

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2016-2017 & thereafter)

SUBJECT CODE: 16PY/AC/HP35

B. Sc. DEGREE EXAMINATION, NOVEMBER 2018

PSYCHOLOGY

THIRD 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.
(10X2=20)

1. Define health psychology.
2. What is stress?
3. What is social support?
4. What is psychoneuroimmunology?
5. What is cortisol?
6. What are health beliefs?
7. What is palliative care?
8. What is type A behavior?
9. What is aerobic exercise?
10. How can accidents be prevented?

SECTION – B

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

11. What are the factors that may influence the practice of health behaviours?
12. Describe the stages of GAS.
13. Give an account of caregiver burn out.
14. List the cognitive and behavioural techniques for health behaviour change.
15. Examine the physical and psychological benefits of exercise.
16. Write short notes on myocardial infarction, angina and atherosclerosis.
17. Give an account of the gate control theory of pain.
18. How is diet related to physical and psychological well being?

SECTION – C

III. ANSWER ANY TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS.
(2X20=40)

19. Give a detailed account of the different ways of coping with stress.
20. Describe the different techniques used to manage pain.
21. Describe how you will use the health belief model to help a friend who is overweight to start exercising regularly.
22. Describe how yoga, meditation, progressive muscle relaxation and cognitive reframing can help in stress management.
