

D 70357

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Name.....

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS—UG)

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Part A

Answer all questions.

Choose the correct answer :

1. _____ is the correct order of Hans Seyle's General Adaptation Syndrome.
 - (a) Resistance, alarm, exhaustion.
 - (b) Exhaustion, alarm, resistance.
 - (c) Alarm, resistance, exhaustion.
 - (d) Alarm, exhaustion, resistance.
2. _____ personalities are at a greater risk for coronary heart disease.
 - (a) Type A.
 - (b) Type B.
 - (c) Type C.
 - (d) Type D.
3. The goals of stress management training are to _____.
 - (a) Identify and change cognitive distortions.
 - (b) Reduce high levels of muscular tension.
 - (c) Identify and reduce triggers using problem-solving strategies.
 - (d) All of the above.
4. Health psychology is linked to _____.
 - (a) The behavioral sciences.
 - (b) Clinical psychology.
 - (c) Behavioral medicine.
 - (d) All of the above.

Turn over

5. Health is best defined as :
- (a) The absence of illness or pain.
 - (b) A body condition with no current physical disease or injury.
 - (c) A positive state of mental, social, and physical well being.
 - (d) A body condition with no risk of physical illness.
6. Who proposed theory of planned behaviour ?
7. What is the reductionistic and single factor model in health Psychology ?
8. Stress is experienced and effect is modified by _____.
9. Fight or flight response to stress is developed by _____.
10. Learning by virtue of observing other's behaviour is known as _____.

(10 × 1 = 10 marks)

Part B

Answer all questions.

Write short answers.

Each question carries 2 marks.

- 11. Coping.
- 12. Relapse prevention.
- 13. Social skill training.
- 14. Attribution theory.
- 15. Self monitoring.
- 16. Health behaviours.
- 17. Biomedical model.
- 18. Health psychology.
- 19. Stress.
- 20. Chronic illness.

(10 × 2 = 20 marks)

Part C

Write paragraph answers on any six of the following.

Each question carries 5 marks.

- 21. Factors influencing health behaviour.
- 22. Relaxation Training.

11. (10 marks)

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11. (10 marks)

- 11. a) Explain the concept of health.
- b) Discuss the concept of health.
- c) Discuss the concept of health.
- d) Explain the concept of health.
- e) Discuss the concept of health.
- f) Explain the concept of health.

11. (10 marks)

Part B

Answer questions 12-14 with the following

Mark allocation: 12 = 10 marks

12. (10 marks)

- 12. a) Explain the concept of health.
- b) Explain the concept of health.
- c) What are health determinants? Explain the relationship between health determinants.
- d) What is disease? What are the mechanisms of disease?

12. (10 marks)

13. (10 marks)