

**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore – 641 043**

**Master's Degree Examination – November 2017
III Semester**

Class : II PG
Major : Counselling Psychology

Time: 3 hours
Max. Marks: 60

12MCPC14 HEALTH AND WELL BEING

Part A

10 x 1/2 = 5

Choose the correct answer

1. Health psychology maintains that mind and body
 - a. separate
 - b. interact
 - c. No way connected
 - d. not influencing each other
2. Which of the following is a qualitative method of research in health psychology?
 - a. surveys
 - b. experiments
 - c. Case studies
 - d. interview
3. Which of the following is the bio contributing factor to health and illness?
 - a. genes
 - b. expectations
 - c. emotions
 - d. behaviours
4. Which of the following causes psychosomatic illness?
 - a. psychological factors
 - b. Social factors
 - c. Bodily problems
 - d. genes
5. GAS was proposed by
 - a. Dimatteo
 - b. Shelley E Taylor
 - c. Hans selye
 - d. Sarafino
6. Hardiness personality involves
 - a. challenge
 - b. stress
 - c. sickness
 - d. Trauma
7. Which of the following is considered not to be a chronic illness?
 - a. cancer
 - b. HIV
 - c. Cardiovascular disorder
 - d. ulcer
8. Anorexia nervosa is a problem of
 - a. adulthood
 - b. adolescence
 - c. Childhood
 - d. Old age
9. The relative incidence of a particular disease is called as
 - a. mortality
 - b. occurrence
 - c. morbidity
 - d. morality
10. Heredity is a issue in
 - a. health counselling
 - b. genetics
 - c. sociobiology
 - d. ethnicity

Part B

5 x 4 = 20

Answer ALL questions

Answer should not exceed 200 words or one page

- 11.a. Explain the field of health psychology.
(Or)
11.b. Write the mind-body connection briefly.
- 12.a. What is sick role? Explain.
(Or)
12.b. What determines attending to physical symptoms? Write briefly.
- 13.a. Write an account on PTSD.
(Or)
13.b. Explain the cognitive coping styles to stress.
- 14.a. Write a note on facing death and experience of dying.
(Or)
14.b. Explain the illnesses among adolescents.
- 15.a. What is the role genetics in individual health? Explain.
(Or)
15.b. Explain the interface between morbidity and mortality.

Part C

5 x 7 = 35

Answer ALL questions

Answer should not exceed 600 words or three pages

- 16.a. What are the research methods employed in health psychology? Describe.
(Or)
16.b. Discuss the psychological factors in illness and diseases.
- 17.a. Elaborate the types of prevention and behavioural outcomes.
(Or)
17.b. Discuss the process of illness.
- 18.a. List out elaborate the psychosomatic illness with its nature.
(Or)
18.b. Write an essay on the dynamics of stress.
- 19.a. Examine various illnesses of children.
(Or)
19.b. Elaborate the necessary aspects of caring for the terminally ill.
- 20.a. Suggest measures for healthy aging.
(Or)
20.b. Examine the steps in cost containment and care equalisation.
