

B.Sc DEGREE EXAMINATION, EVEN SEMESTER 2021
III Year VI Semester
Health Psychology

Max.marks :25

Answer any **FIVE** questions ($5 \times 5 = 25$) Marks

1. what is health belief model (HBM) and how its components contribute to the decision to seek health.
2. Explain health symptoms resulting from stress.
3. Describe the strategies for preventing multiple risky behaviours of adolescents.
4. Analyse coping styles among adults with type 2 diabetes
5. Support group contributes to psychological health- Justify.
6. Distinguish between Activity and Wear and Tear theories of ageing.
7. Recommend any five relaxation techniques in management of diseases.