

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2022
(Sixth Semester)

Branch – PSYCHOLOGY

FUNDAMENTALS OF HEALTH PSYCHOLOGY

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

- Who among the following did early work on conversion hysteria?
(i) Aristotle (ii) Sigmund Freud
(iii) King Henry (iv) Wilhelm Wundt
- Short term illness, often resulting from a microbial infection and usually amenable to cure is called _____.
(i) Acute disorder (ii) Chronic disorder
(iii) Episodic disorder (iv) Bipolar disorder
- Which of the following prevention techniques increases long term adherence to an exercise program?
(i) Non-relapse (ii) Injury
(iii) Improvement (iv) Relapse
- What is the expansion of PSA?
(i) Prostate specific antigen (ii) Prostate specific antiviral
(iii) Prostate selective antigen (iv) Prostate selective antiviral
- The process by which body increasingly adapts to the use of a substance is called _____.
(i) Physical dependence (ii) Withdrawal
(iii) Tolerance (iv) Cravings
- The first surgeon general's report on smoking came out in the year _____.
(i) 1962 (ii) 1964 (iii) 1966 (iv) 1968
- Name the pain perception that results from mechanical damage to the tissue of the body.
(i) Nociception (ii) Polymodal nociception
(iii) Bimodal nociception (iv) Monomodal nociception
- Choose the tool that measures blood pressure.
(i) EEG (ii) Electrode
(iii) Thermometer (iv) Sphygmomanometer
- Which of the following is an interaction among behavioural, neuroendocrine, and immunological process of adaptation?
(i) Psychosocial (ii) Psychobioimmunology
(iii) Psychoneuroimmunology (iv) Neuroimmunology
- Which age group is primarily affected by Rheumatoid Arthritis?
(i) 40-60 (ii) 20-35 (iii) 10-20 (iv) Above 60

Cont...

SECTION - B (35 Marks)

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

11. Explain the current mind-body perspective.
(OR)
Show the changing pattern of illness.
12. Describe the determinants of regular exercise.
(OR)
Bring out the various factors associated with obesity?
13. Describe the characteristics of health compromising behavior.
(OR)
Summarize the reasons for smoking.
14. Distinguish between acute and chronic pain.
(OR)
Explain the preventive measures for diabetes.
15. Narrate the factors affecting immune functioning.
(OR)
Discuss the psychosocial issues related to cancer.

SECTION - C (30 Marks)

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

16. Discuss the role of epidemiology in health psychology.
17. How can one develop a healthy diet plan? Explain.
18. Elaborate on alcoholism and problem drinking.
19. Explain the various psychosocial factors in coronary heart disease.
20. Give a detailed account on psychoneuroimmunology.

Z-Z-Z END