

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. Psychology - END SEMESTER EXAMINATIONS APRIL - 2024

SEMESTER - V

20UPCCT5010 - Health Psychology

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

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

1. Explain Patient Practitioner relationship.
2. Examine Avenues for health habit modification.
3. Illustrate pain control techniques.
4. Write Lazarus appraisal model.
5. Explain reason for smoking and interventions for reducing smoking.
6. list out the factors influencing the practice of health behaviour.
7. Discuss Psychosocial intervention for chronic illness.
8. Illustrate flight or fight response.

Section C

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

9. Explain need and bio-psychosocial model in health psychology.
10. Compare cognitive behavioural approach and trans theoretical model to change health behaviour.
11. Discuss personal issues in chronic illness and coping strategies to overcome from illness.
12. Explain Tending and Befriending model with one scenario.
13. Outline the management of overweight and effect of diet and physical activity in day-to-day life.
