

**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 Psychology.
2. What is Humoral theory?
3. Explain Stressor.
4. Define Stress.
5. What is the need of Childhood Nutrition?
6. Explain Primary aging.
7. Write any four factors that contribute to obesity.
8. What is the most prevalent Childhood Chronic disease? Write any four.
9. Explain Alzheimer's disease.
10. Explain Family therapy.
11. What is Holistic Medicine?
12. How dose Progressive muscle relaxation helps?

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

Answer any **FIVE** questions

13. Explain the Three Domains of Health.
14. Write about work overload.
15. What are the goals of Health Psychology?
16. What are the causes of Child obesity? Explain.
17. Explain any five qualities of a counsellor.
18. How to cope up with cancer? Explain.
19. What is family counselling? Explain.

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

Answer any **THREE** questions

20. Explain the different Perspectives in Health Psychology.
21. What are sources of Stress? Explain any four.
22. Explain the theories of Aging in detail.
23. What are the factors for Childhood obesity?
24. Write in detail about direct and indirect hazards of Alcohol.

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