

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2023 –2024 & thereafter)

B.Sc. DEGREE EXAMINATION, APRIL 2026
PSYCHOLOGY
FOURTH SEMESTER

COURSE : **MAJOR – ELECTIVE**
PAPER : **HEALTH PSYCHOLOGY**
SUBJECT CODE : **23PY/ME/HP45**
TIME : **3 HOURS**

MAX.MARKS:100

| Q. No. | SECTION A Answer all the questions not exceeding 50 words | (10 x 3=30) | CO | KL |
|-----------|--|-------------|-----|----|
| 1. | Define Health Psychology. | | CO1 | K1 |
| 2. | Describe health behaviors and health habit with example. | | CO1 | K1 |
| 3. | What is stress? | | CO1 | K1 |
| 4. | Define quality of life. | | CO1 | K1 |
| 5. | List six venues where health habit modification programs can be implemented. | | CO1 | K1 |
| 6. | Explain three limitations of the biomedical model. | | CO2 | K2 |
| 7. | What is meant by physical and behavioural rehabilitation? | | CO2 | K2 |
| 8. | Explain the three phases of the General Adaptation Syndrome. | | CO2 | K2 |
| 9. | Describe the main types of pain experienced in medical conditions. | | CO2 | K2 |
| 10. | Discuss two social engineering solutions used to reduce motorcycle and automobile accidents. | | CO2 | K2 |
| Q. No. | SECTION B Answer all the questions not exceeding 400 words | (5 x 8=40) | CO | KL |
| 11. | a) Analyse the need for health psychology in modern healthcare systems. (or) b) Break down the components of the Health Belief Model and their influence on health decisions. | | CO4 | K4 |
| 12. | a) A student preparing for exams may interpret stress either as a challenge or as a threat. Examine Lazarus' appraisal model in understanding such stress responses. (or) b) Investigate the role of psychosocial interventions in managing chronic illness. | | CO4 | K4 |
| 13. | a) Analyse the factors that influence the practice of health behaviour. (or) b) Increasing research shows that poor sleep is linked to obesity, stress and cardiovascular disease. Interpret the relationship between sleep and health. | | CO4 | K4 |

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| 14. | a) Assess the effectiveness of the Transtheoretical Model of behaviour change in promoting healthier lifestyles. (or) b) Appraise the effectiveness of pain management programs in improving patient well-being. | CO5 | K5 |
| 15. | a) Evaluate the personal issues faced by individuals living with chronic illness. (or) b) Despite awareness about healthy eating, many people struggle to change long-standing dietary habits. Judge the difficulties involved in modifying diet and maintaining healthy eating patterns. | CO5 | K5 |
| Q. No. | SECTION C Answer any 2 questions not exceeding 800 words | (2 x 15=30) | CO KL |
| 16. | A patient with diabetes must manage diet, medication, emotional stress and family support simultaneously. Illustrate how the biopsychosocial model helps explain health and illness in such situations. | CO3 | K3 |
| 17. | A person diagnosed with hypertension has been advised to exercise regularly and manage stress but finds it difficult to maintain these habits. Demonstrate how cognitive-behavioral strategies can help individuals adopt and maintain healthier behaviors. | CO3 | K3 |
| 18. | During the COVID-19 pandemic people adopted different strategies such as seeking social support, exercising or avoiding news exposure. Demonstrate how individuals cope with stress using appropriate coping strategies. | CO3 | K3 |
| 19. | Governments and health organizations promote physical activity through campaigns such as “Move for Health”. Illustrate how regular exercise contributes to physical and psychological well-being. | CO3 | K3 |
