

**B. Sc. DEGREE EXAMINATION, APRIL 2024**  
**PSYCHOLOGY**  
**FOURTH SEMESTER**

**COURSE : ALLIED – CORE**  
**PAPER : HEALTH PSYCHOLOGY**  
**SUBJECT CODE : 19PY/AC/HP45**  
**TIME : 3 HOURS** **MAX.MARKS:100**

**SECTION – A**

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

1. Define health psychology.
2. What is quality of life?
3. Explain patient practitioner relationship.
4. Explain fight-or-flight response.
5. What are the uses of relaxation techniques in coping?
6. Define allostatic load.
7. Briefly explain patients' beliefs about chronic illness.
8. Define coping.
9. Explain acute pain.
10. Explain emotion focused and problem focused coping.

**SECTION – B**

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

11. Explain biopsychosocial model.
12. What are the careers in health psychology?
13. Describe transtheoretical model of behaviour change.
14. Discuss pain and types of pain.
15. Explain the health behaviour and factors influencing the practice of health behaviour.
16. Give a detailed account Health Belief Model & Theory of Planned Behaviour in changing health habits.
17. Elaborate on any 2 interventions for coping.
18. Briefly explain the physiology of stress.

**SECTION – C**

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

19. Explain how cognitive-behavioural approach-based interventions can contribute to health behaviours.
20. Discuss psychological interventions in managing pain.
21. Examine various coping strategies & how does social support aid in coping with stress?
22. Explain various theoretical models of stress