MAY 2025 **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. Write any four health behaviours.

3. What are predisposing factors?

4. Mention the categories of stressors.

5. What is Psychoneuro immunology?

6. What are Terminal Illnesses?

7. Enlist the types of Pain.

8. What are Fear Appeals?

9. Define Self-efficacy.

10. What does confidentiality refer to?

11. Define Yoga.

12. What does Quality of Life mean?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. What are the training requirements for a career in Health Psychology?

14. State any five factors influencing the practice of health behaviours.

15. Explicate the characteristics of Type A behaviour.

16. What are the psychosocial factors causing illness? Explain.

17. How does terminal illness affect an individual? Discuss.

18. Explain the factors associated with the patient-practitioner relationship.

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

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Justify the reasons for the need for the field of Health Psychology.

21. Write in detail about the meaning, categories and causes of stress.

22. How is chronic and terminal illness managed? Explain.

23. Elucidate upon the different venues for health habit modification.

24. Give a detailed account on the various health enhancing behaviours and their impact on health.

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