

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2022/2023 – SEMESTER II



BSC HONS IN PSYCHOLOGY
PLU4307 – HEALTH PSYCHOLOGY - LEVEL 4
CONTINUOUS ASSESSMENT TEST – NBT I
DURATION: 1 ½ HOURS

DATE: 16.06.2023

TIME: 9.00 – 10.30 am

INDEX NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of 08 pages with TWO sections
- **Section 1: 20 Multiple Choice Questions - (40 Marks)**
- **Section 2: 12 Short Answer Questions - (60 Marks)**
- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the **ANSWER SHEET** provided by placing a cross (X) in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 The different features of ill health had been experienced byfrom the 20th century onwards. Which one of the following is the correct answer?
- a humans
 - b animals
 - c insects
 - d plants
- 1.2 In early 20th Century psychosomatic medicine was developed to Which one of the following is the correct answer?
- a develop the biomedical views on health and illness.
 - b challenge the biomedical views on health and illness.
 - c change the biomedical views on health and illness.
 - d stem the biomedical views on health and illness.
- 1.3 Behavioural medicinethe traditional biomedical views of health and illness. Which one of the following is the correct answer?
- a developed
 - b combined
 - c accepted
 - d rejected
- 1.4 Who is responsible for the illness?
- a Families
 - b Individual
 - c Community
 - d Hospital
- 1.5 Nervous system consists of sub-systems. Which of the following is the correct answer for the two sub-systems of Peripheral Nervous System (PNS)?
- a Central and peripheral nervous system
 - b Sympathetic and parasympathetic nervous system
 - c Autonomic and somatic nervous system
 - d Sympathetic and autonomic nervous system

- 1.6 Different sub-systems of the nervous system are responsible for different actions. Which of the following division in the nervous system is responsible in restoring the body to following a "Fight or Flight" situation?
- Parasympathetic nervous system
 - Autonomic nervous system
 - Central nervous system
 - Somatic nervous system
- 1.7 Which one of the following divisions in the nervous systems is regulated by the hypothalamus and involuntary actions?
- Central nervous system
 - Peripheral nervous system
 - Sympathetic nervous system
 - Autonomic nervous system
- 1.8 Different parts of the brain involve in various mental processes. Which part of the brain involved in high order complex thinking, memory, and intelligence?
- Cerebral cortex
 - Limbic system
 - Medulla
 - Pons
- 1.9 The main function of the endocrine system is to maintain.....
Which one of the following is the correct answer?
- balance of our body
 - coordination of our body
 - homeostasis of our body
 - hormones of our body
- 1.10 Which one of the following controls the secretion of hormones?
- Hypothalamus
 - Ovaries
 - Pancreas
 - Pituitary
- 1.11 Different bodily systems are responsible for different functions. Which of the following has the distinct function of protecting the organism from the biological influences outside?
- Cardiovascular system
 - Nervous system
 - Endocrine system
 - Immunity system

- 1.12 The adaptive immune defence is acquired Which one of the following is the correct answer?
- a Before birth
 - b After birth
 - c Early childhood
 - d Infancy
- 1.13 More research is necessary to confirm the assumption that _____ cause positive changes to quality of life. Which of the following is the correct answer?
- a survey data
 - b questionnaire responses
 - c research findings
 - d lifestyle changes
- 1.14 Which of the following cells are considered as a type of white blood cell (called lymphocytes) which attack infected or damaged cells directly or produce powerful chemicals that mobilize an army of other IS substances and cells?
- a Glial cells
 - b T cells
 - c Dendric cell
 - d B Cells
- 1.15 Which one of the following theorists developed the Health Belief Model?
- a Rosenstock (1966)
 - b Fisher and Fisher (1992)
 - c Ajzen (1991)
 - d Rogers (1975)
- 1.16 Which of the following best describes the four main component processes in psychological homeostasis?
- a well-being, motivation, emotion, action
 - b well-being, planned behaviour, emotion, action.
 - c well-being, self-efficacy, emotion, action
 - d well-being, cognitive appraisal, emotion, action
- 1.17 Which of the following theories describes coping with a health threat in light of two appraisal processes-threat appraisal and coping appraisal”?
- a Social cognition theory
 - b Protection motivation theory
 - c Attribute theory
 - d Health belief model

- 1.18 An individual's level of confidence or perceived ability to engage in the health behaviour is stated asWhich of the following is the correct answer?
- a self - efficacy
 - b self confidence
 - c self-motivation
 - d self-concept
- 1.19 Which one of the following is the correct answer for an individual's perception of the severity of an illness?
- a "I have a high risk of developing Diabetes"
 - b "I am confident I can cut down my sugar intake"
 - c "Diabetes is a serious illness"
 - d "I actively cut down sugar"
- 1.20 Which one of the following models aims to understand, explain, and predict the interactions between social cognitions and the recommended or intended health behaviours?
- a Social cognition model
 - b Protection motivation theory
 - c Health belief model
 - d Theory of planned behaviour

INDEX NO:

ANSWER SHEET FOR SECTION-1

| Q. No. | (a) | (b) | (c) | (d) |
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INDEX NO:

SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory.

2.1 Define “Health”. (5 marks)

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2.2 Describe the field of Health Psychology? (5 marks)

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2.3 Identify the determinants of Health. (5 marks)

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2.4 Describe the sub - fields of health psychology. (5 marks)

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2.5 What is the focus of the bio-medical model? (5 marks)

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2.6 Briefly describe the biopsychosocial model. (5 marks)

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2.7 List the main structures of the central nervous system. (5 marks)

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2.8 Briefly describe the main functions of the endocrine system. (5 marks)

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2.9 Briefly describe types of quantitative research used in Health Psychology. (5 marks)

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2.10 Identify the factors that influence health behaviours. (5 marks)

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2.11 Briefly describe the components of key social cognition models of predicting health behaviours. (5 marks)

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2.12 Discuss the limitations and issues of Social Cognitive Models. (5 marks)

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-----END OF QUESTION PAPER-----