

B.Sc DEGREE EXAMINATION, APRIL 2019
III Year VI Semester
Health Psychology

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. Define Health.
2. Define Health psychology.
3. What is meant by Birth Cohort?
4. What is good stress? Explain.
5. Define Hardiness.
6. What is Optimism? Explain.
7. Explain Primary Aging.
8. Who is a Health Psychologist?
9. Explain Bulimia Nervosa.
10. What is Obesity?
11. Explain Leukemia.
12. Who is a Counsellor? What do they do?

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

Answer any **FIVE** questions

13. What are the Three Domains of Health?
14. Write about Prehistoric Medicine and its method of treatment.
15. Explain any two types of Job Related Stress.
16. How does Exercise help in managing stress? Explain.
17. Why Childhood Nutrition is important? Explain.
18. What are the Controllable Risk factors for Cardiovascular Disease? Explain.
19. Where does Counsellor's Work? What motivates people to seek Counselling?

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

Answer any **THREE** questions

20. What are the Perspectives in Health Psychology? Explain in detail.
21. Explain any five sources of stress and how it can be managed?
22. What are the diseases caused during Ageing and how to cope with the disease?
23. Explain the method of coping with cancer.
24. Write in detail about Cognitive and Behavioural Skills in the management of diseases.

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