

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.
2. Define Health Psychology.
3. What is stress? Explain.
4. Explain Pessimism.
5. Explain childhood obesity.
6. Define Ageing.
7. Explain Melanoma.
8. Who is a passive smoker? Explain its causes.
9. Who is Health Psychologist?
10. What is Family Therapy?
11. What is psychotherapy?
12. What is Sleep Apnea?

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

Answer any **FIVE** questions

13. What are the three Domains of Health? Explain.
14. Explain How to cope up with the Job related stress.
15. Why Childhood Nutrition is important? Explain.
16. Write the impact of HIV and AIDS on individual. How to manage it?
17. What are the Qualities of a Counsellor? Explain.
18. Explain Eating disorders.
19. How to cope up with stress? Explain.

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

Answer any **THREE** questions

20. Explain the role of Health Psychologist in detail.
21. What are the sources of stress? Explain.
22. Explain the Theories of ageing?
23. Write in detail about direct and indirect Hazards of Alcohol and Drug abuse.
24. Explain any four Alternative healing systems in detail.

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