

DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1

QUESTION BANK

III B.SC PSYCHOLOGY

HEALTH PSYCHOLOGY

UNIT-I INTRODUCTION TO HEALTH PSYCHOLOGY

SECTION-A 2 Marks

1. What is health psychology
2. What is conversion hysteria
3. What is biopsychosocial model?
4. What is dualism?
5. What is longitudinal research?
6. What is health habit?
7. What is teachable moment?
8. What are the two strategies for primary prevention?

SECTION-B 5 Marks

1. Explain the mind body relationship.
2. Explain the biopsychosocial model over the biomedical model.
3. Explain the advantages and clinical application of biopsychosocial model.
4. Explain the barriers to modify the poor health behavior.
5. Explain the intervention of good health habit in adolescence.
6. Explain the intervention in high risk people.

SECTION-C 10 Marks

1. Explain the need for health psychology
2. Explain the scopes of health psychology
3. Explain the practices and changing of health behavior.
4. Explain health prevention in elderly person.

UNIT-II MODIFICATION OF HEALTH BEHAVIOUR

SECTION-A 2 Marks

1. State educational appeals
2. State fear appeals
3. State message framing
4. State self efficacy
5. State self monitoring
6. State contingency contracting.

7. State stimulus control
8. State cognitive reconstructing.
9. State relapse.

SECTION-B 5 Marks

1. Explain health belief model to change behavior
2. Explain planned behavior to change behavior.
3. Explain broad spectrum CBT.

SECTION-C 10 Marks

1. Explain the attitude change and health behavior.
2. Explain cognitive behavior approaches to health behavior change
3. Explain relapse, its consequences and prevention.

UNIT-III HEALTH ENHANCING BEHAVIOUR

SECTION-A 2 Marks

1. What is exercise?
2. What is aerobic exercise?
3. What is BSE and TSE
4. What is obesity?
5. What is stress eating?
6. What is yo-yo ducting?
7. What is set point theory of weight?
8. What are two types of eating disorder?
9. What is Anorexia nervosa bulimia?

SECTION-B 5 Marks

1. Explain the benefits of regular exercise.
2. Explain the home and workplace accident and its prevention.
3. Explain the test used for the breast examination.

SECTION-C 10 Marks

1. Explain the factors associated with obesity and its treatment.
2. Explain the eating disorders in detail.

UNIT-IV MANAGEMENT OF CHRONIC ILLNESS

SECTION-A 2 Marks

1. What is quality of life?
2. What is body image?
3. What is self concept?

4. What is depression?
5. What is denial?
6. What is anxiety?

SECTION-B 5 Marks

Write a note on

1. Need for the study of quality of life
2. Personal issues in chronic illness
3. Coping with chronic illness
4. Psychological interventions and chronic illness.

SECTION-C 10 Marks

1. Write about the need for the study of quality of life.
2. Explain the emotional responses to chronic illness.

UNIT-V MANAGEMENT OF SERIOUS ILLNESS

SECTION-A 2 Marks

1. What is hypertension?
2. How is hypertension measured?
3. Expand CVD
4. What is stroke
5. What are the causes of stroke?
6. Define diabetes
7. What are the types of diabetes?
8. Expand AIDS
9. What are the causes of AIDS?
10. What are autoimmune diseases?

SECTION-B 5 Marks

1. What are the causes of hypertension?
2. Explain the relationship between stress and hypertension
3. Elaborate the warning signs of stress
4. Give a note on interventions to reduce the spread of AIDS
5. How to cope with HIV?
6. Explain stress and RA and its treatment.

SECTION-C 10 Marks

1. Explain hypertension and its treatment.
2. Elaborate the risk factors for stroke and its treatment
3. Brief diabetes and its treatment

4. Discuss cancer and ways to cope with cancer.
