MAY 2023 **U/ID 22503/UCG5C**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions, each 30 words.

1. Define Health Psychology.
2. What are health behaviours?
3. Define Stress.
4. Explain the stressors.
5. Define the Biomedical model.
6. What is mind-body dualism?
7. Define covert self-control.
8. What is chronic illness?
9. Explain Reasoned action and planned behaviour.
10. What is health belief?
11. What is home-based care?
12. List out any two benefits of yoga.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions, each 200 words.

13. Briefly explain the training for a career in health psychology.

14. Emphasize the need for health psychology.

15. Mention the effects of stress.

16. Write a short on psychosocial factors of illness.

17. Explain how health behaviour change is brought about by changing health beliefs?

18. List out the benefits of regular exercise.

19. Exemplify the methods of accident prevention.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions, each 500 words.

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

21. Examine stress management techniques.

22. Elaborate on the chronic illness and its impact.

23. Examine any five cognitive behavioural approaches to health behaviour change.

24. Discuss the approaches to weight control.

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