

B.SC. DEGREE EXAMINATION, APRIL 2018
III YEAR - VI SEMESTER
Core Elective Paper II - HEALTH PSYCHOLOGY
Time : 3 Hours **Max.marks :75**

Section A ($10 \times 2 = 20marks$)

Answer any **TEN** questions

1. Define: Health psychology.
2. What is behavioral health?
3. Mention any 4 factors that affect the ability to cope stress management.
4. List the hormones secretion during stress.
5. What are the two main categories of modern biological theories of ageing?
6. What is intervention?
7. What is diabetes?
8. What do you mean by pica?
9. What is somatic treatment?
10. What is family counseling?
11. What are the ill effects of tobacco abuse?
12. What is Bulimia Nervosa?

Section B ($5 \times 5 = 25marks$)

Answer any **FIVE** questions

13. Write the main goals of health psychology.
14. Brief on the major sources of stress.
15. What kind of intervention strategy you adopt for school children having anemia?
16. Write in detail about the psychotherapy for cancer.
17. What are the principles of counseling?
18. What are the various coping strategies?
19. Write a note on Health Belief Model.

Section C ($3 \times 10 = 30marks$)

Answer any **THREE** questions

20. Discuss the trends that shape health psychology and Perspectives in Health Psychology.
21. Describe the different interventions to address the problems of childhood obesity.
22. Explain the role of nervous and endocrine system in stress management.
23. Enumerate the psychological treatment for eating disorders.
24. Discuss the various methods of alternate healing systems.