

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai — 600 044.

B.Sc. (Psy) END SEMESTER EXAMINATIONS NOVEMBER - 2023

SEMESTER - V

21UPCCT5010 - Health Psychology

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Define - Health psychology and list its Need in current scenario.
2. Describe the Patient Practitioner relationship in detail.
3. Predict the Avenues for health habit modifications.
4. Prepare a note on-Pain: definition, types of pain, Pain control techniques, Pain management.
5. Explain Illness Factors: Onset, Progression, Types of Symptoms.
6. Stress is experienced, when the demands of a situation exceeds our capacity to deal. Appraise this using Lazarus's Model.
7. Outline the Effects and causes of smoking.
8. Recommend tactics in Management of Overweight & obesity-effects of dieting & physical activity.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Sketch out the attributes of health behaviour and explain the Factors influencing the practice of health behaviour.
10. Prepare mind map based on Cognitive behavioural approaches to change health behaviour.
11. Examine the Psychosocial Interventions in chronic illnesses.
12. Infer the Theoretical contributions on stress.
13. Critically comment on alcoholism as a threat to our society.
