

D 70350

(Pages : 2)

Name.....

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS—UG)

Psychology

PSY 5B 05 (04)—HEALTH PSYCHOLOGY

(2014, 2015 and 2016 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer the following.

Each question carries 1 mark.

1. _____ can be defined as the actual effort that is made in the attempt to render a perceived stressor more tolerable and to minimize the distress induced by the situation.
2. _____ focused coping aims at problem solving or doing something to alter the source of stress.
3. _____ is defined as "the aggregate of the specific educational, scientific, and professional contributions of the discipline of psychology to the promotion and maintenance of health.
4. According to _____ view, health is much more than the absence of disease.
5. The WHO defines _____ as "a state of well being in which the individual realizes his on her own abilities, can work productively and fruitfully to make a contribution to his on her Community".
6. The fight on flight theory of stress was coined by _____.
7. _____ is a negative emotional experience accompanied by predictable biochemical, physiological, cognitive, and behavioral changes that are directed either toward altering the stressful even or accommodating to its effects.
8. The general adaptation Syndrome was proposed by _____.
9. The third phase of general adaptation syndrome is _____.
10. _____ result from a dysfunction in DNA-that part of the cellular programming that controls all growth and reproduction.

(10 × 1 = 10 marks)

Section B (Short Questions)

Answer all questions.

Each question carries 2 marks.

11. Stress.
12. Health.

Turn over

13. Psycho neuro immunology.
14. - Diabetes.
15. Locus of control.
16. General adaptation syndrome.
17. Coping.
18. Mental health.
19. Quality of life.
20. Attribution.

(10 × 2 = 20 marks)

Section C

*Answer any six questions.
Each question carries 5 marks.*

21. Psychosomatic disorders.
22. Health Belief Model.
23. Exercise.
24. Psychological management of chronic illness.
25. Trans theoretical change model.
26. Biopsychosocial model of health.
27. Degenerative Disease.
28. Protection Motivation theory.

(6 × 5 = 30 marks)

Section D (Essays)

*Answer any two questions.
Each question carries 10 marks.*

29. What is stress? Write an essay on stress coping and management.
30. Explain the theories of changing health habits.
31. Describe the health enhancing and health compromising behaviour.
32. Explain the psychosocial Aspects of Chronic Illness.

(2 × 10 = 20 marks)