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 NOVEMBER-2022
SEMESTER - V
20UPCCT5010 - Health Psychology

Total Duration : 2 Hrs 30 Mins.   **Total Marks : 60**

Section A

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

1. Describe bio-psychosocial model.

2. Explain quality of life.

3. Apply your knowledge on dimensions and sources of chronic stress.

4. Interpret the effects of smoking.

5. State health belief model.

6. Predict ways of pain management.

7. Illustrate different ways to manage stress.

8. Determine the effects of dieting and physical activity.

Section B

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

9. Explain in detail the factors influencing the practice of health behaviour.

10. Compute the trans theoretical model of behaviour change.

11. Classify types of pain.

12. Prepare Lazarus's appraisal model.

13. Examine the effects, reasons and intervention for alcoholism.

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