

**FOURTH SEMESTER P.G. (INTEGRATED) [REGULAR] EXAMINATION  
APRIL 2022**

M.Sc. Psychology (2000 Admission only)

PSY 41 B01—HEALTH PSYCHOLOGY

(For 2020 Admission only)

Time : Two Hours and a Half

Maximum : 80 Marks

**Section A (Short Answer Questions)**

*All questions may be answered.  
Each question carries 2 marks.  
Ceiling of marks 25.*

1. Health behaviour.
2. Social engineering
3. Attitude change.
4. Cognitive restructuring.
5. Exercise.
6. Positive stress.
7. Fight-Flight syndrome.
8. Chronic stress.
9. Social support.
10. Breathing exercise.
11. Chronic illnesses.
12. Pain management.
13. Health care system
14. Hypertension.
15. Alcoholism.

(Ceiling 25 marks)

**Turn over**

**Section B (Paragraph Type)**

*All questions may be answered.*

*Each question carries 5 marks.*

*Ceiling of marks 35.*

16. Need and Goals of health psychology.
17. Significance of Mind Body relationship.
18. Health belief model
19. Relationship between nutrition and health.
20. General adaptation syndrome
21. Tend-Befriend Theory of stress
22. Psychological issues in advancing illness.
23. Psychological management of terminal illness.

(Ceiling 35 marks)

**Section C (Essay Type)**

*Answer any two questions.*

*Each question carries 10 marks.*

24. Discuss biopsychosocial models and its advantages.
25. Elucidate the cognitive behavioural approaches to health behaviour change.
26. Describe the basic stress management techniques.
27. Explain the emotional responses to chronic illnesses.

( $2 \times 10 = 20$  marks)