

Reg. No

Name

26U672

B.Sc. DEGREE END SEMESTER EXAMINATION - MARCH 2026

SEMESTER 6 : PSYCHOLOGY

COURSE : 19U6CRPSY11 : HEALTH PSYCHOLOGY

(For Regular 2023 Admission and Supplementary 2022/ 2021 /2020 Admissions)

Time : Three Hours

Max. Marks: 75

PART A

Answer All (1 mark each)

1. ----- Is an ancient approach to healing developed in India that focuses on balance among the mind, body, and spirit.
2. ----- is a method whereby an individual is provided with ongoing, specific information or feedback about how a particular physiological process operates, so that he or she can learn how to modify that process.
3. Alternating an alcoholic with nonalcoholic beverages is called -----
4. ----- refers to failure to comply fully with treatment recommendations for modification of a health habit or an illness state.
5. Benefits of being treated for illness, including the ability to rest, to be freed from unpleasant tasks, and to be taken care of by others is called -----.
6. Dunbar and Alexander introduced ----- which later led to the emergence of biopsychosocial model.
7. ----- is a class of hormones, including epinephrine and norepinephrine, secreted by the adrenal glands.
8. According to theory on dying, first stage is -----.
9. ----- refers to an excessive accumulation of body fat, believed to contribute to a variety of health disorders, including cardiovascular disease.
10. Measures designed to combat risk factors for illness before an illness has a chance to develop is called -----

(1 x 10 = 10)

PART B

Answer any 8 (2 marks each)

11. What are the characteristics of fetal alcohol syndrome?
12. Define complementary and alternative medicines.
13. What do you mean by congenital analgesia?
14. What are the barriers to maintaining healthy habits?
15. Explain the characteristics of physical dependence.
16. Differentiate between approach coping style and avoidance coping style.
17. What is tend and befriend theory?
18. Define emotional social support.
19. What do you mean by glove anesthesia?
20. What are the clinical implications of biopsychosocial model?

(2 x 8 = 16)

PART C

Answer any 5 (5 marks each)

21. Physician can be an effective agent of behaviour change. Explain.
22. Evaluate the theory on stages of dying.
23. Leo changed his diet to low cholesterol food. How do you explain this health behaviour using health belief model?
24. Write a short note on stress management techniques.
25. Discuss the psychological factors involved in asthma.
26. Write a short note on problem focused coping.
27. Monica decided to quit binge drinking. How do you explain her decision using transtheoretical model of behavior change?

(5 x 5 = 25)

PART D

Answer any 2 (12 marks each)

28. Adnan decided to quit binge drinking. How do you explain this health behaviour using theory of planned behaviour and health belief model?
29. Evaluate the psychological factors involved in Alzheimer's disease and dementia.
30. Define Health Psychology. Trace the history of Health Psychology
31. Define stress. Compare and contrast GAS model to cognitive theory of stress.

(12 x 2 = 24)