DECEMBER 2023 **U/ID 22503/UCG5C**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 30 words each.

1. Define Health.
2. What is Etiology?
3. Define Mortality.
4. Define Stress.
5. What are predisposing factors?
6. What is Psychoneuroimmunology?
7. What is Chronic Illness? Give examples.
8. What does Palliative care mean?
9. What is Caregiver Burnout?
10. What are Health habits? Give examples.
11. Define Cognitive Restructuring.
12. What is Aerobic Exercise? Give example.

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions in 200 words each.

13. Explain the need for Health Psychology.

14. What are the categories of stressors?

15. Explain the impact of pain.

16. Discuss the causes of Caregiver Stress.

17. Explain the transtheoretical model of health behaviour change.

18. Discuss about the meaning and steps of the theory of planned behaviour.

19. Write notes on the health benefits of Yoga.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. Elaborate upon the factors influencing the practice of health behaviour.

21. Narrate the effects of stress in detail.

22. Explain the impact of chronic and terminal illness on family and individual.

23. Write about the concepts involved in the patient – practitioner relationship.

24. What are the physical and psychological benefits of exercise?

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