



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 - June 2021
VI Semester

Class : III UG
Major : Psychology

Time : 3 Hours
Max. Marks: 100

18BPSC20 Health Psychology

Part A
Choose the Correct Answer

10 x 1 = 10

1. This system is responsible for producing the stress responses associated with "fight or flight" CO1 K1
 - a. The central nervous system
 - b. The digestive system
 - c. The endocrine system
 - d. The sympathetic system
2. Descartes advocated, which of the following theoretical approaches for understanding the relationship between the mind and the body? CO1 K1
 - a. Ontology
 - b. Monism
 - c. Epistemology
 - d. Dualism
3. It is the model that looks at behavioural changes through a cycle of precontemplation, contemplation, planning, action, maintenance, and relapse CO2 K1
 - a. Theory of planned behaviour
 - b. Trans theoretical model
 - c. Health belief model
 - d. Biopsychosocial model
4. A person with which emotional disposition is least likely to successfully make health behaviour changes. CO2 K1
 - a. Neuroticism
 - b. Extroversion
 - c. Psychotism
 - d. Conscientiousness
5. Identify, "belief in one's own ability to organise and execute a course of action, and the expectation that the action will result in, or lead to, a desired outcome?" CO3 K3
 - a. Self-efficacy
 - b. Self-direction
 - c. Self-belief
 - d. Self-concept
6. What does the theory planned behaviour describes, a person who wants to quit smoking to improve his health and save some money? CO3 K1
 - a. Behaviour attitude
 - b. Perceived behaviour control
 - c. Subjective norms
 - d. Perceived benefit
7. In this stage he finds difficulty in coping with a stressful situation? CO4 K1
 - a. When he is over the age of 50
 - b. When he thinks he does not have control over the situation
 - c. When he expects a positive outcome
 - d. When he has a good social support network.
8. The duration of time for the labelling as a chronic pain is CO4 K4
 - a. More than 6 - 12 months
 - b. More than 1 -3 months
 - c. More than 3 – 6 months
 - d. More than 2 – 4 months
9. The gate control theory of pain is a _____ . CO5 K1
 - a. Sociological model
 - b. Biomedical model
 - c. Psychological model
 - d. Psychobiological model

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|---------------------------------------|----------------------|--------|
| 10. This is not a form of biofeedback | | CO5 K1 |
| a. Galvanic skin response | c. Electromyographic | |
| b. Thermal | d. Inductive | |

Part B

5X6=30

Answer All the questions

Each answer should not exceed 400 words or two pages

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|---|------|--------|
| 11.a. Explain Biopsychosocial model. | | CO1 K3 |
| | (or) | |
| 11.b. Discuss about the functions of Health Psychology. | | CO1 K3 |
| 12.a. Discuss the advantages of Exercises. | | CO2 K4 |
| | (or) | |
| 12.b. Bring out the benefits of yoga. | | CO2 K4 |
| 13.a. Explain GAD. | | CO3 K3 |
| | (or) | |
| 13.b. Explain stress coping strategies. | | CO3 K3 |
| 14.a. Explain the nature of pain. | | CO4 K3 |
| | (or) | |
| 14.b. CBT as a pain control technique- discuss. | | CO4 K4 |
| 15.a. "How chronic illness affect a person psychologically?" discuss. | | CO5 K3 |
| | (or) | |
| 15.b. Explain the various steps that help the individual to be positive with the chronic illness? | | CO5 K3 |

Part C

5X12=60

Answer All question

Each answer should not exceed 800 words or four pages

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|---|------|--------|
| 16.a. Discuss about the health promotion and primary prevention for children. | | CO1 K3 |
| | (or) | |
| 16.b. Explain Transtheoretical model of behavioural change. | | CO1 K3 |
| 17.a. Identify the characteristics of health compromising behaviour. | | CO2 K4 |
| | (or) | |
| 17.b. Explain how smoking is harmful for health and what factors influence smoking. | | CO2 K3 |
| 18.a. Describe the stress appraisal theory | | CO3 K4 |
| | (or) | |
| 18.b. Explain stress management techniques. | | CO3 K3 |
| 19.a. Discuss various types of pain. | | CO4 K3 |
| | (or) | |
| 19.b. Discuss about the pain management program. | | CO4 K3 |
| 20.a. Discuss about the emotional response to chronic illness. | | CO5 K3 |
| | (or) | |
| 20.b. Explain biopsychosocial approach as an intervention for the cancer patient. | | CO5 K3 |
