

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2023
(Fourth Semester)

Branch – APPLIED PSYCHOLOGY

HEALTH PSYCHOLOGY

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 _____ System is also called a pulmonary system.
(i) Digestive (ii) Respiratory
(iii) Cardiovascular (iv) Immune
- 2 Leukemias is related to _____ issues.
(i) Cancer (ii) Renal
(iii) Heart (iv) Endocrine
- 3 _____ coping is aimed at reducing the demands of a stressful situation or expanding the resources to deal with it.
(i) Emotion Focused (ii) Problem Focused
(iii) Cognitive Focused (iv) Proactive Focused
- 4 _____ provide care for individuals who need relatively long-term medical and personal care, particularly if the patients or their families cannot.
(i) Nursing homes (ii) Halfway homes
(iii) Day Care homes (iv) Community Centres
- 5 Terminal illness means _____.
(i) Slow Death (ii) Recurrent illness leading to death
(iii) Abrupt Death (iv) Fluctuating Illness

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Explain the Bio-Psycho-Socio Model of Health.
OR
b Illustrate the Renal System with a diagram.
- 7 a How does the Cognitive Behavioural approach could be applied to change health behaviours?
OR
b How will you prevent alcohol abuse?
- 8 a Examine Seley's theory of stress.
OR
b Explain the moderators of stress.
- 9 a How do you deal with a hospitalized child?
OR
b Examine the nature of communication to maintain provider relationships.

Cont...

10 a Sketch out the way you deal with the emotional response of a chronically ill patient.

OR

b Evaluate the trends of health Psychology for the future.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

11 a Determine the role of psychology in health.

OR

b Justify how psychology can contribute to cardiovascular health.

12 a How will you help patients to develop health behaviour?

OR

b Analyse smoking as a health-compromising behaviour.

13 a Recommend some psychological tests to assess stress and justify it.

OR

b Examine the role of social support in relation to stress.

14 a Evaluate the use and misuse of health services that are available.

OR

b Develop a formulation for dealing with pain.

15 a Recommend any one psychological intervention for cardiovascular disease and discuss.

OR

b Plan a management program to deal with the terminally ill.

Z-Z-Z

END