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Name:

Reg. No:

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS- UG)

CC17U PSY5 B05 – HEALTH PSYCHOLOGY

(Psychology – Core Course)

(2017, 2018 Admissions – Supplementary/Improvement)

Time: Three Hours

Maximum: 80 Marks

Part A

Answer *all* questions. Each question carries 1 mark.

1. _____ is the ability to cope with a crisis status quickly.
 - a. Resilience
 - b. Adjustment
 - c. Normal behaviors
 - d. Abnormal behaviors
2. A person's ability to withstand stress without becoming seriously impaired is
 - a. Coping
 - b. Stress tolerance
 - c. Resilience
 - d. Maladjustment
3. _____ refers to longstanding permanent disorders.
 - a. Acute
 - b. Abrupt
 - c. Chronic
 - d. Epidemic
4. A stressful situation that approaches or exceeds the adaptive capacities of an individual or group is
 - a. Stress
 - b. Crisis
 - c. Trauma
 - d. Panic
5. The term used to presence of two or more disorders in the same person is
 - a. Prevalence
 - b. Incidence
 - c. Epidemiology
 - d. Comorbidity

Fill in the Blanks:

6. _____ coping involves efforts to regulate emotions experienced because of the stressful event.
7. _____ is the ability to cope with a crisis status quickly.
8. _____ involves provision of material support.
9. One receives help from another but is unaware of it, that help is most likely to benefit the recipient is called _____
10. _____ nature can lead people to cope more effectively with stress and thereby reduce their risk of illness.

(10 × 1 = 10 Marks)

Part B

Answer *all* questions. Each question carries 2 marks.

11. Tend-befriend.
12. Health psychology.
13. Fight and flight.
14. Hospice care.
15. Quality of life.
16. Placebo effect.
17. Health education.
18. Social support.
19. Psychological appraisal.
20. Person-environment fit.

(10 × 2 = 20 Marks)

Part C

Answer any *six* questions. Each question carries 5 marks.

21. Sources of stress.
22. Social support.
23. Theory of planned behavior.
24. Bio psychosocial vs. biomedical model.
25. Need and significance of health psychology.
26. Terminal illness in children.
27. Stress management programme.
28. Mind body relationship.

(6 × 5 = 30 Marks)

Part D

Answer any *two* of the following. Each question carries 10 marks.

29. Need and significance of health psychology.
30. What are the psychosocial issues and management of advancing terminal illness?
31. Explain about emotional responses to chronic illness.
32. Define health and explain trans theoretical model.

(2 × 10 = 20 Marks)
