

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai — 600 044.

B.Sc. END SEMESTER EXAMINATIONS APRIL-2022

SEMESTER - V

19UPCET5001 - Health Psychology

Total Duration : 3 Hrs.

Total Marks : 60

Section A

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Explain the need for Health Psychology.
2. Explain Health Promotion and Health Behavior.
3. What are the barriers to effective health promotion?
4. Elaborate Health Belief Model.
5. What are the appropriate venues for health habit modification?
6. List down the benefits of exercise.
7. Discuss accident prevention.
8. Explain alcoholism and problem drinking.

Section B

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Discuss Bio psychosocial model of Health Psychology in detail.
10. Explain the factors influencing the practice of health behavior.
11. Discuss the Cognitive behavioural approaches to health behaviour change.
12. How is a healthy diet developed and maintained?
13. Narrate the Interventions to reduce smoking.
