

D 50707

(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
NOVEMBER 2023**

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer all questions.**Answer in two or three sentences.**Each question carries 2 marks.**There shall be ceiling of 20 marks in this Section.*

1. Define health Psychology.
2. Bio-medical model.
3. Health behaviours.
4. Psychological appraisal of stress.
5. GAS.
6. Life Stressors.
7. Individual counselling.
8. Tend-Befriend.
9. Mind-Body relationship.
10. Health Belief Model.
11. Fight-Flight.
12. Terminal illness.

(Ceiling 20 marks)

Turn over

Section B

Answer all questions.

Answer in a paragraph of about half a page to one page.

Each question carries 5 marks.

There shall be ceiling of 30 marks in this Section.

13. Need and significance of health psychology.
14. Changing health habits-attitude change.
15. Theory of Planned Behaviour.
16. Models of prevention.
17. Stress management programmes.
18. Family therapy.
19. Medical staff and terminal ill patient.

(Ceiling 30 marks)

Section C

Answer any one of the following.

The question carries 10 marks.

20. Describe the management of advancing and terminal illness.
21. Briefly explain stress and coping.

(1 × 10 = 10 marks)