

**MASTER'S DEGREE (C.S.S) EXAMINATION, MARCH 2025**  
**2020, 2021, 2022, 2023 ADMISSIONS SUPPLEMENTARY**  
**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. How does Internet and mass media affect behaviour change?
2. Define health behaviours.
3. Define AIDS. Describe the signs and symptoms associated with it.
4. Explain Tend or Befriend theory of stress.
5. Explain stress inoculation training.
6. Explain pain prone personality.
7. Define placebo.
8. Discuss on the importance of pharmacological interventions.
9. Explain on the importance of support groups in chronic illness.
10. Define hypertension.

**Part B**

**II. Answer any Six questions. Each question carries 2 weight****(6x2=12)**

11. Explain on how to change health behaviour through social engineering.
12. Explain health belief model.
13. Explain Selye's General Adaptation Syndrome.
14. Explain on biological aspects of stress.
15. Write a note on the classification of pain.
16. Explain the personal issues in chronic illness.
17. State the importance of weight control and obesity along with different eating disorders and its management.
18. Elucidate on the psychosocial factors of hypertension.

**Part C**

**III. Answer any Two questions. Each question carries 5 weight****(2x5=10)**

19. Discuss on the interventions to reduce the spread of HIV infection.
20. Explain the sources of chronic stress.
21. Elucidate the significance of pain and pain behaviour.
22. Psychological support is necessary to cope with a chronic illness-Discuss.