

Roll.No.

24UPCCT5010

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai - 600 044.

B.Sc.Psychology - END SEMESTER EXAMINATIONS - NOVEMBER 2025
SEMESTER - V

24UPCCT5010 - Health Psychology

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Define health psychology. Explain the need for studying it.
2. Illustrate the main assumptions of the Biopsychosocial model.
3. Explain the Health Belief Model in relation to changing health habits.
4. Describe the Transtheoretical Model of behaviour change with suitable examples.
5. Discuss the personal issues faced by individuals with chronic illness.
6. Explain the psychological techniques used in pain control.
7. Apply Lazarus's Appraisal Model to explain stress and coping.
8. Examine the venues for health habit modification.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Apply the Biopsychosocial model to explain the role of patient–practitioner relationships in health psychology.
10. Critically analyse the Theory of Planned Behaviour as applied to health habit modification.
11. Evaluate the effectiveness of psychosocial interventions in the management of chronic illness.
12. Analyse the contributions of the “Fight or Flight” and “Tend and Befriend” models in explaining stress responses.
13. Elaborate the cognitive behavioral approaches to health behaviour changes.
