

**CARMEL COLLEGE OF ARTS, SCIENCE, & COMMERCE FOR WOMEN,  
NUVEM GOA**

**SEMESTER END EXAMINATION CBCS EXAMINATION AUGUST 2020**

**Semester: V      Course Code and Name: PSD 102: Health Psychology**

**Total Marks: 30    Date: 14<sup>th</sup> August, 2020    Duration: 02 Hours    Total No. of Pages: 02**

*Instructions: 1. All questions are compulsory.*

*2. Figures to the right indicate marks allotted.*

**Q. I. Answer any five from the following in about 150 words: (5X2=10)**

1. Explain how a person's lifespan is related to illnesses.
2. How is technology playing an increasing role in preventing and managing illnesses?
3. List the factors that an individual may practice that pose a problem in promoting wellness.
4. Briefly describe the Stages of Change Model.
5. What are the difficulties diabetic's face while needing to adhere to their medical regimens?
6. How can cardiac arrests be prevented?
7. How do peers and family members influence adolescents to start smoking?
8. List the prominent health – compromising behavior and its characteristics.

**Q. II. Answer any four from the following in about 350 words: (4X5=20)**

1. Kevin is diabetic and just found out his heart is not functioning too well. What are the ways in which Kevin can be helped to cope with his illnesses?

### 1. Standardized Procedures

- Essential feature of any psychological test.
- A test is considered standardized if the procedures for administering it are uniform from one examiner and setting to another.
- Examiner must be competent enough to administer the test – the best test can be rendered useless by a careless, poorly trained, or ill-informed tester.
- Standardization rests largely upon the directions for administration found in the instructional manual that typically accompanies a test.

### 8 **Definition of a Psychological Test...**

#### **1. Standardized Procedures...**

- The formulation of directions is an essential step in the standardization of a test.
- The test developer must provide comparable stimulus material to all testers, specify with considerable precision the oral instructions for each item or sub test, and advise the examiner how to handle a wide range of queries from the examinee. (Digit span example)
- The test developer may recommend maintaining a neutral facial expression when recording a subject's response.  
These subtle influences can impact uniformity of testing procedures.  
Ex: a smirk on the examiners' face can lead the examinee to feel anxious and give the wrong answers to an otherwise easy test.

### 9 **Definition of a Psychological Test...**

#### **1. Standardized Procedures...**

### 10 **Definition of a Psychological Test...**

#### **2. Behaviour Sample**

- A test is limited to a sample of behaviour.
- Comprehensive testing is not possible – even when the test is targeted to a well-defined and finite behaviour domain.
- Thus, practical constraints dictate that a test is only a sample of behaviour.
- It permits the examiner to make inferences about the total domain of relevant behaviours.  
(vocabulary test example)

### 11 **Definition of a Psychological Test...**

#### **Behaviour Sample...**

- The test item need not resemble the behaviours which the test is attempting to predict.
- The essential characteristic of a good test is that it permits the examiner to predict other behaviours – not that it mirrors the to-be predicted behaviour.

### 12 **Definition of a Psychological Test...**

#### **Behaviour Sample...**

### 13 **Definition of a Psychological Test...**

#### **3. Scores or Categories**

- A test must also permit the derivation of scores or categories.

2. Shikha goes for regular walks, but does not seem to be losing weight. One of the main factors being her eating junk food. Write a note to her explaining why diet is important?
3. Kendall suffered a stroke while working. What will his recovery process be like?
4. Kayla's work requires her to be on – field for most of the noon hours. She noticed that a mole on her forearm seems to have an unusual growth. She goes for a check – up and tests positive for cancer. Identify the scientific term for this form of cancer and what are the treatment options that she can avail?
5. Seema, a nurse at a reputed hospital, accidentally contracts HIV while interacting with HIV+ patients. What form of stigma do you think she will experience as a result of it?
6. John is a recovering alcoholic. Today is his daughter's wedding and such celebrations invite alcohol. He is contemplating whether he should have a drink or not. In your opinion, what's the best decision for him to make?

Examiners must be thoroughly trained and experienced.

Because few of the tests have objective scoring keys, there is ample opportunity for subjective bias to affect the scoring and interpretation of the results.

Although projective techniques are used for employee selection at the executive level, research shows that they have low validity.