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E – 3860

Reg. No. :

Name :

Fourth Semester M.Sc. Degree Examination, July 2018

Branch : Psychology

PC 241 : HEALTH PSYCHOLOGY

(2013 Admn. Onwards)

Time : 3 Hours

Max. Marks : 75

SECTION – A

Answer **any two** questions. **Each** carries **15** marks.

1. Enumerate various behaviors which enhance our health. Discuss each in detail.
2. Explain the strategies for managing chronic illnesses.
3. List out and explain the barriers in promoting health effectively.
4. Discuss how different systems work interactively as explained in psychoneuroimmunology. **(2×15=30 Marks)**

SECTION – B

Answer **any five** questions. **Each** carries **5** marks.

5. Theories of pain.
6. Problem focused and emotion focused coping.
7. Psychosocial interventions for people with chronic illness.
8. General adaptation syndrome.
9. Biopsychosocial models in health psychology.
10. Stress management.
11. Pain behaviors.
12. Coping with chronic illness. **(5×5=25 Marks)**

P.T.O.