

**B.Sc. DEGREE EXAMINATION, APRIL 2020**  
**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 are the current trends in Health Psychology?
3. Mention any four sources of Stress.
4. What are effective ways to relieve Stress?
5. State Wear and Tear theory.
6. List the grades of Obesity.
7. Write a brief note on coping tasks for chronic illness.
8. Define Addiction.
9. Define Psycho Therapy.
10. What are the behavioural skills in the management of diseases?
11. List out any four Weight management strategies.
12. What is Family counseling?

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

Answer any **FIVE** questions

13. Bring out briefly the perspectives in Health Psychology.
14. How do you measure Stress by using PSS?
15. Discuss about intervention programmes to prevent Risk taking Behaviours of Adolescents.
16. What are the most common Coping strategies that have been identified for Cancer Patients?
17. Write short note on Eating disorders.
18. Discuss the role of Family and Support group in Disease Management.
19. Elucidate different relaxation techniques in management of diseases.

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

Answer any **THREE** questions

20. Explain Biopsychosocial model of health.
21. Explain the Physiology of Stress.
22. Write in detail on the Aging Theories.
23. Explain the Intervention Strategies opted for AIDS patients.
24. Give a detail note on the application of Counselling and Psychotherapy in disease management.

**B.Sc. DEGREE EXAMINATION, APRIL 2020**  
**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 are the current trends in Health Psychology?
3. Mention any four sources of Stress.
4. What are effective ways to relieve Stress?
5. State Wear and Tear theory.
6. List the grades of Obesity.
7. Write a brief note on coping tasks for chronic illness.
8. Define Addiction.
9. Define Psycho Therapy.
10. What are the behavioural skills in the management of diseases?
11. List out any four Weight management strategies.
12. What is Family counseling?

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

Answer any **FIVE** questions

13. Bring out briefly the perspectives in Health Psychology.
14. How do you measure Stress by using PSS?
15. Discuss about intervention programmes to prevent Risk taking Behaviours of Adolescents.
16. What are the most common Coping strategies that have been identified for Cancer Patients?
17. Write short note on Eating disorders.
18. Discuss the role of Family and Support group in Disease Management.
19. Elucidate different relaxation techniques in management of diseases.

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

Answer any **THREE** questions

20. Explain Biopsychosocial model of health.
21. Explain the Physiology of Stress.
22. Write in detail on the Aging Theories.
23. Explain the Intervention Strategies opted for AIDS patients.
24. Give a detail note on the application of Counselling and Psychotherapy in disease management.