

PSY 602

Reg. No.

**CREDIT BASED SIXTH SEMESTER B.A. DEGREE EXAMINATION
APRIL 2012**

PSYCHOLOGY

PAPER VIII – HEALTH AND WELL BEING

Time: 3 Hrs

Max. Marks: 70

I. Answer any FIVE of the following.

5x2=10

1. What are Health Behaviours?
2. Give the advantages of the biopsychosocial model of Health and Illness.
3. Define Stress.
4. What is Coping?
5. What is Chronic Illness?
6. How is Depression a reaction to Chronic Illness?
7. Areas of training for Health Psychologists.

II. Answer any FOUR of the following in not more than a page each.

4x5=20

1. Explain the nature of work of Health Psychologists.
2. Explain the sources of stress.
3. Explain the types of Social Support.
4. Explain the five patterns of coping with cancer as given by Dunkel and others.
5. Highlight the profession of Health Psychology.

III. Answer any FOUR of the following in not more than three pages each.

4x10=40

1. Explain the factors that have led to the development of Health Psychology.
2. Explain the physiological and cognitive responses to stress.
3. Explain the psychotherapeutic interventions for Cancer.
4. Explain the factors that foster successful coping with AIDS.
5. Explain the outlook for Health Psychology.

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CREDIT BASED SIXTH SEMESTER B.A DEGREE EXAMINATION APRIL 2011

PSYCHOLOGY – VIII

Health and Well Being

Time: 3 Hrs

Max. Marks: 70

Answer any FIVE of the following.

5 x 2 = 10

1. What is morbidity?
2. What is a Health Habit?
3. What is a stressor?
4. What is confrontative coping?
5. What is chronic illness?
6. What is cancer?
7. How are health psychologists trained?

Answer any FOUR of the following is not more than a page.

4 x 4 = 16

1. Explain prospective and retrospective research designs.
2. Explain any five factors influencing the practice of good health behaviour.
3. Explain the sources of stress.
4. What are the emotional responses to chronic illness?
5. Explain the profession of health psychology.

Answer any FOUR of the following in not more than three pages each. 4 x 11= 44

1. What is the biopsychosocial model of health and illness? Explain its advantages.
2. Explain the strategies to cope with stress.
3. Explain the physiological and cognitive responses to stress.
4. Explain the interventions to reduce the spread of AIDS.
5. What are the future challenges for health care and how can its costs be controlled?

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CREDIT BASED SIXTH SEMESTER B.A DEGREE EXAMINATION APRIL 2011

PSYCHOLOGY – VIII

Health and Well Being

Time: 3 Hrs

Max. Marks: 80

Answer any SIX of the following.

6 x 2 = 12

1. What is morbidity?
2. What is a Health Habit?
3. What is a stressor?
4. What is confrontative coping?
5. What is chronic illness?
6. What is cancer?
7. How are health psychologists trained?

Answer any FOUR of the following is not more than a page.

4 x 5 = 20

1. Explain prospective and retrospective research designs.
2. Explain any five factors influencing the practice of good health behaviour.
3. Explain the sources of stress.
4. What are the emotional responses to chronic illness?
5. Explain the profession of health psychology.

Answer any FOUR of the following in not more than three pages each. 4 x 12= 48

1. What is the biopsychosocial model of health and illness? Explain its advantages.
2. Explain the strategies to cope with stress.
3. Explain the physiological and cognitive responses to stress.
4. Explain the interventions to reduce the spread of AIDS.
5. What are the future challenges for health care and how can its costs be controlled?

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CREDIT BASED SIXTH SEMESTER B.A. DEGREE EXAMINATION

APRIL 2014
PSYCHOLOGY - VIII
Health and Well Being

Time: 3 Hrs

Max. Marks: 80

I. Answer any SIX of the following: 6X2=12

1. Define Health Psychology.
2. What is Health Behaviour?
3. What is Cognitive Behaviour Therapy?
4. What are Psychosomatic Disorders?
5. What is Terminal Illness?
6. What is Cancer?
7. What is Altruism?

II. Answer any FOUR of the following in not more than a page each: 4X5=20

1. Explain Relaxation Training as an alternative healing technique.
2. Describe the cognitive response to Stress.
3. Explain emotional response to Chronic Illness.
4. Explain the role of the Caregiver in Terminal illness.
5. What are the characteristics of Sympathy?

III. Answer any FOUR of the following in not more than three pages each: 4X12=48

1. Discuss the Bio-Psycho Social Model, its merits and clinical implications.
2. Explain the factors leading to the development of Health Psychology.
3. Define Stress. Explain the sources of stress.
4. What are the various strategies of coping with chronic illness?
5. Explain the meaning, subject matter and application of Positive Psychology.

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CREDIT BASED SIXTH SEMESTER B.A. DEGREE EXAMINATION
APRIL 2015

PSYCHOLOGY - VIII
Health and Well Being

Time: 3 Hrs

Max. Marks: 80

I. Answer any SIX of the following: 6X2=12

1. Define Health.
2. Define Stress.
3. Difference between chronic and terminal illness.
4. Mention the sources of stress.
5. Mention the five strategies used in coping with chronic illness.
6. What is attachment?
7. What is Positive Psychology?

II. Answer any FOUR of the following in not more than a page each: 4X5=20

1. Describe the work of Health Psychologists.
2. Explain Diathesis Stress Model.
3. Bring out the importance of hypnotic treatment and biofeedback as alternative healing techniques.
4. Explain the significance of caregiver's role in treating individuals with chronic illness and its impact on their health.
5. Explain Mayer and Solovey's model of Emotional Intelligence.

III. Answer any FOUR of the following in not more than three pages each: 4X12=48

1. Explain the need for health psychology and the factors influencing the practice of health behavior.
2. Response to stress is both physiological and cognitive. Elucidate.
3. Bring out the relationship between mind and body through psychosomatic disorders.
4. Briefly describe the role of Psychologists in managing terminally ill patients.
5. Explain the different approaches to enhancing altruistic actions.

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CREDIT BASED SIXTH SEMESTER B.A. DEGREE EXAMINATION

APRIL 2016

PSYCHOLOGY - VIII

Health and Well Being

Time: 3 Hrs

Max. Marks: 80

I. Answer any SIX of the following:

6X2=12

1. What is Health Habit?
2. Define Health Psychology.
3. What are Stressors?
4. State the sources of stress.
5. State the meaning of quality of Life.
6. Mention any two goals of physical rehabilitation.
7. What is Altruism?

II. Answer any FOUR of the following in not more than a page each:

4X5=20

1. Explain the need for the field of Health Psychology.
2. What are psychosomatic disorders? Explain any two.
3. Explain Diathesis Stress Model.
4. Elucidate the role of care giving in Management of chronic illness.
5. Discuss the subject matter of Positive psychology.

III. Answer any FOUR of the following in not more than three pages each: 4X12=48

1. Explain the Advantages and clinical implication of Bio-psycho-social model.
2. Define Health behavior. Discuss the factors influencing the practice of health behaviours.
3. Define stress. Discuss the various strategies of coping with stress.
4. Elucidate the Psychological Management of the terminally ill.
5. Elucidate sympathy and attachment as strategies for developing positive Relationships.
