MAY 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. What is Health?

2. Define Health Psychology.

3. Define Stress.

4. What are the characteristics of Type B personality?

5. What is Psychoneuro immunology?

6. What are chronic illnesses?

7. What does Palliative care mean?

8. What is the meaning of Burnout?

9. Define Cognitive Restructuring.

10. What are Teachable moments?

11. Define Aerobic Exercise.

12. What do you mean by Balanced Diet?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Explain the various training methods to take up a career in health psychology.

14. What are the categories of stressors?

15. Explain about Type A behaviour.

16. How does Pain affect a person?

17. Write notes on Caregiver stress.

18. How is a health behaviour changed through modifying health beliefs?

19. Describe the influence of home based care on patient behaviour.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Narrate about the factors influencing the practice of health behaviour.

21. Give a detailed account on the various methods of coping with stress.

22. How do chronic and terminal illnesses affect an individual and his family?

23. Elaborate upon the cognitive behavioural approaches to health behaviour change.

24. Elucidate upon the effects of regular exercise on physical and mental health of a person.

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