

**FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2017**

(CUCBCSS-UG)

Psychology

PSY 5B 05 (04) – HEALTH PSYCHOLOGY

Time : Three Hours

Maximum : 80 Marks

**Part A***Answer all questions.*

1. The degree of change that occurs in autonomic, neuroendocrine and immune responses as a result of stress is called \_\_\_\_\_.
2. Those who study death and dying are called \_\_\_\_\_.
3. The immune mechanisms designed to respond to specific invaders is called \_\_\_\_\_.
4. The assessment of whether personal resources are sufficient to meet the demands of the environment is called \_\_\_\_\_.
5. A personality predisposition to cope actively with psychosocial stressors is called \_\_\_\_\_.
6. The second stage in Kubler Ross's five stage theory of death is \_\_\_\_\_.
7. \_\_\_\_\_ refers to the origin or causes of disease.
8. \_\_\_\_\_ are slowly developing disease with which people live for a long time.
9. Bodily disorders caused by emotional conflicts are called \_\_\_\_\_.
10. The state which exists when the immune system is working effectively is called \_\_\_\_\_.

(10 × 1 = 10 marks)

**Part B***Answer all questions.*

11. Cancer.
12. Quality of life.
13. Negative affectivity.
14. Emotion focused coping.
15. Health belief model.
16. Systems theory.
17. Concept of symbolic immortality.

**Turn over**

18. Relaxation training.
19. Relapse prevention.
20. Passive smoking.

(10 × 2 = 20 marks)

### Part C

Answer any six questions.

21. Give an account of the cognitive behavioral interventions in hyper tension.
22. Type I diabetes.
23. Fight or flight theory.
24. How is immunocompetence assessed?
25. Theory of planned behaviour.
26. What are health compromising behaviours?
27. What is social support? Explain how various forms of social support can help in overcoming stress.
28. Expand GAS.

(6 × 5 = 30 marks)

### Part D

Answer any two questions.

29. Give a detailed account of the psychosocial management of the terminally ill.
30. Give a detailed account of the Transtheoretical model of behaviour change.
31. What is stress? Give an account of the major theories of stress.
32. Give a detailed account of health enhancing behaviours.

(2 × 10 = 20 marks)

37.5 - 80

37.5 + 16

53.5 - D

100

90

80

70

60

50