

20U549S

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Name:

Reg. No:

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2022

(CUCBCSS- UG)

CC17U PSY5 B05 – HEALTH PSYCHOLOGY

(Psychology – Core Course)

(2017, 2018 Admission – 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 stressful situation that approaches or exceeds the adaptive capacities of an individual or group is
 - a. Stress
 - b. Crisis
 - c. Trauma
 - d. Panic
3. The term used to presence of two or more disorders in the same person is
 - a. Prevalence
 - b. Epidemiology
 - c. Incidence
 - d. Comorbidity
4. _____ refers to longstanding permanent disorders
 - a. Acute
 - b. Abrupt
 - c. Chronic
 - d. Epidemic
5. A person's ability to withstand stress without becoming seriously impaired is
 - a. Coping
 - b. Stress tolerance
 - c. Resilience
 - d. Maladjustment

Fill in the Blanks:

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

(10 × 1 = 10 Marks)

Part B

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

11. Psychological appraisal.

12. Health behavior.
13. Quality of life.
14. Health education.
15. Fight and flight.
16. Social support.
17. Placebo effect.
18. Person-environment fit.
19. Acute and chronic illness.
20. Hospice care.

(10 × 2 = 20 Marks)

Part C

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

21. Social support.
22. Medical staff and terminal illness.
23. Trans theoretical model.
24. Sources of stress.
25. Need and significance of health psychology.
26. Mind body relationship.
27. Bio psychosocial.
28. Stress management programme.

(6 × 5 = 30 Marks)

Part D

Answer any *two* questions. Each question carries 10 marks.

29. Define stress, sources of stress and stress management program.
30. Define health and explain trans theoretical model?
31. Explain about emotional responses to chronic illness.
32. Psychological management of terminal illness.

(2 × 10 = 20 Marks)
