

C 80079

(Pages : 2)

Name..... 222 53

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, MARCH/APRIL 2015

(UG-CCSS)

Core Course—Psychology

PS 6B 01—HEALTH PSYCHOLOGY

Time : Three Hours

Maximum : 30 Weightage

I. Answer all *twelve* questions :

Fill in the blanks with suitable answer from the brackets :

1 Strategies that individual use to manage the distressing problems and emotions in their lives referred to as :

(problem solving, coping, decision making)

2 _____ is the manual manipulation of soft tissues to produce health benefits.

(acupuncture, chiro practice, massage)

3 _____ is a measurement of the electrical impulses produced by the heart.

(EEC, EMG, ECG)

4 Patients conjure up a calm, peaceful image and concentrate on that image for a duration of painful situation is known as _____.

(mindfulness, concentration, guided imagery)

Fill in the blanks with suitable answers :

5 In _____ meditation, people do not try to ignore unpleasant thoughts or sensations.

6 In _____ a person gains information about changes in biological responses as they are taking place.

7 The diabetes which develops in some women during the pregnancy is known as _____.

8 The pressure generated by the heart's contraction is known as _____.

Match the following :—

9 Herbert Benson (a) Cognitive therapy.

10 Anton Mesmer (b) Angiography.

11 Aaron Beck (c) Hypnotism.

12 Werner Forssmann (d) Relaxation Response.

(12 × ¼ = 3 weightage)

Turn over

II. Answer all *nine* questions :

- 13 Behavioural health.
- 14 Social isolation.
- 15 Chronic pain.
- 16 Rymour.
- 17 Emotional disclosure
- 18 Cancer.
- 19 Type 1 and type 2 diabetes.
- 20 Passive smoking.
- 21 Alcoholics Anonymous.

(9 × 1 = 9 weightage)

III. Answer any *five* questions as short essays :

- 22 Quality of life in relation to health wellness and health illness state.
- 23 Illness as an expression of emotional needs.
- 24 Health compromising behaviours.
- 25 Management of stress.
- 26 Gender and attitude in relation to health.
- 27 Alzheimer's disease
- 28 Need and significance of health psychology.

(5 × 2 = 10 weightage)

IV. Answer any *two* essay questions :

- 29 Discuss the psychological factors in pain and pain management.
- 30 Narrate the health enhancing behaviours.
- 31 Illustrate the historical and conceptual basis of health psychology.

(2 × 4 = 8 weightage)