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Bengaluru

Mid Term Examinations - October 2026

Date: 05/10/2026 **Time:** 11:45 AM - 01:15 PM

Course Code: BSY1103 **Course Name:** Health Psychology

Semester: First Semester **Max. Marks:** 50 **Weightage:** 50%

CO - Levels	CO1	CO2	CO3	CO4	CO5
Marks	10	20	20	20	20

PART A: Answer Following Questions. 10 M

Q.N.	Questions	M	CO	BT
1	Define Health Psychology according to Shelley E. Taylor.	2	CO1	BT1
2	State the three body doshas recognized in Ayurvedic medicine and mention the function associated with any one of them.	2	CO1	BT1
3	List two core limitations of the traditional Biomedical Model.	2	CO1	BT1
4	Define health-promoting behaviours and health-compromising behaviours, giving one example of each.	2	CO1	BT1
5	Define perceived susceptibility and perceived severity within the Health Belief Model.	2	CO1	BT1

PART B : Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
6	*Case: Ravi is a 48-year-old corporate executive diagnosed with severe hypertension. His cardiologist prescribed medication, but Ravi experiences high workplace stress, sleeps less than five hours nightly, smokes a pack of cigarettes daily, and fears his illness will ruin his career.* Apply the Biopsychosocial Model to conceptualize Ravi's condition by classifying his biological, psychological, and social risk factors. Formulating a 3-part psychological intervention strategy addressing his lifestyle and emotional state.	10	CO3	BT3
7	*Ms. Anna, a 21-year-old college student, frequently skips breakfast, sleeps five hours a night, relies on fast food, and avoids physical exercise due to academic pressure. She presents with chronic fatigue, headaches, poor concentration, and mood swings.* Apply health behavior change principles to her case by identifying the interconnected pattern of health-compromising behaviors present. Designing a step-by-step health promotion plan targeting exercise, sleep hygiene, and nutrition.	10	CO3	BT3

PART C: Answer Any 1 Following Questions. 10 M

Q.N.	Questions	M	CO	BT
8	Analyze how Indian cultural determinants specifically family systems, collectivism, and spirituality shape health behaviors and medical decision-making. List out both the positive supportive aspects and potential challenges of family involvement during chronic illness management.	10	CO5	BT4

PTO (Please Turn Over)

9	Analyze the four primary goals of Health Psychology as articulated by Matarazzo (1980). Contrast how a hospital setting approaches chronic diabetes management strictly through a traditional Biomedical view versus a Health Psychology goal framework.	10	CO5	BT4

PART D: Answer Any 1 Following Questions. 10 M				
Q.N.	**Questions**	**M**	**CO**	**BT**
10	*A health researcher wants to evaluate whether a 12-week mindfulness program reduces blood pressure among patients with hypertension.* Compare using a Correlational Survey design versus a Randomized Controlled Experiment for this evaluation. Analyze the strengths, methodological limitations, and ethical considerations (e.g., informed consent, control group care) of both approaches.	10	CO4	BT2
11	Examine the psychological and physiological mechanisms through which chronic smoking, alcohol abuse, and obesity damage long-term health. Evaluate *why traditional informational warnings (e.g., health warning labels) often fail to change these health-compromising behaviors unless combined with cognitive-behavioral techniques.*	10	CO4	BT2

PART E: Answer Any 1 Following Questions. 10 M				
Q.N.	**Questions**	**M**	**CO**	**BT**
12	Explain the Theory of Planned Behavior (TPB). Detail how Attitudes, Subjective Norms, and Perceived Behavioral Control combine to form Behavioral Intention, using the example of *adopting a daily exercise routine*.	10	CO2	BT2
13	Describe the five stages of the Transtheoretical Model. Explain what psychological shifts occur as an individual progresses from Precontemplation through to Maintenance during a *smoking cessation attempt.*	10	CO2	BT2