

**Indian Institute of Technology Guwahati
Department of Humanities and Social Sciences**

Mid Semester Examination
HS-213 (Psychology of Health and Adjustment)
Date: 22nd September, 2024

Time: 2 Hours
Max Marks: 40

*Note: (1) Attempt all questions. Please attempt all parts of a question at the same place.
(2) Include all the necessary explanations and arguments to write your answer. Write your answer using the concepts discussed in the class. Don't write just based on your personal opinions.
(3) I am not giving any set specific length for your answer. Include whatever is necessary to address the question.*

Q1. Fill each blank with a suitable word.

(1x10=10)

- (a) When a company's board members all agree on a flawed business strategy to avoid conflict and maintain group cohesion and harmony, they are experiencing _____.
- (b) When Sarah suddenly realizes she is unprepared for an important presentation while her supervisor is calling her to the front, she is likely going through the _____ phase of the General Adaptation Syndrome?
- (c) When John experiences high levels of stress at work, and this stress causes him to feel irritable and anxious at home with his family, it is referred to as the _____ effect.
- (d) Emily is known for her ambitious and competitive nature and constant drive to achieve top results in her academic and personal life. Her friends often notice her impatience, time urgency and hostility. Emily most likely has a _____ personality.
- (e) Maria is deciding whether to accept a high-paying job in a new city. While the salary and career growth are appealing, she is hesitant about moving away from her family and friends. This situation may lead to _____ conflict.
- (f) Anna views an upcoming final exam as extremely difficult and potentially overwhelming. She is engaging in _____ appraisal.
- (g) When David feels compelled to pursue a career in medicine because his parents and society expect it, he is experiencing pressure to _____.
- (h) In contrast to "Fight-or-Flight" response, the _____ response is a behavioral reaction to stress that involves nurturing others and seeking social support.
- (i) According to the Organismic valuing theory of growth, PTG occurs when there is a positive _____ after the traumatic event.
- (j) In an experiment demonstrating _____, dogs that were repeatedly subjected to electric shocks without the ability to escape eventually stopped trying to avoid shock even when escape was possible.

PTO

Q. 2. State whether the following statements are TRUE or FALSE with proper explanation. No marks will be awarded without explanation. (3x4=12)

Symptoms

- (1) There is no difference in the symptoms of PTSD and Complex-PTSD
(2) Individuals who have experienced learned helplessness may show symptoms similar to those of depression True.
(3) Task complexity does not influence how stress impacts performance.
False.

Q. 3. Compare the role of acute versus chronic stress in the onset and progression of infectious diseases and non-infectious diseases. Do you think one type of stress has a greater impact on either category? Explain using various possible mechanisms (Physiological, behavioural etc.) involved in the process. (8)

Q. 4. Answer the following:

(a) In your opinion, how does posttraumatic growth differ from mere recovery or resilience after a traumatic event? Can someone experience PTG without first undergoing significant trauma? (4)

(b) Tedeschi and Calhoun's model of posttraumatic growth outlines five domains of growth. What are these domains? Do you believe these domains capture the full range of posttraumatic growth experiences, or are there other areas where growth could occur? Explain at least two factors from the model that can facilitate PTG. (6)