

Health Psychology

Core Course of BSc Counselling Psychology

VI Semester-CUCBCSS 2014 admn onwards

Multiple Choice Questions

1. 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

2. 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

3. 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

4. The models of health behaviour are also known as...
 - a) Mental models of health behaviour
 - b) Cognition models of health behaviour
 - c) Brain models of health behaviour

d) Thought models of health behaviour

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

a) Threat

b) Expectations

c) Cure

d) Socio-demographic factors

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

a) Study

b) Contemplation

c) Deliberation

d) Meditation

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

a) Death

b) Illness

c) Health

d) Morbidity

8. 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

9. Why is it important to pharmacists that research is carried out in a rigorous way?

a) So that they know that the research was done properly

b) To increase the income for the pharmacy

c) To get more people to take medicines

d) To get doctors to prescribe more medicines

10. Which of these is not a reason why a knowledge of behavioural and social sciences is important to pharmacists?

- a) It can help us to understand patients better
- b) It can improve adherence to medication
- c) It can help to build a concordant relationship with patients
- d) Knowing what people are thinking is more important than knowledge of medicines

11.-----is a physical response

- a.Habit
- b.Emotions
- cFeelings
- d.Thinking

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

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

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

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

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

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

15. -----is a basic emotion of man

- a.Anger
- b.Fear
- c.Love
- d.All

16. The first one year of life is called -----

- a.Pre-school age
- b.Infancy
- c.School aged.
- D.Adolescent

17. I.Q is related with

- a.Intelligence
- b.Emotion
- c.Folkways
- d.Mathematics

18. Important source of Social support for an individual is from...

- a.Family
- b.Community
- c.School
- d. None of these

19. 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

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

Discuss

- A. Type D
- B. Type B
- C. Type C
- D. Type A

21. Which professionals did Jones et al. (2003) find to have a particularly high prevalence of stress?

- a. Nurses and teachers
- b. Nurses and police officers
- c. Police officers and teachers
- d. Doctors and nurses

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

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

23. 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 the above

24. Cognitive restructuring involves identifying and challenging the accuracy of stress enduring thoughts. Therapists often use the Socratic Method (Beck, 1976) which is also known as:

- a. guided tour.
- b. escorted tour.
- c. guided discovery.
- d. escorted discovery.

25. Meichenbaum (1985) suggested that some cognitive therapy could be combined with behavioural interventions. What did he call his approach?

- a. Stress inoculation therapy
- b. Cognitive behavioural therapy
- c. Stress immunisation therapy
- d. None of the above

26. 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.

27. What are the goals of meta-cognitive therapy (Wells 2000)?

- a. Increasing flexibility in response to stressful situations
- b. Encouraging engagement in feared situations
- c. Using mindfulness to help cope with difficult thoughts or emotions
- d. All of the above

28. 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.

29. 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

30. 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

31. What are the key goals of ACT?

- a. Cognitive defusion
- b. Acceptance
- c. Contact with the present moment
- d. All of the above

32. 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

33. 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.

34. 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

35. 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

36. Why is atherosclerosis especially dangerous when found in the coronary arteries?

- a. It can cause a heart attack.
- b. It can restrict blood flow to the heart muscle.
- c. It can lead to coronary artery disease.
- d. All of the above options are correct.

37. 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

38. Which of the following is NOT a risk factor for cardiovascular disease?

- a. stress
- b. consumption of aspirin
- c. obesity
- d. cigarette smoking

39. Which of the following changes in lifestyle are recommended to treat or prevent hypertension?

- a. control weight
- b. limit dietary salt intake
- c. exercise regularly
- d. All of the above lifestyle changes are recommended to treat or prevent hypertension.

40. The symptoms of heart failure include _____.

- a. shortness of breath
- b. fatigue
- c. fluid accumulation
- d. All of the above are symptoms of heart failure.

41. As a health psychologist, it is important to understand immediate responses to a chronic disease diagnosis because:

- a. the way a patient responds will dictate future treatment outcomes.
- b. it is best to wait for treatment interventions until after the patient has adjusted to the chronic aspect of the diagnosis.
- c. a patient's coping efforts may fail and lead to an increasingly negative attitude and worsening health.
- d. patients need to be left alone until they indicate a willingness to accept their diagnosis.

42. Which of the following is crucial when informational, helpful, and emotional supports are needed for chronically ill patients?

- a. Achieving self
- b. Social self
- c. Physical self
- d. Private self

43. A chronically ill patient talks to others to find out more about the illness situation and discuss issues associated with it. Which of the following coping strategies has the patient used here?

- a. Distancing
- b. Cognitive escape
- c. Behavioral escape
- d. Social support

44. The _____ plan and direct educational, vocational, and recreational activities to help patients become more self-sufficient.

- a. occupational therapists

- b. physical therapists
- c. dietitians
- d. social workers

45. The typical caregiver for a chronically ill patient is:

- 1. a man in his 60s.
- 2. a person between the ages of 30 and 40.
- 3. a woman in her 60s.
- 4. a health care professional.

46. Which of the following guidelines must be adhered to in treating a child suffering from chronic illness?

- a. The child must not be exposed to isolating and terrifying procedures to treat their condition.
- b. Encouraging the child to believe that the chronic illness is a punishment for bad behavior.
- c. Making the child's family participation in the illness and treatment process mandatory.
- d. The child must not be informed about the illness as it may lead to distress.

47. Which of the following is a positive example of family support to a chronically ill patient?

- a. Sending a chronically ill family member to a nursing home
- b. Driving a chronically ill patient to and from medical appointments
- c. Encouraging a stroke patient to engage in self-care
- d. Encouraging a chronically ill patient to be relentlessly cheerful

48. One of the most significant drawbacks to support groups is that:

- a. they have not been researched extensively.
- b. most of the people who attend are unwilling to make a long-term commitment to participate in these groups.
- c. emotional support feels good but does not translate into adherence.
- d. they have not been available to all the chronically ill patients

49. Which theoretical perspective studies illness as 'lived experience'?

- a. feminism
- b. postmodernism
- c. epidemiology
- d. symbolic interactionism

50. Which one of these is NOT a type of work involved in chronic illness?

- a. cultural work
- b. illness work
- c. everyday work

d. biographical work

51. Which one of the following is stressed by materialist explanations of health inequalities?

- a) smoking
- b) diet
- c) drinking
- d) housing

52. According to the World Health Organization, which of these is NOT a main cause of chronic disease and long-term impairments in developing countries?

- a) poor education
- b) poor diet
- c) poor sanitation
- d) poor housing

53. Which of the following is NOT a public health measure?

- a) improving water supplies
- b) monitoring food processing
- c) taking exercise
- d) regulating burial

54. Health psychology is linked to

- a. The behavioral sciences
- b. Clinical psychology
- c. Behavioral medicine
- d. All of the above

55. Currently the major cause of illness is

- a. Behavior or lifestyle
- b. Genetic or family background
- c. Care taken during childhood
- d. Work environments

56: The biopsychosocial model of health

- a. allows a systems interpretation of factors affecting illness and injury
- b. separates the mind from the body
- c. is more complex than the biomedical model
- d. A and C are correct

57. Feelings such as sadness, despair and anxiety are indicators of

- a. Mental illness
- b. Physical health
- c. Sociocultural health
- d. Psychological health

58. The definition of illness includes

- a. Mental illness
- b. Pregnancy
- c. Physical disability
- d. All of the above

59. Health is best defined as

- a. The absence of illness or pain
- b. A body condition with no current physical disease or injury
- c. A positive state of mental, social, and physical well being
- d. A body condition with no risk of physical illness

60. Stress affects health through multiple pathways, what are they?

- a. Psychobiological responses to stress
- b. Behavioural responses such as smoking, poor diet
- c. Personality variables that place us more or less at risk of illness
- d. All of the above

Answer Key

Qn.No	Answer	Qn.No	Answer	Qn.No	Answer
1	C	21	A	41	C
2	D	22	D	42	B
3	A	23	D	43	D
4	B	24	C	44	A
5	C	25	C	45	C
6	B	26	A	46	C
7	A	27	D	47	B
8	C	28	A	48	D
9	A	29	D	49	B
10	D	30	C	50	A
11	A	31	D	51	D
12	A	32	D	52	A
13	A	33	B	53	C
14	D	34	D	54	D
15	D	35	D	55	A
16	B	36	D	56	D
17	A	37	A	57	D
18	A	38	B	58	A
19	A	39	D	59	C
20	D	40	D	60	A

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