

B.Sc. DEGREE END SEMESTER EXAMINATION - MARCH 2025**SEMESTER 6 : PSYCHOLOGY****COURSE : 19U6CRPSY11 : HEALTH PSYCHOLOGY***(For Regular 2022 Admission and Supplementary 2021/2020 Admissions)*

Time : Three Hours

Max. Marks: 75

PART A**Answer All (1 mark each)**

1. ----- means efforts to change attitudes by arousing fear to induce the motivation to change behaviour.
2. A heart attack produced when a clot has developed in a coronary vessel, blocking the flow of blood to the heart is called -----.
3. ----- refers to degree to which an individual follows a recommended health-related or illness-related recommendations.
4. ----- is medical system developed in the 1800s, whose central tenet is that the body can heal itself through diet, exercise, sunlight, and fresh air.
5. An optimum state of health achieved through balance among physical, mental, and social well-being is called -----.
6. Afifa was unable to accept diagnosis of cancer. Her initial reaction to the diagnosis is a defense mechanism called -----.
7. ----- exercise builds strength and endurance when the person moving a heavy object, exerting most of the muscle force in one direction.
8. ----- refers to reversible medical problems that occur over a short time, that are usually the result of an infection.
9. Lymphocytes that lead to the formation of antibodies are called -----.
10. The initial stage of stress, according to general adaptation syndrome is -----.

(1 x 10 = 10)**PART B****Answer any 8 (2 marks each)**

11. Define morbid medicans.
12. Define ACT
13. Define chronic benign pain.
14. Define the role of SAM in experience of stress.
15. Differentiate between morbidity and mortality.
16. Evaluate guidance cooperation model of patient provider relationship.
17. What are the different types of social support?
18. What do you mean by primary prevention?
19. What are some of the health benefits of positive thinking?
20. Define sexual health.

(2 x 8 = 16)

PART C

Answer any 5 (5 marks each)

21. Discuss the psychological factors involved in coronary heart disease.
22. Evaluate the role of SAM and HPA axis in experience of stress.
23. Poor adherence among patients is very common. What is the effect of poor adherence from patients? Suggest some techniques to improve adherence.
24. Write a short note on strategies to promote exercising.
25. Write a short note on problem focused coping.
26. What is an ideal exercise program for health?
27. What are the inherent and environmental risk factors for cancer?

(5 x 5 = 25)

PART D

Answer any 2 (12 marks each)

28. Define stressors. Explain the different categories of stress.
29. What do you mean by health compromising behaviours? Write a short note on alcohol use and smoking as health compromising behaviours?
30. Compare and contrast biomedical model to biopsychosocial model. How did they influence the development of Health Psychology?
31. Evaluate the psychological factors in cancer and diabetes.

(12 x 2 = 24)