DECEMBER 2022 **U/ID 22503/UCG5C**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions, each in 30 words.

1. Explain health psychology.
2. What is Psychosomatic medicine?
3. Define Etiology.
4. Explain Health behaviour.
5. Define Health beliefs.
6. Who are care givers?
7. Explain Reasoned action and planned behaviour.
8. What is health habit modification?
9. Define health-enhancing behaviour.
10. What is diet?
11. Define a healthy lifestyle.
12. Explain home-based care.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions, each in 200 words.

13. Establish the importance of studying health psychology.

14. Narrate the careers in health psychology.

15. List out the effect of stress.

16. Identify cancer-related health behaviour.

17. Explain the caregiver stress

18. Write a short note on Health belief model.

19. Exemplify the nature of weight control and diet.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions, each in 500 words.

20. Evaluate the factors influencing the practice of health psychology.

21. Examine the categories of a stressors.

22. Elaborate on the impact of chronic and terminal illness.

23. Explain the cognitive behavioural approaches to health behaviour change.

24. Discuss the approaches to weight control.

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