MAY 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. Define health psychology.

2. What are the career avenues for health psychology?

3. Define stress.

4. Explain the categories of stressors.

5. Define chronic illness.

6. Who are care givers?

7. Define health behaviour.

8. What is the cognitive behaviour approach?

9. Define health-enhancing behaviour.

10. What is Quality of Life?

11. Define a healthy lifestyle.

12. Explain accident prevention.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Briefly explain the need for positive health behaviour.

14. State and explain GAS.

15. Mention type A behaviour and stress.

16. Write a short note on psychoneuroimmunology.

17. Explain the psychological factors of illness in brief.

18. List out the venues for health-habit modification.

19. Exemplify the development of a healthy lifestyle.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Explain the factors influencing the practice of health behaviour.

21. Examine the effects of stress.

22. Elaborate on the issues related to caregiving.

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

24. Describe any two health-enhancing behaviours.
