

Department of Applied Psychology

The Islamia University of Bahawalpur

Final Term- MSc (3rd Semester)

CLINICAL HEALTH

Instructor: Dr. Muhammad Saleem

Max. Marks: 20

Time Allowed: 20 minutes

Name: _____

Roll No: _____

Objective Type

Note: This section contains multiple choice questions (MCQs). All questions carry equal marks. Please encircle the best correct option given for each MCQ. Overwriting, cutting, removing, or rubbing is not allowed.

1. Negative stereotypes of patients may contribute to _____
(a) poor health (b) poor communications (c) wellness (d) both a and b
2. _____ of the patient is another problem that impairs the quality of the patient-provider relationship
(a) Demoralization (b) Depersonalization (c) both a and b (d) none
3. When patients do not adopt the behaviors and treatments their providers recommend:
(a) adherence (b) non-adherence (c) compliance (d) both a and c
4. _____ can create an atmosphere of warmth or coldness.
(a) Gestures (b) Nonverbal communication (c) verbal communications (d) none
5. However, nearly two-thirds of adults in the United States use
(a) complementary medicines (b) proper medicines (c) both a and b (d) none of these
6. Traditional Chinese medicines began _____ years ago
(a) 1000 (b) 3000 (c) 2000 (d) None of these
7. A philosophy developed in Europe
(a) Homeopathy (b) alternative medicines (c) Allopathy (d) none of these
8. _____ has been in existence in China for more than 2,000 years.
(a) Ayurvedic (b) Acupuncture (c) yoga (d) none of these
9. _____ is a chief factor producing high levels of occupational stress.
(a) low income (b) poverty (c) Work overload (d) none of them
10. _____ is one of the greatest causes of preventable death.
(a) Smoking (b) CVD (c) Cancer (d) none of them
11. Body has adjusted to the substance and incorporates the use of that substance into the normal functioning
(a) physical dependence (b) tolerance (c) craving (d) none
12. Refers to the unpleasant symptoms, that people experience when they stop using a substance
(a) Craving (b) intoxicant (c) withdrawal (d) all of these
13. It usually occurs when the individual is alone
(a) Depression (b) Binge eating (c) bulimia nervosa (d) none
14. it is responsible for approximately 79,000 deaths each year
(a) Smoking (b) Diabetes (c) Alcohol (d) none
15. Family therapy may help families learn positive methods of communicating emotion and conflict.
(a) behavioral therapy (b) CBT (c) Family Therapy (d) none
16. Exercise is a _____ component of any weight-loss program.
(a) unnecessary (b) critical (c) difficult (d) none
17. Obese clients are trained in _____
(a) self-efficacy (b) self-monitoring, (c) self-talk (d) none
18. Anxiety and depression figure into _____ as well.
(a) stress eating (b) stress relapse (c) stress inducing (d) none of these
19. The idea that each individual has an ideal biological weight, which cannot be greatly modified
(a) Set point theory (b) trend and befriend theory (c) Body mass index (d) none
20. Successive cycles of dieting and weight gain, so-called
(a) nutrition intake (b) dieting plan (c) yo-yo dieting (d) none

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Time Allowed: 40minutes

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Roll No: _____

Short Questions

1. What is acute stress paradigm?

2. Describe Alcoholism

3. What is Bulimia Nervosa?

4. What is nicotine replacement therapy?

5. Define reactivity

6. What is the impact of hospitalization on patients?

7. Differentiate between hypnosis and guided imagery.

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Time Allowed: 60 minutes

Essay type question

1. Write a detailed note on complementary and alternative medicines. 7.5
2. Write a note on eating disorders. 7.5

SAMPLE PAPER