

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION MAY 2026
(Sixth Semester)

Branch – PSYCHOLOGY

HEALTH PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Which research design looks backwards in time to reconstruct the conditions that led to a current health situation? (i) Retrospective design (ii) Prospective design (iii) Experimental design (iv) Longitudinal design	K1	CO1
	2	In the Health Belief Model, which component is low when a person delays treatment because they believe the illness is not serious? (i) Perceived susceptibility (ii) Perceived severity (iii) Perceived benefits (iv) Self-efficacy	K2	CO1
2	3	Which form of skin cancer is identified as most serious because it metastasizes quickly? (i) Basal cell carcinoma (ii) Squamous cell carcinoma (iii) Malignant melanoma (iv) Chronic leukemia	K1	CO2
	4	How does regular exercise protect cardiovascular health during stressful situations? (i) By increasing the secretion of cortisol (ii) By reducing physiological reactivity to stressors (iii) By preventing all sympathetic arousal (iv) By stopping the production of endorphins	K2	CO2
3	5	What is the term for the process in which the body gradually adapts to a substance, requiring progressively higher doses to produce the same effect? (i) Craving (ii) Alcoholism (iii) Withdrawal (iv) Tolerance	K1	CO3
	6	According to the "abstinence violation effect," what is the primary psychological risk of a person having a single cigarette after quitting? (i) Immediate physical addiction (ii) Lack of nicotine dependence (iii) Loss of perceived control (iv) Permanent lung damage	K2	CO3
4	7	Which condition is defined by the narrowing of the coronary arteries due to the buildup of plaque? (i) Hypertension (ii) Osteoarthritis (iii) Myasthenia gravis (iv) Atherosclerosis	K1	CO4
	8	Which type of hypertension is typically caused by an underlying condition like hormonal disorders or kidney disease? (i) Secondary hypertension (ii) White coat hypertension (iii) Primary hypertension (iv) Malignant hypertension	K2	CO4
5	9	Which condition is an autoimmune disorder where the immune system attacks joint membranes? (i) Osteoarthritis (ii) Rheumatoid arthritis (iii) Fibromyalgia (iv) Gout	K1	CO5

Cont....

	10	In the context of Psychoneuroimmunology, what is the primary biological mechanism by which chronic stress suppresses immune functioning? (i) Decreased catecholamine release (ii) Increased T-cell proliferation (ii) Suppression of the HPA axis (iv) Elevated cortisol levels	K2	CO5
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SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain the need for Health Psychology in relation to the shift from acute to chronic diseases.	K2	CO1
		(OR)		
	11.b.	Explain the nature of behaviour change in the Transtheoretical Model and its role in planning interventions.		
2	12.a.	Apply intervention strategies to improve participation in vaccination and health screening programs in a community.	K3	CO2
		(OR)		
	12.b.	Apply intervention strategies to promote healthy dietary behaviour and to overcome resistance to dietary change of an individual.		
3	13.a.	Illustrate the key characteristics and predictors of health-compromising behaviours.	K3	CO3
		(OR)		
	13.b.	Explain the synergistic effects of smoking and how it interacts with other risk factors to harm health.		
4	14.a.	Explain how psychological factors, including chronic pain behaviours, the neurotic triad, and environmental reinforcement, contribute to the maintenance of chronic pain.	K3	CO4
		(OR)		
	14.b.	Define stroke and distinguish its types. Analyze its risk factors and consequences.		
5	15.a.	Analyze the psychosocial impact of HIV/AIDS, including the roles of stigma, psychological distress, and disclosure in disease management and progression.	K4	CO5
		(OR)		
	15.b.	Analyze the challenges in managing Type I diabetes, focusing on treatment adherence and psychosocial factors in adolescents.		

SECTION - C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Analyze health promotion by examining the factors influencing health behaviours, barriers to behaviour change, and the roles of individuals, healthcare professionals, health psychologists, and policy makers in promoting healthy lifestyles.	K4	CO1
2	17	Examine the biopsychosocial factors contributing to obesity, including childhood as a 'window of vulnerability' and factors leading to weight gain in older adults.	K4	CO2
3	18	Classify the factors influencing adolescent smoking and evaluate the intervention and prevention strategies used to reduce smoking behaviour.	K4	CO3
4	19	Analyze the biopsychosocial aspects of Type 2 diabetes, including its health effects, the role of stress, and strategies for management and prevention.	K4	CO4
5	20	Evaluate the role of Psychoneuroimmunology in explaining how psychological factors impair and enhance immune functioning.	K4	CO5