DECEMBER 2024 **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. How does WHO define Health?
2. What are health behaviours?
3. What is Neuroscience?
4. Define Stress.
5. What is Type A behaviour?
6. Expand GAS, CBT, REBT.
7. What do you mean by Chronic Illness?
8. Define Pain.
9. What is Self-monitoring?
10. Define Health Belief.
11. What is an Aerobic Exercies?
12. Explain the components of a balanced diet.

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions each in 200 words.

13. What are the functions of health psychologists?

14. Describe the categories of stressors.

15. Write notes on the characteristics of Palliative Care.

16. Discuss the stages of the General Adaptation Syndrome.

17. What are the aspects of Caregiver Stress?

18. How are health behaviours changed through modifying health beliefs?

19. Explain the health benefits of Weight Control.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions each in 500 words.

20. Elucidate upon the various factors influencing the practice of health behaviour.

21. Throw light upon the methods of coping with stress.

22. Give a detailed account on the types and impact of pain.

23. Explain in detail about any five Cognitive Behavioural approaches for health behaviour change.

24. What are the effects of exercise on physical and psychological health?

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