

TM242276C

11-4

Reg. No : .....

Name : .....

MASTER'S DEGREE (C.S.S) EXAMINATION, MARCH 2024  
2023 ADMISSIONS REGULAR  
SEMESTER II - CORE COURSE PSYCHOLOGY  
PY2C06TM - Health Psychology

Time : 3 Hours

Maximum Weight : 30

**Part A**

**I. Answer any Eight questions. Each question carries 1 weight**

**(8x1=8)**

1. Meditation and Health Behavior Change.
2. Explain systems theory.
3. Define AIDS. Describe the signs and symptoms associated with it.
4. How does multiple roles affect stress?
5. Explain stress inoculation training.
6. Explain double bind experiment.
7. Discuss on relapse prevention.
8. Define denial.
9. Discuss on the effect of anxiety and depression on chronic illness.
10. Define hypertension.

**Part B**

**II. Answer any Six questions. Each question carries 2 weight**

**(6x2=12)**

11. Briefly discuss on the history of evolution of health psychology.
12. Explain the venues of behavior change.
13. How does coping resources act as moderators of stress?
14. Explain psychological appraisal of stressors.
15. Discuss on the theories of pain.
16. Explain the personal issues in chronic illness.
17. Discuss on how depression has an influence on CHD.
18. Discuss on the rehabilitative interventions to stroke.



**Part C**

**III. Answer any Two questions. Each question carries 5 weight**

**(2x5=10)**

19. What is cancer? Explain coping with cancer and its interventions.
20. Explain coping resources.
21. Explain the various pain control techniques.
22. How to Psychologically manage the terminally ill?