

D 30599

(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
NOVEMBER 2022**

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer all questions.**Answer in two or three sentences.**Each question carries 2 marks.**There shall be ceiling of 20 marks in this section.*

1. Biopsychosocial Model.
2. Need and significance of health psychology.
3. Changing health habits-attitude change.
4. Theory of planned behaviour.
5. Models of prevention.
6. Stress Management programmes.
7. Family therapy.
8. Medical staff and terminal ill-patient.
9. Management of terminal illness.
10. Social Cognitive theory.
11. Psychosocial issues in advanced illness.
12. Stages of adjustment to dying.

(Ceiling 20 Marks)

Turn over

Section B

Answer all questions.

Answer in a paragraph of about half a page to one page.

Each question carries 5 marks.

There shall be ceiling of 30 marks in this section.

13. Explain health belief Model.
14. Describe Bio-medical model.
15. What are Health behaviours ?
16. Psychological appraisal of stress.
17. What is General Adaption Syndrome ?
18. Explain Life Stressors.
19. What is Individual counselling ?

(Ceiling 30 Marks)

Section C (Essay Type Questions)

Answer any one of the following.

The question carries 10 marks.

20. Explain psychological management of terminal illness.
21. Discuss the various theoretical models of health beliefs.

(1 × 10 = 10 marks)