotropic hormone

d) Pituitary gland

22. Which disorder is a chronic endocrine disorder not able to manufacture or properly use insulin?

a) Cardiovascular system

b) Pituitary gland

c) Diabetes

c) Thyroxin

23. Which part of the body comprises the heart, blood vessels, blood and acts as the transport system of the body?

a) The endocrine system

b) The brain

c) The cardiovascular system

d) The respiratory system

24. The bacterial infection which connects to the tissue and can spread to the heart.

a) Atherosclerosis

b) Rheumatic fever

c) Angena Pectoris

d) Myocardial infection

25. Which blood cells play an important role in combating foreign substances?

a) Red blood cells

b) White blood cells

c) Platelets

d) Lymphoblasts.

26. When an injury occurs of tissues are damaged, which blood play role in blood clotting?

a) Red blood cells

b) Platelets

c) White blood cells

d) Lymphocytes

27. Disorders of bone marrow and a common form of cancer.

a) Leukemia

b) Clotting disorder

c) Anemia

d) Respiratory system

28. Disorders of the respiratory system does not include

a) Asphyxia

b) Anoxia

c) Hyperventilation

d) Heart

29. A seasonal allergic reaction to foreign bodies is termed

a) Asthma

b) Hay fever

c) Viral infection

d) Bacterial infection

30. Which virus is transmitted through food and water?

a) Hepatitis A

b) Hepatitis B

c) Hepatitis C

d) Hepatitis D

31. Virus which spread through blood and needles and also through blood transfusion is

a) Hepatitis A

b) Hepatitis B

c) Hepatitis C

d) Hepatitis D

32. An excess of red blood cells is an indication of

a) Diabetes

b) Kidney disorder

c) Alkalis

d) Urethra

33. The reproductive system is controlled by which gland

a) Pituitary gland

b) Uterus

c) Endocrine gland

d) Kidney

34. Sexual Transmitted disease does not include

a) Herpes

b) Gonorrhea

c) Syphylis

d) Urethra

35. Which hormone produces breast and the distribution of body fat and body hair?

a) Estrogen

b) Progesterone

c) Ovum

d) Sperm

36. The symptoms of menopause does not include

a) Sleep Disorders

b) Joint pain

c) Genital warts

d) Hot flashes

37. How many chambers does the heart have?

a) Five

b) Four

c) Three

d) Two

38. Which organ removes waste from blood?

a) Heart

b) Lungs

c) Eyes

d) Kidneys

39. High blood pressure is the main cause of which of these?

a) Cancer

b) Diabetes

c) Stroke

d) Pneumonia

40. Which of these contributes to high blood pressure?

a) Getting a lot of vitamin c

b) Drinking a lot of alcohol

c) Getting a lot of calcium

d) All of the above.

**Fill in the blanks:**

1. Health Psychology is concerned with all aspects of health and illness across the \_\_\_\_\_\_\_\_\_

2. The Greeks describes personality type associated with each of the \_\_\_\_\_\_\_\_\_ humors.

3. During Renaissance they look into \_\_\_\_\_\_\_\_

4. Unconscious conflicts is one of a theory of \_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_ refers to the origin or causes of illness and dysfunction

6. Health Psychologist study the psychological aspects of the prevention and \_\_\_\_\_\_\_\_ of illness

7. The interplay of biological, psychological and social factors are \_\_\_\_\_\_\_\_\_\_ model

8. \_\_\_\_\_\_\_\_ is the study of the frequency, distribution and causes of infections and non infectious disease in a population, based on investigation of the physical and social environment.

9. Bio Psychosocial Model put an effort to uncover factors that predict states of health and illness and in their \_\_\_\_\_\_\_\_ intervention with patients.

10. The peripheral nervous system consists of the somatic and \_\_\_\_\_\_\_\_\_ nervous system.

11. \_\_\_\_\_\_ carries blood back to the heart.

12. When an emergency has passed \_\_\_\_\_\_\_\_ nervous system helps to restore the body to a normal state.

13. The\_\_\_\_\_\_\_\_\_\_ receives information about the rate at which the heart is contracting and speeds up or slows down the heart as required.

14. \_\_\_\_\_\_\_\_ is an inflammation of the lining of the stomach of small intestines.

15. One of the chief functions of the \_\_\_\_\_\_\_\_ is to control the water balance in the body.

16. Blood pressure is also called\_\_\_\_\_\_\_\_\_\_\_

17. The \_\_\_\_\_\_\_ system plays an important role in stress and emotional response.

18. The central nervous system consists of the \_\_\_\_\_\_\_ and spinal cord.

19. \_\_\_\_\_\_\_\_ is a more severe allergic reaction caused by a variety of foreign substances including dust, fungi etc.

20. The Autonomic nervous system is made up of \_\_\_\_\_\_\_ system.

**Answer Key: Multiple Choice**

1. b)Middle Ages

2. a) Sadness

3. b)Ancient Greeks

4. b) Sigmund Freud

5. c) Biomedical model

6. d)All of the above

7. c) Dualism

8. d)Cardiovascular

9. d) All of the above

10. a) micro level processes

11. d) All of the above

12.d) All of the above

13. c) To treat the biological as well as the psychological issues

14. d) All of the above

15. d) All of the above

16. b) The sympathetic nervous system

17. b) Somatic nervous system

18. b) Hypothalamus

19. d) Leukemia

20. c) Parkinson’s disease

21. c) Thyrotropic hormone

22. c) Diabetes

23. c) The cardiovascular system

24. b) Rheumatic fever

25.b) White blood cells

26.b) Platelets

27. a) Leukemia

28. d) Heart

29. b) Hay fever

30. a) Hepatitis A

31. c) Hepatitis C

32. b) Kidney disorder

33. a) Pituitary gland

34. d) urethra

35.a) Estrogen

36**.** c) Genital warts

37. b) Four

38. d) Kidneys

39. c) Stroke

40. b) Drinking a lot of alcohol

**Fill in the Blanks Answer Key:**

1. Life Span

2. Four

3. Bodily Factors

4. Sigmund Freud

5. Etiology

6. Treatment

7. Bio Psychosocial Model

8. Epidemiology

9. Clinical

10. Autonomic

11. Veins

12. Parasympathetic

13. Medulla

14. Gastroentritis

15. Kidney

16. Hypertension

17. Limbic

18. Brain

19. Asthma

20. Two

Unit II: Well-being

Multiple Choice Questions:

1. Subjective well-being is a combination of
2. Positive affect and negative affect
3. Positive affect and general life satisfaction
4. Negative affect and general life satisfaction
5. None of the above
6. Theories of happiness have been divided into
7. Three types
8. Two types
9. Four types
10. Six types
11. The ideas behind the need/goal satisfaction theory of happiness have been derived from
12. Psychoanalytic theories
13. Humanistic theories
14. Both (a) & (b)
15. None of the above
16. Which theory of happiness proposes that engaging in particular life activities generates happiness?
17. Process/activity theories
18. Need/goal satisfaction theories
19. Genetic personality predisposition theories
20. None of the above
21. One of the first 20th century theories to examine the process/activity theory of happiness
22. Mike Csikszentmihalyi
23. Ed Diener
24. Sonja Lyubomirsky
25. Ann Masten
26. Which theory of happiness tend to see happiness as a stable phenomenon
27. Need/goal theory
28. Process/activity theory
29. Genetic/personality theory
30. All of the above
31. Among students of poor nation it was found that satisfaction was highly correlated with
32. Financial status
33. Social status
34. Family status
35. Socio-economic status
36. According to Diener and colleagues it is the third essential ingredient for assessing the quality of life within a society
37. Measurement of economic well-being
38. Measurement of happiness
39. Measurement of social well-being
40. None of the above
41. According to Ryff and Keyes there are \_\_\_\_\_ aspects of positive functioning and actualization of potentials as the basis for “psychological well-being”
42. Six
43. Three
44. Two
45. five
46. It can be considered as a reminder that the quality of life is more important than the quantity of life
47. Happiness
48. Autonomy
49. Suicide
50. fear
51. It refers to good life in terms of happiness and states that the goal of life is the pursuit of happiness and pleasure
52. Hedonic happiness
53. Eudaimonic happiness
54. None of the above
55. Both (a) & (b)
56. It refers to happiness as self-realization, expression of fulfillment of inner potentials
57. Hedonic happiness
58. Eudaimonic happiness
59. None of the above
60. Both (a) & (b)
61. Subjective well-being is widely considered to have \_\_\_\_ primary components
62. Three
63. Two
64. Five
65. six
66. The cognitive component of subjective well-being is
67. Life satisfaction
68. Negative affect
69. Positive affect
70. Both (b) & (c)
71. The emotional component of subjective well-being is
72. Positive affect
73. Negative affect
74. Both (a) & (b)
75. Life satisfaction
76. A person who takes a positive view and seeing what is available is considered
77. An opportunist
78. A pessimist
79. An optimist
80. An economist
81. A person who takes a more negative view and focuses on what is missing is considered
82. A pessimist
83. An optimist
84. An opportunist
85. A psychic
86. It is a global expectation that the future will bring plenty of good things and a scarcity of bad things
87. Dispositional optimism
88. Resilience
89. Flourishing
90. mindfulness
91. It is directly related to measures of successful college adjustment and more effective, active coping
92. Self-esteem
93. Optimism
94. Personal control
95. autonomy
96. The problem-solving approach adopted by optimists tend to be
97. Approach-oriented coping strategy
98. Avoidant-oriented coping strategy
99. Both (a) & (b)
100. None of the above
101. The Greek myth of Pandora’s box serves as the story behind the origin of
102. Hope
103. Optimism
104. Resilience
105. pessimism
106. It is a goal-directed thinking wherein the person utilizes pathways and agency thinking
107. Happiness
108. Mindfulness
109. Hope
110. optimism
111. The developmental antecedents of hope is entirely
112. A learned cognitive set
113. Hereditary contributions
114. None of the above
115. Both (a) & (b)
116. The ability to bounce back and even thrive in the face of serious life challenges is referred to as
117. Resilience
118. Hope
119. Optimism
120. pessimism
121. For a judgment of resilience to be made, Ann Masten (2001) recognizes
122. Three factors
123. Six factors
124. Two factors
125. Five factors
126. In childhood, resilient responses to challenge are quite common across the life span – a phenomenon Ann Masten calls
127. Ordinary magic
128. Resilience
129. Recovery
130. optimism
131. It is one of the foundations of resilience that permits people to change key features of their self definition in response to changing circumstances
132. Sense of autonomy
133. Flexible self-concept
134. Sense of self-direction
135. None of the above
136. It is an important foundation of resilience that refer to quality relationships with others who provide intimacy and social support
137. Social resources
138. Environmental mastery
139. Competence
140. Self esteem
141. Resilient individuals are often referred to it because of its ability to stretch without breaking
142. Rubber band
143. Iron rod
144. Oak tree
145. steel
146. Resilience expresses the operation of \_\_\_\_\_ human adaptational and protective systems
147. Rare
148. Exceptional
149. Basic
150. normal
151. Masten and Reed have described the protective factors of resilience and classified them into
152. Three categories
153. Four categories
154. Seven categories
155. Eight categories
156. It is not the ability to resist every storm and stay upright but it is the ability to undergo difficulties and struggles without being crushed
157. Resilience
158. Optimism
159. Hope
160. pessimism
161. Positive psychology emphasizes examination of the value of
162. Negative emotions
163. Mixed emotions
164. Positive emotions
165. All of the above
166. Who calls for the aim of positive psychology to be refocusing on the entire field of psychology
167. Ed Diener
168. Martin Seligman
169. Ann Masten
170. Carol Ryff
171. The major goal of positive psychology is to understand the cause of illness by promoting
172. Physical health
173. Mental health
174. Healthy lifestyles
175. None of the above
176. In evaluating the quality of life primacy is given to people’s
177. Subjective evaluation
178. Objective evaluation
179. External evaluation
180. Peer evaluation
181. A survey of over 7,000 college students in 42 countries found that it to be the most important goals among students
182. Pursuit of happiness
183. Pursuit of success
184. Pursuit of wealth
185. Pursuit of power
186. It is a negative emotion that help us make choices that avoid threats to our well-being
187. Hate
188. Fear
189. Hostility
190. anger
191. Eudaimonic conceptions of happiness is derived from the philosophical writings of
192. Aristotle
193. Plato
194. Hippocrates
195. Socrates
196. Individuals with high levels of emotional well-being, psychological well-being and social well-being are described as
197. Languishing
198. Blooming
199. Flourishing
200. mindfulness

Fill in the blanks

1. Subjective well-being involves the evaluation of one’s current status in the world.
2. The term subjective well-being is often used as a synonym for .
3. According to the theories of happiness, happiness is the target of our psychological pursuits.
4. According to Costa and McCrae, happiness changed little over a period.
5. The strength of the relationship between personality and life satisfaction has been found to be greatly determined by .
6. Studies have found strong relationship between and well-being among the impoverished nations.
7. is a central component of a good life and a good society.
8. well-being has been defined as based on six aspects of positive functioning and actualization of potentials.
9. is the government sponsored program in the European Union that regularly collect information about life satisfaction and well-being.
10. Both eudaimonic happiness and Humanistic psychology emphasize on the concept of \_\_\_\_\_\_\_\_\_\_\_.
11. is a cognitive judgment concerning how satisfied a person is with his or her life.
12. Optimism is associated with and positive expectations.
13. is consistently linked to lower levels of personal distress.
14. The difference between learned optimism and optimism is that in learned optimism the optimistic goal-directed cognitions are aimed at the person from negative outcomes.
15. Some studies have found optimism to be related to the suppression of the in some cases.
16. High hopers have emotional sets and a sense of zest that stems from their histories of success in pursuing goals.
17. to caregivers is crucial for the development of hope in children.
18. The English word ‘resilience’ is derived from the Latin word .
19. In the absence of significant there can be no resilience.
20. requires judgment of a favorable or good outcome.

Answer key:

Multiple Choice Questions:

1. b) Positive affect and general life satisfaction

2. a) Three types

3. c) Both (a) & (b)

4. a) Process/activity theories

5. a) Mike Csikszentmihalyi

6. c) Genetic/personality theory

7. a) Financial status

8. b) Measurement of happiness

9. a) Six

10. c) Suicide

11. a) Hedonic happiness

12. b) Eudaimonic happiness

13. a) three

14. a) Life satisfaction

15. c) Bothe (a) & (b)

16. c) An optimist

17. a) A pessimist

18. a) Dispositional optimism

19. b) Optimism

20. a) Approach-oriented coping strategy

21. a) Hope

22. c) Hope

23. a) A learned cognitive set

24. a) Resilience

25. c) Two factors

26. a) Ordinary magic

27. b) Flexible self-concept

28. a) Social resources

29. a) Rubber band

30. c) Basic

31. a) Three categories

32. a) Resilience

33. c) positive emotions

34. b) Martin Seligman

35. c) Healthy lifestyles

36. a) Subjective evaluation

37. a) Pursuit of happiness

38. b) Fear

39. a) Aristotle

40. c) Flourishing

Fill in the blanks

1. subjective

2. happiness

3. need/goal

4. 6 yr

5. culture

6. income

7. Happiness

8. Psychological

9. Eurobarometer

10. self-actualization

11. Life satisfaction

12. confidence

13. Optimism

14. distancing

15. immune system

16. positive

17. Strong attachment

18. ‘resiliens’

19. risk or threat

20. Resilience

**Unit III- Stress, Coping and Pain**

1. Who coined the word stress is a negative emotional experience accompanied by predictable bio-chemical, physiological and cognitive?

a) Baum

b) Lazarus

c) Launier

d) Folkman

2. Stressors include

a) habit

b) exercise

c) noise

d) angry

3. Who contributes the fight or flight response?

1. Walter cannon
2. Lazarus
3. Han Selye’s
4. Launier

4. Fight response to

1. Withdrawal
2. Aggressive response
3. Harmful
4. Threatening

5. Who developed the three phases of General Adaptation Syndrome?

1. Selye’s
2. SE.Taylor
3. Klein
4. Lazarus

6. The three adaptation syndrome does not include

* 1. Alarm
  2. Resistance
  3. Exhaustion
  4. Noise

7. Who developed a theory of humans respond to stress with social affiliation and nurturing behaviour towards offspring?

* 1. Selye’s
  2. Taylor et al
  3. Lazarus
  4. Stellar

8. Which hormone is a stress hormone?

* 1. Oxytocin
  2. Thyroxin
  3. Pituitory
  4. Adrenal cortex

9. Secondary appraisal include

* 1. The assessment of one’s coping abilities and resources
  2. The potential to overcome
  3. Exposed to one of four experimental conditions
  4. Experienced less stress

10. Stress does not include

* 1. Physiological
  2. Cognitive
  3. Emotional
  4. Biological

11. Physiological effects of stress does not include

* 1. Decreased immunity
  2. Elevated blood pressure
  3. Increased hormonal activity
  4. Increased drugs use

12. Which events/situation produces more stress?

* 1. Positive events
  2. Negative events
  3. Relationship
  4. Uncontrollable events.

13. Which of the following are the basic sources of stress?

* 1. The environment
  2. Social stressor
  3. Physiological
  4. All of the above

14. The following are the characteristics of negative stress

* 1. It causes anxiety
  2. It feels unpleasant
  3. It decreases performances
  4. All of the above

15. Aches, shallow, breathing and sweating, frequent colds are

* 1. Physical symptoms of stress
  2. Behavioral symptoms of stress
  3. Emotional symptoms of stress
  4. Cognitive symptoms of stress

16. Coping task include

* 1. To reduce harmful environmental conditions.
  2. To tolerate or to adjust to negative events or realities
  3. To maintain a positive self image
  4. All of the above

17. Which coping styles is more effective in managing stress?

* 1. Approach coping styles
  2. Avoidant coping styles
  3. Problem focused coping styles
  4. None of the above

18. The state in which all body systems are functioning smoothly and in equilibrium is termed

* 1. homeostasis
  2. relaxation
  3. eustress
  4. distress

19. Which part of the autonomic nervous system provides the body with energy for the fight or flight response.

* 1. Sympathetic
  2. Parasympathetic
  3. Central nervous system
  4. Peripheral nervous system

20. Which factors improve coping?

* 1. Social support
  2. Optimism
  3. Perceived control
  4. All of the above.

21. When a person more likely to have difficulty coping with a stressful situation.

* 1. When he is over the age of fifty
  2. When he expects a positive outcome
  3. When he thinks he does not have control over the situation
  4. When he has a good social support network.

22. Disorders of the respiratory system does not include

* 1. Asphyxia
  2. Anoxia
  3. Hyperventilation
  4. Heart

23. Ali is trying to decide whether to give up his current past time job. He dislikes the job, but if he gives it up, he will have no spending money. This is an example of what kind of conflict?

* 1. An approach - avoidance conflict
  2. An approach - approach conflict
  3. An avoidance - avoidance conflict
  4. None of the above

24. Which behaviour is linked to poor health?

* 1. Suppressing negative emotions.
  2. Hostility
  3. Over eating
  4. All of the above

25. Pain perception includes

* 1. Nociception
  2. Themal damage
  3. Polymodal
  4. All of the above

26. Pain perception,that results from mechanical damage to the tissues of the body is termed

* 1. Nociception
  2. Peripheral nerve fibers
  3. Polymodal
  4. All of the above

27. There are various types of pain acute and chronic. How long does pain have to remain for it to be considered chronic?

* 1. more than 3 to 6 months
  2. more than 1 to 3 months
  3. more than 6 to 12 months
  4. more than 2 to 4 months.

28. The most likely to report pain are

* 1. People who are divorced or separated.
  2. The elderly
  3. People with high levels of physical stress in their jobs
  4. All of the above

29. Chronic pain includes

* 1. Headache
  2. Arthritis pain
  3. Cancer
  4. All of the above

30. Which type of chronic pain persists longer than 6 months and increases in severity overtime?

* 1. Chronic benign time
  2. Recurrent acute time
  3. Chronic progressive pain
  4. Acute pain

31. What factors influence pain?

* 1. Age
  2. Culture
  3. Socio economic status
  4. All of the above

32. Behavioral intervention for pain are based on

* 1. Operant conditioning
  2. Classical conditioning
  3. Behavioral theory
  4. Cognitive theory

33. Which of the following is not a form of Biofeed back?

* 1. Electromyographic
  2. Inductive
  3. Galvanic skin response
  4. Thermal

34. Acute pain is a pain lasting for how long

* 1. Upto one hour
  2. Upto one week
  3. Upto 6 months
  4. Upto one day

35. As well as improving pain, what are the other benefits hypnosis may have according to Ginandes et al (2003).

* 1. It speeds up wound healing
  2. It improves mood
  3. It helps patient relax
  4. It improves reported quality of life.

36. Techniques of treatment of pain includes

* 1. Bio feedback
  2. Relaxation
  3. Hypnosis
  4. All of the above

37. Placebo is a theory of

* 1. Operant conditioning
  2. Classical conditioning
  3. Cortical stimulation
  4. Nerve sensitization

39. Behavioral intervention for pain are based on

* 1. Operant conditioning
  2. Cognitive challenge
  3. Motivational techniques
  4. Self management techniques.

39. Which gland in your body is responsible for the stress response?

* 1. Lymph gland
  2. Pituitary gland
  3. Thyroid gland
  4. All of the above

40. Which of these is a symptom of acute stress?

* 1. Diarrhea
  2. Sweaty palms
  3. Dizziness
  4. All of the above

**Fill in the blanks**

1. In the first phase of General Adaptation Syndrome, alarms, the organism becomes mobilize to \_\_\_\_\_\_\_ the threat
2. Exhaustion occurs if the organism fails to \_\_\_\_\_\_ the threat and depletes its physiological resources in the process of trying.
3. When individuals confront a new or changing environment, they engage in a process of\_\_\_\_\_\_\_\_ to determine the meaning of the events.
4. A man who lost his job, no income for him and his family might anticipate the problem is termed as \_\_\_\_\_
5. \_\_\_\_\_\_\_\_ appraisals are associated with more confident expectations of the ability to cope with stressful events.
6. People who have many tasks in their lives report \_\_\_\_\_\_\_\_\_ levels of stress than those who have fewer tasks.
7. \_\_\_\_\_\_\_\_\_ coping involves attempts to do something constructive about the stressful conditions that are harming, threatening or challenging an individual
8. Emotion focused coping includes coping of \_\_\_\_\_ kinds.
9. \_\_\_\_\_\_\_\_ nature can lead people to cope more effectively with stress and thereby reduce their risk for illness.
10. \_\_\_\_\_\_\_\_ control is the belief that one can determine one’s own behaviour, influence one’s environment and bring about desired outcomes.
11. \_\_\_\_\_\_\_\_ typically results from a specific injury that produce tissue damage, such as wound or broken limb.
12. There are \_\_\_\_\_\_\_ types of chronic pain.
13. Pain is viewed as a \_\_\_\_\_\_ model.
14. Pain behaviour is \_\_\_\_\_\_\_ and measurable.
15. \_\_\_\_\_\_\_\_\_\_ involves a series of intermitent episodes of pain that are acute in character but chronic in as much as the condition persistent for more than 6 months.
16. The two kinds of clinical pain are \_\_\_\_\_\_\_ and chronic pain.
17. \_\_\_\_\_\_\_\_\_ is one of the oldest techniques for managing pain.
18. \_\_\_\_\_\_\_\_ is any medical procedure that produces an effect in a patient because of its therapeutic an intent and not its specific nature, whether chemical or physical.
19. \_\_\_\_\_\_\_\_\_\_\_ has been existence in China for more than 2000 years.
20. \_\_\_\_\_\_\_\_ is a useful technique of pain control, especially with acute pain

**Multiple Choice answer key:**

1. a) Baum

2. c) Noise

3. a) Walter Cannon

4. b) Aggressive response

5. a) Selye’s

6. d) Noise

7. b) Taylor et al

8. a) Oxytocin

9. a)The assessment of one’s coping abilities and resources

10. d) Biological

11. d) Increased drugs use

12. b)Negative events

13. d)All of the above

14. d) All of the above

15. a) Physical symptoms of stress

16. d) All of the above

17. a) Approach coping Styles

18. a) Homoeostasis

19. a) Sympathetic

20. d) All of the above

21. c) When he thinks he does not have control over the situation

22. d)Heart

23. b) An approach avoidance conflict

24. d) All of the above

25.d) All of the above

26.a) nociception

27. a) More than 3 to 6 months

28. d) All of the above

29. d) All of the above

30. c) Chronic Progressive pain

31. d) All of the above

32. a) Operant conditioning

33. b) Inductive

34. c) Upto six months

35. a) It speeds up wound healing

36. d) All of the above

37. d) Classical conditioning

38. a) Operant Conditioning

39. b)Pituitary Gland

40. d) All of the above

**Fill in the Blanks Answer key:**

1. Meet

2. Overcome

3. Primary appraisal

4. Threat

5. Challenge

6. Higher

7. Problem focused

8. Two

9. Optimistic

10. Psychological

11. Acute pain

12. Three

13. Bio-Psycho social

14. Observable

15. Recurrent acute pain

16. Acute

17. Hypnosis

18. Placebo

19. Acupuncture

20. Distraction

Unit IV: Living with Chronic Illnesses

Multiple Choice Questions :

1. It is a lifelong illness and usually cannot be cured completely
2. Acute illness
3. Chronic illness
4. Terminal illness
5. None of the above
6. The onset of chronic illness is
7. Slow
8. Fast
9. Sudden
10. abrupt
11. In India chronic illness accounts for \_\_\_\_ of the total deaths (WHO)
12. 45%
13. 35%
14. 53%
15. 54%
16. Weight gain, drowsiness and impotence are some of the side effects from medication of
17. Hypertension
18. Cancer
19. HIV
20. diabetes
21. Unpleasant physical symptoms like severe burning sensation, nausea, fatigue, diarrhea, loss of appetite and hair loss accompany the treatment for
22. Diabetes
23. Cancer
24. Coronary heart disease
25. asthma
26. Some female cancer patients undergo removal of the whole breast known as
27. Mastectomy
28. Hemodialysis
29. Hysterectomy
30. None of the above
31. The surgical removal of the uterus undergone by female cancer patients is known as
32. Hysterectomy
33. Mastectomy
34. Lumpectomy
35. None of the above
36. The chronic illness that is highly stigmatized all over the world
37. Diabetes
38. Cancer
39. HIV/AIDS
40. hypertension
41. The most affected family member of a chronically ill patient
42. Spouse
43. Children
44. Sibling
45. friends
46. The number of stages described by Franklin Shontz (1975) that people go through after being diagnosed with chronic illness
47. Three
48. Five
49. Six
50. two
51. The chronic illness marked by recurrent attacks of breathlessness and wheezing
52. Coronary heart disease
53. Asthma
54. Alzheimer’s disease
55. hypertension
56. The strongest risk factor for developing asthma in infancy is
57. Exposure to indoor allergens
58. Physical activity
59. Sulfites in foods and drinks
60. medicines
61. A condition in which the quantity of glucose in the blood continues to be too elevated
62. Polydipsia
63. Hypoglycemia
64. Hyperglycemia
65. All of the above
66. Type 1 diabetes is often referred to as
67. Insulin-dependent diabetes mellitus
68. Juvenile diabetes
69. Both (a) & (b)
70. None of the above
71. It is often called the non-insulin dependent diabetes mellitus
72. Type 1 diabetes
73. Type 2 diabetes
74. Gestational diabetes
75. None of the above
76. The risk of developing this type of diabetes is greater as we get older
77. Type 2 diabetes
78. Type 1 diabetes
79. Gestational diabetes
80. Both (b) & (c)
81. The type of diabetes that affect women during pregnancy
82. Gestational diabetes
83. Type 1 diabetes
84. Type 2 diabetes
85. Both (b) & (c)
86. Temporary shortages of oxygen and nourishment to the heart frequently cause pain that radiates across the chest and arm. This chest pain is known as
87. Myocardial infarction
88. Stroke
89. Angina pectoris
90. asthma
91. Age is certainly a risk factor in heart disease especially after the age of
92. 45
93. 65
94. 55
95. 35
96. For working people heart attacks are most likely to occur in the morning hours from 6 to 11 am on
97. Monday
98. Wednesday
99. Friday
100. Saturday
101. Plaque buildup inside the coronary arteries leads to narrowing of the arteries resulting in a condition called
102. Atherosclerosis
103. Stroke
104. Arrhythmias
105. None of the above
106. Tumours that grow slowly and do not spread are
107. Malignant tumours
108. Metastatic
109. Benign tumours
110. All of the above
111. Tumours that can grow rapidly, invade and destroy nearby tissues that are normal and can spread throughout the body are
112. Malignant tumours
113. Benign tumours
114. Metastatic
115. None of the above
116. Tumour that can send out ‘finger’ like cancerous cells into the normal surrounding tissues and invade or attack them
117. Locally invasive cancer
118. Metastatic cancer
119. Neoplasm
120. None of the above
121. Tumour that can migrate by sending the cancerous cells into other tissues in the body, which may be distant from the original tumour through circulatory or lymphatic system
122. Locally invasive tumour
123. Metastatic tumour
124. Primary tumour
125. None of the above
126. Cancerous cells travel through the circulatory system and lymphatic system to form
127. Secondary tumour
128. Primary tumour
129. Metastatic tumour
130. Locally invasive tumour
131. According to WHO cancer is broadly classified into
132. Six categories
133. Five categories
134. Twenty eight categories
135. Four categories
136. A malignant neoplasm found in skin cells and body tissue that covers or lines surfaces of organs, glands, or body structures
137. Carcinoma
138. Sarcoma
139. Leukemia
140. None of the above
141. A malignant tumour growing from connective tissues, such as cartilage, fat, muscle, tendons and bones
142. Carcinoma
143. Lymphoma
144. Sarcoma
145. None of the above
146. According to WHO (2013), the most common causes of cancer deaths was cancer of the
147. Lungs
148. Liver
149. Stomach
150. limbs
151. In India the highest rate of stomach cancer among men is found in the state of
152. Nagaland
153. Manipur
154. Mizoram
155. Meghalaya
156. Cancer treatment that uses powerful drugs that are either administered orally or by injection to the patient
157. Chemotherapy
158. Radio therapy
159. Immune therapy
160. All of the above
161. Progression from HIV to AIDS follows a distinct pattern of
162. Four stages
163. Five stages
164. Six stages
165. Eight stages
166. After entering the bloodstream HIV attacks and destroys the infection fighting cells
167. CD3 cells
168. CD4 cells
169. CD8 cells
170. None of the above
171. A chronic disease that occurs when there is an excessive supply of blood through the blood vessels
172. Diabetes
173. Coronary heart disease
174. Hypertension
175. asthma
176. The greatest force developed during contraction of the heart’s ventricles is known as
177. Systolic blood pressure
178. Diastolic blood pressure
179. None of the above
180. Both (a) & (b)
181. The occurrence of stroke is
182. More often in men than women
183. More often in women than men
184. Equal in both men and women
185. Negligible difference
186. Inability to process or make use of certain kinds of visual feedback may result when stroke causes damage to
187. The left-brain
188. The right-brain
189. Both sides of the brain
190. The mid-brain
191. One of the most common and most feared illnesses among aging persons marked by a progressive, degenerative brain disorder
192. Asthma
193. Hypertension
194. Alzheimer’s disease
195. HIV/AIDS
196. The onset of Alzheimer’s disease is usually after the age of
197. 50
198. 60
199. 70
200. 40

II. Fill in the blanks :

1. is often considered a life sentence.
2. One of the most significant cause of chronic illness is people’s behavior and .
3. Frequency and type of chronic illnesses varies with .
4. Illness and injury affects the body as well as the .
5. Life saving surgeries cause several unpleasant consequences including disfigurement causing and embarrassment.
6. When people are diagnosed with chronic illness, the most commonly elicited immediate reactions are disbelief, anger and .
7. The spread of the cancer cells to other areas of the body is known as .
8. refers to a person’s own perception of the extent of excellence his or her life contains.
9. is most likely to develop in children by the age of 5 and among adults between the ages of 30 – 40 yrs.
10. is a group of metabolic disease in which the person has high blood glucose.
11. Patients with will have to take insulin injection for the rest of their life.
12. Coronary heart disease (CHD) is generally caused by narrowing of that supply oxygen rich blood to the heart muscle.
13. When there is severe deprivation of in the heart, a heart attack (myocardial infarction) can result.
14. are problems with the rate of rhythm of the heartbeat where the heart rate is irregular.
15. Cancer is a disease where an cell growth occurs.
16. In cancer, cell division takes place in an irregular way and the unrestricted growth usually forms a tumour called .
17. Counseling prior to treatment, during treatment as well as after treatment is offered by .
18. AIDS is an infectious disease caused by a virus called (HIV).
19. Hypertension is assessed by the levels of systolic and diastolic blood pressure as measured by a .
20. A condition known as , which results from the cumulative effects of small strokes, may produce Alzheimer’s like symptoms.

Answer key :-

I. Multiple choice questions:

1. b) chronic illness

2. a) slow

3. c) 53%

4. a) hypertension

5. b) cancer

6. a) Mastectomy

7. a) Hysterectomy

8. c) HIV/AIDS

9. a) spouse

10. a) three

11. b) asthma

12. a) Exposure to indoor allergens

13. c) Hyperglycemia

14. c) Both (a) & (b)

15. a) Type 2 diabetes

16. b) Type 2 diabetes

17. a) Gestational diabetes

18. c) Angina pectoris

19. a) 45

20. a) Monday

21. a) Atherosclerosis

22. c) Benign tumours

23. a) Malignant tumours

24. a) Locally invasive cancer

25. b) Metastatic tumour

26. a) Secondary tumour

27. b) Five categories

28. a) Carcinoma

29. c) Sarcoma

30. a) Lungs

31. c) Mizoram

32. a) Chemotherapy

33. a) Four stages

34. b) CD4 cells

35. c) Hypertension

36. a) Systolic blood pressure

37. a) More often in men than women

38. b) The right-brain

39. c) Alzheimer’s disease

40. b) 60

II. Fill in the blanks :

1. Chronic illness
2. Lifestyle
3. age
4. mind
5. emotional disturbances
6. denial
7. metastasis
8. Quality of life
9. Asthma
10. Diabetes mellitus
11. type 1 diabetes
12. coronary arteries
13. oxygen
14. Arrhythmias
15. abnormal
16. neoplasm
17. psycho-oncologists
18. Human Immunodeficiency Virus
19. Sphygmomanometer
20. multiple infarct dementia

Unit 5 :

**Fill in the blanks**

1. \_\_\_\_\_\_\_\_\_exists when the body has adjusted to a substance and incorporated it into the ‘‘normal’’ functioning of the body’s tissues.
2. \_\_\_\_\_\_\_\_\_ refers to unpleasant physical and psychological symptoms people experience when they discontinue or markedly reduce using a substance on which they have become dependent.
3. \_\_\_\_\_\_\_\_\_ is a state in which individuals feel compelled to use a substance for the effect it produces, without necessarily being physically dependent on it.
4. Substances differ in the potential for producing psychological and \_\_\_\_\_\_\_\_\_dependence.
5. \_\_\_\_\_\_\_\_\_ appears to serve as an entry-level drug in childhood and adolescence for subsequent substance use and abuse.
6. \_\_\_\_\_\_\_\_\_ is the addictive chemical in tobacco.
7. Cancer causing substances are called \_\_\_\_\_\_\_\_\_.
8. Drugs are usually classified into four categories – stimulants, depressants, hallucinogens and\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_ factors and psychosocial factors play an important role in weight control.
10. Diet is one determinant of a person’s \_\_\_\_\_\_\_\_ profile
11. Vigorous exercise seems to increase the body’s production of \_\_\_\_\_\_\_\_\_\_\_, which are morphine like chemical substances.
12. Behaviors undertaken by people to enhance or maintain their health are collectively called \_\_\_\_\_\_.
13. \_\_\_\_\_\_\_\_\_ is a health-related behavior that is firmly established, often performed automatically without awareness.
14. \_\_\_\_\_\_\_\_ is an ancient Indian practice whose main purpose is to unite the body and mind in harmony and is now commonly used as a form of exercise.
15. The heart of \_\_\_\_\_\_\_\_ is paring unconditioned stimulus with conditioned stimulus, resulting in conditioned response.
16. Successful modification of health behavior involves understanding the antecedents as well as the \_\_\_\_\_\_\_\_ of a target behavior.
17. Sight and smell of food may act as \_\_\_\_\_\_\_\_\_ stimuli for eating.
18. \_\_\_\_\_\_\_\_\_\_ self-reward involves rewarding oneself with something desirable after successful modification of target behavior.
19. In \_\_\_\_\_\_\_\_ an individual forms a contract with other person, such as therapist, detailing the rewards or punishments contingent for the performance or nonperformance of a behavior.
20. Joseph Wolpe (1958) developed a procedure known as \_\_\_\_\_\_\_\_\_\_ for the treatment of anxiety.

**Multiple Choice Questions**

1. A vulnerability window for health compromising behavior.
   1. Adulthood
   2. Adolescence
   3. Middle childhood
   4. Childhood
2. Behavioral practices that harm current or future health are collectively called
   1. Health determining behavior
   2. Health enhancing behavior
   3. Health compromising behavior
   4. Health habits
3. During adolescence, problematic behaviors are more common in
   1. Lower social class
   2. Middle social class
   3. Upper middle social class
   4. Upper social class
4. ­­­­­­­­­­A condition produced by repeated consumption of a natural or synthetic psychoactive substance, in which the person has become physically and psychologically dependent on the substance.
   1. Addiction
   2. Withdrawal
   3. Physical dependence
   4. Psychological dependence
5. The process by which the body increasingly adapts to the use of a substance, requiring larger doses of the substance to obtain the same effect and eventually reaching a plateau.
   1. Withdrawal
   2. Craving
   3. Tolerance
   4. Psychological dependence
6. A strong desire to engage in a behavior or consume a substance.
   1. Craving
   2. Withdrawal
   3. Substance abuse
   4. Tolerance
7. Withdrawal symptom(s) can include
   1. Physical symptoms only
   2. Psychological symptoms only
   3. Both physical and psychological symptoms
   4. None of the above
8. Fetal alcohol syndrome can arise in the offspring of
   1. Heavy drinking mothers
   2. Cocaine addicted mothers
   3. Mothers who smoke during pregnancy
   4. Alcoholic father
9. The single greatest cause of preventable death globally.
   1. Alcohol
   2. Drug
   3. Tobacco
   4. Malnutrition
10. The term ‘drug’ includes
    1. Illegal chemicals
    2. Prescription medicine
    3. Nonprescription medicine
    4. All of the above
11. Breathing secondhand smoke is called.
    1. Active smoking
    2. Passive smoking
    3. Substance smoking
    4. Vaping
12. Consuming ﬁve or more drinks on a single occasion at least once in a 30-day period is called
    1. Binge drinking
    2. Heavy use drinking
    3. Social drinking
    4. Moderate drinking
13. Marijuana is a
    1. Stimulant
    2. Depressant
    3. Hallucinogen
    4. Narcotics
14. If the Body Mass Index (BMI) is 25 to 29.9, people are classified as
    1. Underweight
    2. Overweight
    3. Healthy weight
    4. Obese
15. If the Body Mass Index (BMI) equals or exceeds 30, People are categorized as
    1. Underweight
    2. Normal weight
    3. Overweight
    4. Obese
16. Which of the following statement is correct
    1. Fat tissue is less metabolically active than lean tissue
    2. Fat tissue is more metabolically active than lean tissue
    3. Fat tissue and lean tissue have the same metabolic activity rate
    4. None of the above
17. ­­­­­­­­Each person’s body has a certain or ‘‘set’’ weight that it strives to maintain
    1. Set-point theory
    2. Twin study
    3. Adoption study
    4. Genetic theory
18. ­­­­­­­­­­­­­­­­­­The ideal time to establish activity and dietary habits to prevent individuals from becoming overly fat.
    1. Childhood
    2. Adolescence
    3. Late adolescence
    4. Young adulthood
19. The best approach for losing weight and weight management.
    1. Crash dieting
    2. Excessive exercise for a short period of time
    3. Fasting for long period of time
    4. Make lifestyle changes that can be maintained permanently
20. May protect against obesity and cardiovascular disease if the diet is high in
    1. Fiber
    2. Processed meat
    3. Red meat
    4. Refined grains
21. Energetic physical activity that requires high level of oxygen over an extended time.
    1. Isometric exercise
    2. Isokinetic exercise
    3. Isotonic exercise
    4. Aerobic exercise
22. Taking measures to combat risk factors for illness before an illness has a chance to develop
    1. Primary prevention
    2. Secondary prevention
    3. Tertiary prevention
    4. None of the above
23. The term yoga literally means
    1. Union
    2. Detach
    3. Isolate
    4. Disengage
24. An approach to health habit modification that focuses heavily on the beliefs that people hold about their health habits.
    1. Humanistic
    2. Psychodynamic
    3. Cognitive behavior
    4. Behavior
25. The key to operant conditioning
    1. Modeling
    2. Pairing
    3. Stimulus control
    4. Reinforcement
26. Behavior is reinforced every time it occurs
    1. Continuous reinforcement schedule
    2. Partial reinforcement schedule
    3. Fixed ratio schedule
    4. Variable ratio schedule
27. A man continues to drink because alcohol improved his mood. This is an example of
    1. Classical conditioning
    2. Operant conditioning
    3. Modeling
    4. Social skills training
28. Assess the frequency of a target behavior, and the antecedent and consequences of that behavior.
    1. Modeling
    2. Self- monitoring
    3. Self- reinforcement
    4. Contingency contracting
29. Learning that occurs by virtue of witnessing another person perform a behavior is called
    1. Modeling
    2. Monitoring
    3. Self-reinforcement
    4. Self-control
30. An important principle in modeling
    1. Sensitivity
    2. Reactivity
    3. Contingency
    4. Similarity
31. A technique used to reduce a person’s fear by making the person observe another person engaging in the feared activity and coping with that fear effectively.
    1. Cognitive behavior therapy
    2. Classical conditioning
    3. Operant conditioning
    4. Modeling
32. Smoking, drinking and over-eating are examples of
    1. Health compromising behavior
    2. Health enhancing behavior
    3. Health conscious behavior
    4. Health promoting behavior
33. Involves systematically rewarding oneself to increase or decrease the occurrence of a target behavior.
    1. Self-control
    2. Self-reinforcement
    3. Self observation
    4. Self modification
34. Involves removing an aversive factor in the environment after successful modification of the target behavior.
    1. Positive self reward
    2. Positive self punishment
    3. Negative self reward
    4. Negative self punishment
35. Involves self administration of an unpleasant stimulus to punish an undesirable behavior.
    1. Positive self punishment
    2. Negative self punishment
    3. Positive self reinforcement
    4. Negative self reinforcement
36. Withdrawing positive reinforcer in the environment each time an undesirable behavior is performed.
    1. Positive punishment
    2. Negative punishment
    3. Positive self reward
    4. Negative self reward
37. Trains people to recognize and modify internal monologues such as self-criticism to promote health behavior change.
    1. Cognitive restructuring
    2. Behavioral assignments
    3. Social skills training
    4. Relaxation training
38. An obese client is asked to keep a log of his eating behavior, including the circumstances in which eating occurred. This is an example of
    1. Assertiveness training
    2. Relaxation training
    3. Motivational interviewing
    4. Behavioral assignment
39. The goal is to get clients to think through and express their thoughts for or against health changing behavior.
    1. Motivational interviewing
    2. Relaxation training
    3. Assertiveness training
    4. Behavioral assignment
40. Deep breathing and muscle relaxation is a technique used in
    1. Social skills
    2. Relaxation training
    3. Cognitive restructuring
    4. Behavioral assignments

**Fill in the blanks.**

1. Physical dependence
2. Withdrawal
3. Psychological dependence
4. Physical
5. Smoking
6. Nicotine
7. Carcinogens
8. Narcotics
9. Biological
10. Lipid
11. Endorphins
12. Health behaviors / health enhancing behavior
13. Health habit
14. Yoga
15. Classical conditioning
16. Consequences
17. Discriminative
18. Positive
19. Contingency contracting
20. Systematic desensitization

**Multiple Choice Questions (MCQ)**

1. B
2. C
3. A
4. A
5. C
6. A
7. C
8. A
9. C
10. D
11. B
12. A
13. C
14. B
15. D
16. A
17. A
18. A
19. D
20. A
21. D
22. A
23. A
24. C
25. D
26. A
27. B
28. B
29. A
30. D
31. D
32. A
33. B
34. C
35. A
36. B
37. A
38. D
39. A
40. B