

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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. Mention the characteristics of a healthy person.
3. What are stressors?
4. State the effects of stress.
5. Define health education.
6. Define childhood obesity.
7. Why family counselling is important in disease management?
8. Mention the psychological problems of an alcoholic person.
9. Enlist the types of eating disorders.
10. Give the intervention strategy followed for AIDS.
11. What is ageing?
12. Give the common psychological problems during adulthood.

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

Answer any **FIVE** questions

13. Explain the dimensions of health.
14. Describe the health effects of stress.
15. Discuss the ways of coping up stress in detail.
16. Explain the theories of ageing.
17. Enumerate the strategy to be followed in managing stress after a heart attack.
18. Explain the relaxation techniques in detail.
19. What are the psychological problems of adolescence?

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

Answer any **THREE** questions

20. Describe the perspectives of health psychology.
21. Give a brief note on factors affecting stress management.
22. Elaborate the relationship between lifestyle and ageing.
23. Explain the intervention strategy followed in coping up with cancer.
24. Discuss the principles of psychological counselling.

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