

**B. Sc. DEGREE EXAMINATION, APRIL 2023**  
**PSYCHOLOGY**  
**FOURTH SEMESTER**

**COURSE : ALLIED – CORE**  
**PAPER : HEALTH PSYCHOLOGY**  
**TIME : 3 HOURS** **MAX.MARKS:100**

**SECTION – A**

**I. ANSWER ALL QUESTIONS. EACH ANSWER NOT TO EXCEED 50 WORDS.**  
**(10X3=30)**

1. What is psychosomatic medicine?
2. What is retrospective research?
3. Indicate the barriers to modify poor health behavior.
4. List the objectives of motivational interviewing.
5. State functional somatic syndrome.
6. Indicate the significance of pain.
7. Distinguish humoral and cell mediated immunity.
8. How is HPA axis activated during stress?
9. State “psychological control” in coping mechanism
10. Differentiate problem- focused and Emotion focused coping.

**SECTION – B**

**II. ANSWER ANY FIVE QUESTIONS. EACH ANSWER NOT TO EXCEED 250 WORDS.**  
**(5X8=40)**

11. Appraise the need for the field of health Psychology.
12. Elaborate on training for a career in health Psychology.
13. Explain the major postulates of health belief model.
14. Discuss the stages in trans-theoretical model of behavior change.
15. Explain the two major kinds of clinical pain.
16. Enumerate the psychological interventions for chronic illness.
17. Analyze the sources of chronic stress.
18. Examine the effects of social support on psychological distress.

**SECTION – C**

**III. ANSWER ANY TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS.**  
**(2X15=30)**

19. Explain the Bio-psychosocial model in health psychology with its clinical implications.
20. Examine the various pain control techniques to manage chronic pain.
21. Describe the stress management Intervention programs.
22. Discuss the cognitive behavioral approach to health behavior change.