

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**(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)**

**Write short notes on:**

1. Contingency contracting.
2. Thanatologist.
3. Self-efficacy.
4. Major components of attribution theory.
5. Fight-or-flight response.
6. Social support.
7. Chronic illnesses.
8. Biomedical model.
9. Euthanasia.
10. Definition of health by World Health Organization.
11. Anticipatory grief.
12. Differences between palliative care and curative care.

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

13. Write an account on social cognitive theory.
14. Enumerate the major issues to be discussed while counselling family members of a terminally ill patient.
15. Discuss Selye's General Adaptation Syndrome.
16. What is stage of anger in terminal illness? How is it different from denial?
17. Enumerate the needs and significance of health psychology.
18. 'Education and fear appeals in attitude change of health behaviour'. Elucidate.
19. How to apply the theory of planned behaviour in adopting healthy diet?

**SECTION C: Answer any *one* question. The question carries *ten* marks.**

20. Explain biopsychosocial model, its advantages and clinical implications.
21. Elaborate on three phases of a typical Stress Management Programme.

**(1 x 10 = 10 Marks)**