



Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2025
VI Semester

Class : III UG
Major : Psychology

Time : 3 Hours
Max. Marks: 100

21BPSC20 Health Psychology

Course Outcomes:

- CO1: Delineate the definition, physiology of emotion, brain and emotion and coping strategies of stress
CO2: Compare and classify various theories of emotion
CO3: Define and Indicate emotional intelligence and theories of intelligence
CO4: Examine model of attraction, components and Effects of interpersonal relationships on mental health and happiness
CO5: Practice emotional intelligence by managing negative and positive emotions and components of body language

Part A

10 x 1 =10

Choose the Correct Answer

1. The Transtheoretical Model of Behaviour Change is used for CO1 K1
 - a. Diagnosing mental illnesses
 - b. Understanding stages of behavior change
 - c. Prescribing medication
 - d. Conducting physical examinations
2. The significance of primary prevention in health promotion is. CO1 K1
 - a. It focuses on treating chronic illnesses
 - b. It aims to prevent diseases before they occur
 - c. It is used to prescribe medication
 - d. It focuses on surgical procedures
3. The primary benefit of exercise in health psychology CO2 K1
 - a. It increases stress
 - b. It improves physical and mental health
 - c. It leads to weight gain
 - d. It causes chronic illnesses
4. The causes of smoking as a health-compromising behaviour include CO2K1
 - a. Peer pressure and stress
 - b. Improved mental health
 - c. Increased physical activity
 - d. Weight loss
5. The three stages of Selye's General Adaptation Syndrome is CO3 K1
 - a. Alarm, Resistance, Exhaustion
 - b. Relaxation, Stress, Recovery
 - c. Happiness, Sadness, Anger
 - d. Exercise, Diet, Sleep
6. Chronic stress is harmful to health because CO3 K1
 - a. It improves mental health
 - b. It can lead to physical and mental health problems
 - c. It increases physical activity
 - d. It leads to weight loss
7. The significance of pain in health psychology is CO4 K1
 - a. irrelevant to health
 - b. serves as a warning signal for potential harm
 - c. improves mental health
 - d. leads to weight gain
8. The significance of pain management programme is CO4 K1
 - a. They increase pain
 - b. They provide strategies for coping with and reducing pain
 - c. They cause chronic illnesses
 - d. They lead to weight gain
9. An emotional response to chronic illness is CO5 K1
 - a. Happiness
 - b. Depression
 - c. Excitement
 - d. Joy

10. Coping with chronic illness improves the quality of life by CO5 K1
- a. It increases stress
 - b. It helps individuals manage the emotional and practical challenges of illness
 - c. It causes chronic illnesses
 - d. It leads to weight gain

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11 a. Explain the Biopsychosocial Model of Health. CO1 K3
(or)
- 11 b. Analyse the impact of barriers to modifying poor health behaviours. CO1 K3
- 12 a. Examine health-enhancing behaviour with examples. CO3 K2
(or)
- 12 b. Expound on the importance of yoga and exercise in promoting good health. CO3 K2
- 13 a. How does social support help in stress management? CO3 K5
(or)
- 13 b. Analyse the role of external and internal factors in stress management. CO3 K5
- 14 a. Describe the different types of pain. CO3 K5
(or)
- 14 b. Discuss about various pain control techniques. CO3 K5
- 15 a. Explicate on the role of psychological interventions in managing chronic illnesses. CO3 K5
(or)
- 15 b. Classify the emotional responses associated with chronic illness. CO3 K5

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16 a. Explain the role of health psychology in working with children, adolescents, and at risk people. CO1K3
(or)
- 16 b. How does the transtheoretical model of behaviour change help in modifying unhealthy behaviours? Explain. CO3 K2
- 17 a. Describe the role of different strategies in managing weight control. CO3 K2
(or)
- 17 b. Evaluate the consequences of alcohol and smoking on health. CO3K2
- 18 a. How does General Adaptation Syndrome, explains the body's response to stress? Explain. CO3K5
(or)
- 18 b. Analyse the relationship between stress and chronic health conditions. CO3K5
- 19 a. Describe about the different methods used in pain management. CO3K5
(or)
- 19 b. Enlighten on the physiological and psychological nature of pain. CO3K5
- 20 a. Discuss about the various rehabilitation strategies for people with chronic illnesses. CO3K5
(or)
- 20 b. How does personal and social factors influence chronic illness management? CO3K5