

C 63095

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Name

Reg. No.....

SECOND SEMESTER M.Sc. DEGREE EXAMINATION, JUNE 2019

(CUCSS)

Psychology

PSY 2.2—HEALTH PSYCHOLOGY

(2010 Admissions)

Time : Three Hours

Maximum : 36 Weightage

Section A

Answer all questions in one or two sentences each.

Each question carries 1 weightage.

Explain the following :

1. Detoxification.
2. Antigen.
3. Isokinetic exercise.
4. Locus of control.
5. Non-pain imagery.
6. Primary appraisal.
7. Stimulation-produced analgesia.
8. Nociceptors.
9. Conflict theory.
10. Angina pectoris.
11. Cognitive restructuring.
12. Psycho-neuro immunology.
13. Problem-solving training.
14. Biofeedback.

(14 x 1 = 14 weightage)

Turn over

Section B

Answer any seven paragraph questions.

Each question carries 2 weightage.

15. Examine the goals of health psychology.
16. Elucidate the mind-body relationship.
17. Write about 'life styles and risk factors'.
18. Delineate the sources of stress in later life.
19. Describe the nature and types of pain.
20. Explain cognitive-behavioural therapy for pain management.
21. Elucidate the strategies to promote exercise.
22. Write a note on 'adjusting to a chronic illness'.
23. Explain 'psycho-education'.
24. Assess the nature and importance of preventive counseling.

(7 x 2 = 14 weightage)

Section C

Write essays on any two of the following.

Each question carries 4 weightage.

25. Trace out the historical evolution of health psychology.
26. Examine the bio-psycho-social factors of stress during adolescence.
27. Discuss the various aspects of managing and controlling clinical pain.
28. Give an account of chronic conditions and the ways to manage them.

(2 x 4 = 8 weightage)