



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – August 2020

VI Semester

Class : III UG
Major : Psychology

Time : 2 Hours
Max. Marks : 50

15BPSC20 Health Psychology

Part A

10 x 1 = 10

Choose the Correct Answer

- It refers to the number of cases of a disease that exist at some given point in time is
 - morality
 - morbidity
 - epidemiology
 - death
- It requires the commitment of time and energy to making real behavior change is
 - contemplation
 - maintenance
 - action
 - preparation
- The sustained exercise that stimulates and strengthens the heart and lungs, improving the body's utilization of oxygen is
 - aerobic exercise
 - strength exercise
 - flexibility
 - balance exercise
- The approach to control smoking and the rationale being that secondhand smoke harms others in the smoker's environment is
 - self-help aids
 - life skills training
 - social engineering
 - psychoeducation
- The assessment of one's coping abilities and resources: whether they will be sufficient to meet the harm, threat and challenge of the event is
 - HPA activation
 - action
 - Primary appraisal
 - secondary appraisal
- The degree of change that occurs in automatic, neuroendocrine and/or immune responses as a result of stress is
 - reactivity
 - activity
 - flight response
 - fight response
- It involves inhibiting pain in one part of the body by stimulating or mildly irritating another area is
 - serotonin
 - dopamine
 - irritation
 - counterirritation
- The stable set of beliefs about one's qualities and attributes by the psychologist is
 - self-esteem
 - self-concept
 - self-efficacy
 - self-confidence
- It may severely strained by chronic illness is
 - social self
 - achieving self
 - physical self
 - private self
- The degree to which an individual follows a recommended health – related or illness – related recommendation is
 - adherence
 - counselling
 - physical therapy
 - social workers

Part B

3 x 6 = 18

Answer any **Three** questions

Each answer should not exceed 400 words or two pages

11. Discuss about Psychoanalytic contributions in Health Psychology.
12. Write short notes on Barriers to Modifying Poor Health Behaviours.
13. Explain the benefits of Exercises with an example.
14. Illustrate the Interventions to reduce the smoking.
15. Briefly mention the stressors and types of stress.
16. Discuss about the Psychological appraisal and experience of stress.
17. Write short notes on Significance of Pain.
18. Illustrate the Clinical issues in Pain management.
19. Briefly mention about the Quality of Life.
20. Discuss about the emotional responses to chronic illness.

Part C

2 x 11 = 22

Answer any **Two** questions

Each answer should not exceed 800 words or four pages

21. Enumerate on the Need for Health Psychology .
22. Discuss the importance of the Stage Model of Change.
23. Elaborate on Health comprising Behaviour .
24. Enumerate on Positive Therapy.
25. Discuss about the coping strategies of stress.
26. Explain the Social Support and Management of Stress.
27. Elaborate the pain control techniques with an example.
28. Discuss about the Management of Chronic Pain.
29. Illustrate the Personal issues in chronic disease.
30. Enumerate on Rehabilitation..
