

**B.Sc. DEGREE EXAMINATION, APRIL 2020**  
**III Year VI Semester**  
**Health Psychology**

**Time : 3 Hours**

**Max.marks :75**

**Section A** (10 × 2 = 20) Marks

Answer any **TEN** questions

1. Define Health
2. Define Illness
3. What is stress?
4. Give examples of stressors
5. Define Aging
6. What is meant by Childhood Obesity?
7. Abbreviate CVD
8. Define AIDS
9. Define Psychotherapy
10. What is Health care?
11. Define distress
12. Define Family counselling

**Section B** (5 × 5 = 25) Marks

Answer any **FIVE** questions

13. What are the ways to keep oneself Healthy?
14. Brief on the stress response pattern
15. Write a short note on the causes of Childhood Obesity?
16. What are the psychological factors in cardio vascular disease?
17. Brief on the alternative healing systems.
18. What are the ways to overcome Diabetes ?
19. What is Childhood Nutrition and its importance

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

Answer any **THREE** questions

20. Elucidate on the perspectives in Health Psychology
21. Describe the factors that induces stress
22. Detail on the theories of ageing
23. What are the ways to cope up with cancer?
24. Throw light on the various relaxation technique and how to apply the same in real life

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