

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2024
(Sixth Semester)

Branch - PSYCHOLOGY

FUNDAMENTALS OF 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 Which condition is a slowly developing diseases with which people live for many years and that typically cannot be cured but rather are managed by patient and health care providers?
(i) Acute illnesses (ii) Chronic illnesses
(iii) Morbidity (iv) Epidemiology
- 2 Identify from the following the concept that indicates that individuals ideal biological weight cannot be greatly modifies.
(i) yo-yo theory of weight (ii) Metabolic rate
(iii) Attentional retaining (iv) Set point theory of weight
- 3 Name the first phase of treatment in treating alcoholics
(i) group counseling (ii) cognitive-behavioral therapy
(iii) detoxification (iv) family therapy
- 4 Identify the concept that refers to Pain perception resulting from mechanical damage to the tissues of the body.
(i) thermoception (ii) polymodal nociception
(iii) mechanical nociception (iv) none of these
- 5 What is/are the risk factors for Type II diabetes?
(i) High blood pressure. (ii) Sibling or parent with diabetes
(iii) Overweight (iv) All of these

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Explain the causes of the recent decades' surge in interest in health psychology.
OR
b Describe various tools that are helpful in health psychology research.
- 7 a Summarize strategies to prevent accidents in home and workplace.
OR
b Explain health behaviors related to cancer.
- 8 a Explain the reasons for smoking and its synergistic effects.
OR
b Can social support and stress management bring difference in life of smokers and drinkers. How?

Cont...

- 9 a Describe gate-control theory of pain.
OR
b Compare and contrast risk factors for stroke and heart disease.
- 10 a Explain the factors contributing to prevalence of HIV-AIDS and ways of controlling them.
OR
b Describe Rheumatoid Arthritis.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

- 11 a Discuss the role of health psychologists and the range of research methods they employ.
OR
b Point out how the career prospects of health psychologists differ from those of other psychologists?
- 12 a Analyze how exercise and diet intervention can contribute in prevention or treatment of illness?
OR
b Discuss obesity and associated factors in regard to childhood and old age.
- 13 a Examine various possible intervention to decrease health compromising behavior.
OR
b Highlight the intervention for nicotine addiction.
- 14 a Discuss how pain sensation or experiences vary according to personality traits with example.
OR
b Analyze how the problems associated with type 1 diabetes differ from type 2 diabetes? What management differences arise because of it?
- 15 a Examine the role of psychosocial factor in cancer.
OR
b Discuss various strategies for improving immune functioning.

Z-Z-Z

END