



QP CODE: 20000699



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Reg No :

Name :

MSc DEGREE (CSS) EXAMINATION , NOVEMBER 2020

Second Semester

M Sc PSYCHOLOGY

CORE - PY010202 - HEALTH PSYCHOLOGY

2019 Admission Onwards

3EE9DFDE

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Enumerate the cognitive behavioural approaches to health behaviour change.
2. What is the basic concept of transtheoretical model of behavior change.
3. Define immune system.
4. Relaxation and immune functioning.
5. Fight-or-Flight respose.
6. Control-enhancing interventions.
7. Biofeedback.
8. Double-blind experiment.
9. Anxiety.
10. Warning signs of stroke.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Clinical Implications of Biopsychosocial Model.
12. Psychosocial Factors of Cancer.
13. Stress in workplace versus stress in sedentary lifestyle.
14. Basic stress management techniques.
15. Elusive nature of pain.





16. Psychological interventions in chronic illness.
17. Stages of dying.
18. Problems of Adolescent diabetes.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Define health psychology. Describe the brief history of evolution of health psychology.
20. Physiological and neuroendocrine response to stress.
21. What are the clinical issues in pain management.
22. What are the different types of diabetes? Explain the health implications of diabetes.

(2×5=10 weightage)

