

Exam Date & Time: 30-Sep-2020 (02:00 PM - 05:45 PM)



## PSG COLLEGE OF ARTS AND SCIENCE

Note: Writing 3hrs: Checking & Inserting Image : 30mins+ Grace Time : 15mins

MSc DEGREE EXAMINATION MAY 2020  
(Fourth Semester)

Branch - APPLIED PSYCHOLOGY  
HEALTH PSYCHOLOGY [18PSP27]

Marks: 75

Duration: 225 mins.

### SECTION A

Answer all the questions.

- 1) What is main subject matter of health psychology?  
(i) Physical illness  
(ii) Psychiatric illness  
(iii) Social problems  
(iv) Community problems (1)
- 2) State the system to which B cells and T cells belongs to.  
(i) Renal system  
(ii) Nervous system  
(iii) Endocrine system  
(iv) Immune system (1)
- 3) Indicate the method of instilling good health habits and changing poor ones.  
(i) Rehabilitation  
(ii) Primary prevention  
(iii) Secondary intervention  
(iv) tertiary intervention (1)
- 4) What is the name for the obsessive disorder that amounts to self starvation?  
(i) Bulimia  
(ii) Fasting  
(iii) Anorexia  
(iv) Adipssa (1)
- 5) Who proposed the model of general Adaptation syndrome?  
(i) Selye  
(ii) Taylor  
(iii) Cannon  
(iv) Salovey (1)
- 6) Name the ability to bounce back from stressful situation.  
(i) Resistance  
(ii) Reactance (1)

- (iii) Recognition
- (iv) Resilience

- 7) Identify the concept which explains the time an individual takes to decide that a symptom is serious.
- (i) Illness delay
  - (ii) Appraisal delay
  - (iii) Behavioral delay
  - (iv) Medical delay
- (1)
- 8) Indicate the basic nature of acute pain.
- (i) Long duration pain
  - (ii) Short duration pain
  - (iii) Referred pain
  - (iv) Do not decrease with treatment
- (1)
- 9) Which rehabilitation concentrates on enabling people to use their bodies as much as possible?
- (i) Vocational rehabilitation
  - (ii) Occupational rehabilitation
  - (iii) Physical rehabilitation
  - (iv) Social rehabilitation
- (1)
- 10) What is the meaning of thanatology?
- (i) Study of a cute illness
  - (ii) Study of pain
  - (iii) Study of living
  - (iv) Study of dying
- (1)

### SECTION B

**Answer all the questions.**

- 11) Analyze the evolution and significance of biopsychological model.
- (7)
- a)
- [OR] Explain the disorders of the nervous system.
- b) (7)
- 12) Evaluate the effect of exercise on physical and psychological health.
- (7)
- a)
- [OR] Recommend the intervention methods to reduce smoking.
- b) (7)
- 13) State the sources of chronic stress.
- (7)
- a)
- [OR] Explain the social support and its various forms.
- b) (7)
- 14) Determine factors related to the misuse of health services.
- (7)

- a)  
[OR] Explain the methods to improve adherence to treatment.  
b) (7)
- 15) Discuss the emotional responses to chronic illness. (7)
- a)  
[OR] Analyze the trends and future of health psychology.  
b) (7)

### SECTION C

Answer 3 out of 5 questions.

- 16) Appraise the need for health psychology. (10)
- 17) Enumerate the techniques of cognitive behavioral approach to health behaviour change. (10)
- 18) Evaluate the coping styles and strategies. (10)
- 19) Analyze the pain control techniques. (10)
- 20) Design the strategy for the psychological management of terminally ill. (10)

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