

## FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2022

(Supplementary – 2018 Admission)

## PSYCHOLOGY

## CPSY5B10T: HEALTH PSYCHOLOGY

Time: 3 Hours

Maximum Marks: 80

**PART A: Answer all the questions. Each carries 1 mark.****Multiple choice questions.**

1. Learning by watching others is called
  - a. Cognitive learning
  - b. Latent learning
  - c. Observational learning
  - d. Sign learning
2. .... is the process of inferring the causes of events or behaviours
  - a. Response efficacy
  - b. Perceived control
  - c. Attribution
  - d. Psychological appraisal
3. Which one is not the stages of Kubler Ross's Adjustment to dying?
  - a. Depression
  - b. Anxiety
  - c. Anger
  - d. Acceptance
4. .... is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it.
  - a. Contemplation
  - b. Pre contemplation
  - c. Action
  - d. Preparation
5. Who developed the concept of dualism?
  - a. John Locke
  - b. Theodore Rousseau
  - c. Aristotle
  - d. Rene Descartes

**Fill in the blanks**

6. When an emergency has passed, the ..... nervous system helps to restore the body to a normal state.
7. .... is a health behaviour firmly established and often performed automatically, without awareness.
8. An adaptive way of dealing with an individual or environmental situation that involves psychological and physiological stress is called .....
9. The GAS was first proposed by .....
10. In the..... phase organism makes an effort to cope with the threat

**(10 × 1 = 10 Marks)****PART B: Answer all the questions. Each carries 2 marks.**

11. Tend-befriend theory
12. Monism
13. Fear appeal
14. Primary prevention

**(PTO)**

15. Type 2 diabetes
16. Perceived control
17. Problem focussed coping
18. Relaxation technique
19. Secondary appraisal
20. Biomedical model

(10 × 2 = 20 Marks)

**PART C: Answer any six questions. Each carries 5 marks.**

21. How stress contributes to illness?
22. Define health psychology. Explain the scope of health psychology.
23. Discuss the stages of the trans theoretical model of change.
24. What are the life stressors? Briefly explain.
25. What is the emotional response to terminal illness?
26. Explain the principles of social cognitive theory in the context of health behaviour change.
27. Give an account on managing terminal illness among children.
28. Comment about the mind-body relationship.

(6 × 5 = 30 Marks)

**PART D: Answer any two questions. Each carries 10 marks.**

29. Define stress. Describe theoretical contribution to stress.
30. Describe briefly various models and theories of health behaviour change.
31. What is coping? Explain the moderators of coping.
32. What is a terminal illness? Give an account of psychological management of terminal illness.

(2 × 10 = 20 Marks)