

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2022  
(Fifth Semester)

Branch – PSYCHOLOGY

HEALTH PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 x 1 = 10)

- 1 “A complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity” is the definition of
  - (i) Health
  - (ii) Wellness
  - (iii) Health Psychology
  - (iv) quality of life
- 2 The most effective approach to health habit modification comes from
  - (i) Hypnotherapy
  - (ii) Cognitive Behavioural Therapy
  - (iii) Psychoanalysis
  - (iv) Cognitive restructuring
- 3 A negative emotional experience accompanied by predictable biochemical, physiological, cognitive, and behavioural changes that are directed either toward altering the stressful event or accommodating to its effects is
  - (i) Stressor
  - (ii) Stressful event
  - (iii) Primary appraisal
  - (iv) Stress
- 4 The pain that results from a specific injury that produces tissue damage, such as a wound or broken limb is called as
  - (i) Acute pain
  - (ii) Chronic pain
  - (iii) Recurrent acute pain
  - (iv) Progressive pain
- 5 An excessive accumulation of body fat is known as
  - (i) Overeating
  - (ii) Overweight
  - (iii) Obesity
  - (iv) Weight gain
- 6 The earliest stage of sleep is marked by
  - (i) K-complex waves
  - (ii) Theta waves
  - (iii) Beta waves
  - (iv) Delta waves
- 7 Coronary heart disease is an illness caused by
  - (i) Ischemia
  - (ii) Stroke
  - (iii) Diabetic neuropathy
  - (iv) Atherosclerosis
- 8 Sudden numbness or weakness of the arm, face, leg and especially on one side of the body is a warning sign of
  - (i) Stroke
  - (ii) Stress
  - (iii) Cerebral haemorrhage
  - (iv) Cardiovascular disease
- 9 The defense mechanism by which people avoid the implications of an illness is
  - (i) Repression
  - (ii) Rationalization
  - (iii) Denial
  - (iv) Intellectualization
- 10 The perception and evaluation of one’s physical functioning and appearance is
  - (i) Private self
  - (ii) Body image
  - (iii) Self-esteem
  - (iv) Achieving self

Cont...

**SECTION - B (35 Marks)**

Answer **ALL** Questions

**ALL Questions Carry EQUAL Marks (5 x 7 = 35)**

11. a Describe the trans-theoretical model.

OR

b Explain changing health habits.

12. a Narrate the causes of stress.

OR

b State the coping interventions for stress.

13. a Describe the sleep disorders.

OR

b Summarize developing a healthy diet.

14. a Explain hypertension.

OR

b Bring out causes of diabetes mellitus.

15. a Describe the emotional responses to chronic illness.

OR

b Prepare a note on quality of life.

**SECTION - C (30 Marks)**

Answer any **THREE** Questions

**ALL Questions Carry EQUAL Marks (3 x 10 = 30)**

16 Elucidate the biopsychosocial model.

17 Summarize the pain control techniques and pain management.

18 Enumerate the factors influencing the practice of health behaviour.

19 Justify psychological management of the terminally ill.

20 Discuss the causes of cardiovascular diseases.

Z-Z-Z

END