

D5BPS2205

Reg. No.....

Name:

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

(Regular/Improvement/Supplementary)

PSYCHOLOGY

GPSY5B10T: HEALTH PSYCHOLOGY

Time: 2 Hours

Maximum Marks: 60

**SECTION A: Answer the following question. Each carries *two* marks.
(Ceiling 20 marks)**

1. Write a short note on health-belief model.
2. List the models of prevention.
3. Write an account on Selye's general adaptation syndrome.
4. What is meant by life stressors?
5. List stress management programmes.
6. Define coping and its types.
7. List moderators of coping.
8. What is terminal illness?
9. Discuss non-traditional treatment.
10. Define family therapy in the context of health psychology.
11. Comment on chronic illness.
12. Write a short note on individual counselling in the context of health psychology.

**SECTION B: Answer the following question. Each carries *five* marks.
(Ceiling 30 marks)**

13. What are the areas of application of psychology in the general medical conditions?
14. Elaborate on mind body relationship.
15. Differentiate between biopsychosocial model and biomedical model.
16. Detail on the need and significance of health psychology.
17. Enumerate various stages of adjustment to dying.
18. Elaborate on management of terminal illness in children.
19. Discuss various models of prevention.

SECTION C: Answer the following question. Each carries *ten* marks.

20. List various approaches in health psychology. Elaborate on cognitive behavioral approaches in health psychology.
21. What is stress? What are the theoretical models and management strategies?

(1 × 10 = 10 Marks)