

Mid-West University  
**Examinations Management Office**

Surkhet, Nepal

**End Semester Examination-2080**

Level: B.Ed. / IV Semester

FM: 60

Time: 3.00 hrs.

PM: 30

Sub: Health Psychology and Health Behavior (HEP 343)

*Candidates are required to give their answers in their own words as far as practicable.*

Attempt all the questions.

**Group "B"**

6×5 = 30

1. Briefly explain the roles of behavioral factors in disease and disorder.
2. Discuss the roles of health education and mass media on modification of health behavior.
3. What is stress? Discuss the techniques of stress management.

**Or**

What are the advantages of the bio-psychosocial model of health? Explain.

4. Briefly explain the determinants factors to health behavior with examples.
5. How are cognitive behavioral approaches used for health behavior change? Explain with logical arguments.
6. How do socio- economic and cultural factors influence health behavior change? Give your argument with examples.

**Or**

Briefly explain the fields of health psychology with illustration.

**Group "C"**

2×10=20

7. What are the factors involved in behavioral modification? Explain in detail.
8. Briefly explain health belief model and how could you change behavior through health belief model. Explain its process with examples.

**Or**

Describe the strategies of pain and chronic illness management with examples.

**THE END**

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Roll No. ....

Group "A"

10×1 =10

Tick (✓) the best answers.

1. Which one of the followings is an example of good behavior?
  - a. Drinking and eating spicy foods
  - b. Healthy eating habits
  - c. The color of someone's eyes
  - d. taking rest every time
2. The mostly determinants factor of health behavior is...
  - a. socio-cultural and biological factors
  - b. health compromising behavior
  - c. physical and emotional factors
  - d. educational factors
3. Health compromising behavior is commonly seen in people from:
  - a. High class
  - b. Low class
  - c. Middle class
  - d. None of them
4. Health enhancing behavior refers to:
  - a. Cancer prevention behavior
  - b. taking smoking
  - c. Compliance
  - d. eating fatty and spicy foods
5. Which one of the followings is not the fields of health psychology?
  - a. Clinical health psychology
  - b. Public health psychology
  - c. Community health psychology
  - d. Medical psychology
6. Who was the first to describe the "fight or flight response?"
  - a. Walter B. Cannon
  - b. Sigmund Freud
  - c. Atkinson Potter
  - d. Mrunal Sengupta

7. All are the factors involved in behavior modification except:
  - a. Motivation
  - b. Perception
  - c. Exercise
  - d. Compliance
8. Which one of the following are the characteristics of positives stress?
  - a. improves performance
  - b. it feels exciting
  - c. it motivates
  - d. all of the above
9. In behavior modification, motivation and perception refers to:
  - a. inner mental processes
  - b. Causes of behavior
  - c. Ways of behaving
  - d. major sources of abnormality
10. The process of key factors that influence behavior change is:
  - a. Motivation to perform the behavior
  - b. Health compromising
  - c. Treatment –seeking behavior
  - d. Eating disorder behavior