

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. What is Health psychology?
2. Define health.
3. List any two sources of stress.
4. Define stress.
5. How will you counsel an obese adolescent?
6. What is the psychology being adolescents taking risks?
7. How will you cope with cancer?
8. Write on tobacco abuse.
9. List any two alternate healing systems.
10. How does relaxation technique help with stress management?
11. Discuss substance abuse.
12. Write on stress response.

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

Answer any **FIVE** questions

13. Explain the perspectives in health psychology.
14. Discuss the physiology of stress.
15. Explain the causes of childhood obesity.
16. Discuss the psychological factors in cardiovascular disease.
17. Explain the importance of family counselling.
18. Bring out the importance of childhood nutrition.
19. Write on health psychology and Diabetes.

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

Answer any **THREE** questions

20. Explain the trends that shape health psychology.
21. Write on stress management and its importance in maintaining health.
22. Explain the theories of ageing.
23. Discuss eating disorders and its prevention.
24. Explain the applications of counselling and psychotherapy in disease management and healthcare.

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