

Reg. No

Name

24U667

B. Sc. DEGREE END SEMESTER EXAMINATION - MARCH 2024

SEMESTER 6 - PSYCHOLOGY

COURSE : 19U6CRPSY11 - HEALTH PSYCHOLOGY

(For Regular - 2021 Admission and Supplementary - 2020 Admission)

Time : Three Hours

Max. Marks: 75

PART A

Answer All (1 mark each)

1. Jimmy cannot pick between two girls who he would like to go to prom with. Which type of conflict is Jimmy experiencing?
2. An informal network of family and friends who help an individual interpret and treat a disorder is called -----.
3. Process of withdrawing from alcohol, usually conducted in a supervised, medically monitored setting is called -----.
4. The view that health and illness involve the interplay of biological, psychological, and social factors in people's lives is called -----.
5. Death that occurs before the projected age of 77 is called -----.
6. ----- exercise builds strength and endurance when the person moving a heavy object, exerting most of the muscle force in one direction.
7. Care designed to make the patient comfortable, but not to cure or improve the patient's underlying disease; often part of terminal care is called -----.
8. ----- refers to degree to which an individual follows a recommended health-related or illness-related recommendations.
9. ----- refers to the accumulating adverse effects of stress, in conjunction with pre-existing risks, on biological stress regulatory systems.
10. -----refers to numbers of deaths due to particular causes.

(1 x 10 = 10)

PART B

Answer any 8 (2 marks each)

11. What are the characteristics of fetal alcohol syndrome?
12. How is yoga a coping strategy?
13. Expand SIDS. What are the other consequences of smoking during pregnancy?
14. What are the different types of social support?
15. What are the limitations of GAS model?
16. Define acute and chronic illnesses.
17. Define creative nonadherence.
18. Define the role of HPA in experience of stress.
19. Differentiate between alcoholism and problem drinking.
20. What is specificity theory of pain?

(2 x 8 = 16)

PART C

Answer any 5 (5 marks each)

21. Discuss environmental stressors.
22. Write a short note on transtheoretical model of behaviour change.
23. Write a short note on emotion focused coping.
24. Discuss the psychological factors involved in asthma.
25. What is an ideal exercise program for health?
26. Discuss problems of aging. How can people adjust to aging?
27. How does age, gender, social class, and culture influence the use of health services?

(5 x 5 = 25)

PART D

Answer any 2 (12 marks each)

28. Evaluate the psychological factors involved in Alzheimer's disease and dementia.
29. What do you mean by stress management? Describe different stress management techniques.
30. Write an essay on any four health enhancing behaviours.
31. Define Health Psychology. Trace the history of Health Psychology.

(12 x 2 = 24)