

D 50662

(Pages : 2)

Name.....

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2018

(CUCBCSS—UG)

Psychology (2014 Admissions/15-16 Admissions)

PSY 5B 05 (04)—HEALTH PSYCHOLOGY

Time : Three Hours

Maximum : 80 Marks

Part A

Answer all questions.

- 1 Cancers result from a dysfunction in _____.
- 2 The assessment and judgement of one's own coping resources is known as _____.
- 3 The part of the nervous system that mobilises the body for action is called _____.
- 4 The virus that is implicated in the development of AIDS is _____.
- 5 _____ occurs when a person becomes physically or psychologically dependent on a substance following use over time.
- 6 _____ refers to the origins and causes of disease.
- 7 _____ is a defence mechanism by which people avoid the implications of an illness.
- 8 The immune mechanisms designed to respond to specific invaders is called _____.
- 9 Confrontative coping style is also known as _____ coping style.
- 10 The study of the frequency, distribution and causes of infectious and non infectious diseases in a population is called _____.

(10 × 1 = 10 marks)

Part B

Answer all questions.

- 11 Define health.
- 12 Psychosomatic disorders.
- 13 Define stress and stressors.
- 14 Morbidity.
- 15 Immunocompromise.

Turn over

- 16 Health locus of control.
- 17 Systems theory.
- 18 Type I diabetes.
- 19 Health belief model.
- 20 What is social support ? Mention the types of social support ?

(10 × 2 = 20 marks)

Part C

Answer any five questions.

- 21 Post traumatic stress disorder.
- 22 Basic techniques of stress management.
- 23 What are some of the interventions to deal with the chronically ill ?
- 24 Explain the cognitive behavioural approaches to health habit change ?
- 25 What is immunity ? What is the difference between natural and artificial immunity ? Specific and non specific immune mechanisms.
- 26 Theory of Planned behaviour.
- 27 What are the benefits of exercise ?
- 28 Short note on stress management techniques.

(5 × 6 = 30 marks)

Part D

Answer any two questions.

- 29 Give a detailed account of biopsychosocial model advantages of the model and clinical implications of the model.
- 30 Give a detailed account of Kubler ross's stages of dying ?
- 31 What is stress ? Give an account of the major theories of stress.
- 32 Explain how attribution theory, health locus of control theory, health belief model and theory of planned behaviour account for changing health habits.

(2 × 10 = 20 marks)

D 11226

(Pages : 2)

Name.....

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2016

(CUCBCSS—UG)

Psychology

PSY 5B 05 (04)—HEALTH PSYCHOLOGY

Time : Three Hours

Maximum : 80 Marks

Section A

Answer the following.

1. _____ is known as the surveillance system of the body.
2. The process of chronically alternating between dieting and regular eating is known as _____.
3. The term used to refer to the number of cases of a disease that exist at some given point of time is called _____.
4. The fight or flight theory was proposed by _____.
5. A pervasive negative mood characterised by anxiety, depression and hostility is called _____.
6. _____ is also known as insulin dependent diabetes.
7. The theory of planned behavior was proposed by _____.
8. The process by which the body increasingly adapts to the use of a substance requiring larger and larger doses of it to obtain the same effects is called _____.
9. Humoral immunity is mediated by _____ which provide protection against bacteria.
10. Cancers result from a dysfunction in _____.

(10 × 1 = 10 marks)

Section B (Short Questions)

Answer all questions.

11. Immuno compromise.
12. Systems theory.
13. PTSD.
14. What is meant by cell mediated immunity ?
15. Define the concept of symbolic immortality.
16. Define health locus of control.
17. How does hyper tension occur ?

Turn over

18. What is meant by psycho neuroimmunology ?
19. Define Hospice.
20. What is behavioural inoculation ?

(10 × 2 = 20 marks)

Section C

Answer any six.

21. Compare type I and type II diabetes.
22. Explain trans theoretical model of behavioural change.
23. Give an account of the theory of planned behaviour.
24. Differentiate problem focused coping and emotion focused coping.
25. Define the bio-psychosocial model.
26. Explain the cognitive behavioural approaches to health habit change.
27. Explain systems theory.
28. Immune system.

(6 × 5 = 30 marks)

Section D (Essays)

Answer any two.

29. Define stress, stressors and give a detailed account of the theories of stress.
30. Give a detailed account of health enhancing behaviours.
31. Describe Kubler Ross's theory of dying.
32. What are health compromising behaviours ? explain.

(2 × 10 = 20 marks)

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2017

(CUCBCSS-UG)

Psychology

PSY 5B 05 (04) – HEALTH PSYCHOLOGY

Time : Three Hours

Maximum : 80 Marks

Part A*Answer all questions.*

1. The degree of change that occurs in autonomic, neuroendocrine and immune responses as a result of stress is called _____.
2. Those who study death and dying are called _____.
3. The immune mechanisms designed to respond to specific invaders is called _____.
4. The assessment of whether personal resources are sufficient to meet the demands of the environment is called _____.
5. A personality predisposition to cope actively with psychosocial stressors is called _____.
6. The second stage in Kubler Ross's five stage theory of death is _____.
7. _____ refers to the origin or causes of disease.
8. _____ are slowly developing disease with which people live for a long time.
9. Bodily disorders caused by emotional conflicts are called _____.
10. The state which exists when the immune system is working effectively is called _____.

(10 × 1 = 10 marks)

Part B*Answer all questions.*

11. Cancer.
12. Quality of life.
13. Negative affectivity.
14. Emotion focused coping.
15. Health belief model.
16. Systems theory.
17. Concept of symbolic immortality.

Turn over

18. Relaxation training.
19. Relapse prevention.
20. Passive smoking.

(10 × 2 = 20 marks)

Part C

Answer any six questions.

21. Give an account of the cognitive behavioral interventions in hyper tension.
22. Type I diabetes.
23. Fight or flight theory.
24. How is immunocompetence assessed?
25. Theory of planned behaviour.
26. What are health compromising behaviours?
27. What is social support? Explain how various forms of social support can help in overcoming stress.
28. Expand GAS.

(6 × 5 = 30 marks)

Part D

Answer any two questions.

29. Give a detailed account of the psychosocial management of the terminally ill.
30. Give a detailed account of the Transtheoretical model of behaviour change.
31. What is stress? Give an account of the major theories of stress.
32. Give a detailed account of health enhancing behaviours.

(2 × 10 = 20 marks)