

Reg. No .....

Name .....

23U666

**B. Sc. DEGREE END SEMESTER EXAMINATION : MARCH 2023**

**SEMESTER 6 : PSYCHOLOGY**

**COURSE : 19U6CRPSY11 : HEALTH PSYCHOLOGY**

*(For Regular - 2020 Admission)*

Time : Three Hours

Max. Marks: 75

**PART A**

**Answer All (1 mark each)**

1. ----- refers to provision of material support by one person to another, such as services, financial assistance, or goods.
2. In ----- social support the recipient does not notice who provided the support.
3. ----- refers to number of new cases of a disease.
4. ----- is a field within psychology devoted to the study of aging and the provision of clinical services for older adults.
5. The third stage in general adaptation syndrome is -----.
6. ----- is a hormone that influences eating and metabolism through its action in the hypothalamus of the brain.
7. Afifa was unable to accept diagnosis of cancer. Her initial reaction to the diagnosis is a defense mechanism called -----.
8. ----- conflict is considered the most stressful because the choice has both an appealing and unappealing aspect.
9. Alternating an alcoholic with nonalcoholic beverages is called -----
10. ----- refers to number of cases of a disease that exist at a given point in time.  
**(1 x 10 = 10)**

**PART B**

**Answer any 8 (2 marks each)**

11. Differentiate between morbidity and mortality.
12. Define the role of SAM in experience of stress.
13. Define approach - approach conflict with example
14. Explain how message framing is relevant in changing health related attitude.
15. What do you mean by proactive coping?
16. Define acupuncture.
17. What do you mean by primary prevention?
18. What do you mean by naturopathy?
19. Explain how fear appeal is used to change health behaviour.
20. What do you mean by Type II diabetes?

**(2 x 8 = 16)**

**PART C**

**Answer any 5 (5 marks each)**

21. What are the different types doctor-patient relationships?
22. Write a short note on smoking as a health compromising behaviour. Why is it so hard to change?
23. Discuss the psychological factors involved in coronary heart disease.
24. Write a short note on alcohol abuse as a health compromising behaviour.
25. What are the inherent and environmental risk factors for cancer?
26. Write a short note on problem focused coping
27. Evaluate the role of SAM and HPA axis in experience of stress.

**(5 x 5 = 25)**

**PART D**

**Answer any 2 (12 marks each)**

28. Define stressors. Explain the different categories of stress
29. Compare and contrast biomedical model to biopsychosocial model. How did they influence the development of Health Psychology?
30. What do you mean by health habit? Explain some factors which influence health habits.
31. Evaluate the psychological factors in cancer and diabetes.

**(12 x 2 = 24)**