

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.Psychology - END SEMESTER EXAMINATIONS - NOV'2024

SEMESTER - V

24UPCCT5010 - Health Psychology

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

Section B

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

1. Portray the patient practitioner relationship in the present context.
2. Describe the personal issues in chronic illness.
3. Bring out the picture of stress and its dimensions in one's life.
4. Enumerate the reasons for smoking and Interventions for reducing smoking.
5. Highlight the salient features of Theory of planned behaviour.
6. Discuss the onset, Progression and types of Symptoms.
7. Describe in detail Flight or fight response.
8. Discuss the meaning of Alcoholism: effects- reasons - and key points in changing problem drinking.

Section C

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

9. Enlighten the factors influencing the practice of health behaviour with illustration.
10. Critically comment on the Cognitive behavioural approaches to change health behaviour.
11. Comprehend the concept of Pain in terms of definition, types of pain, Pain control techniques and its management.
12. Critically evaluate the various Sources of stress and the methods of coping with stress.
13. Create a plan for management of overweight and obesity and state the effects of dieting and physical activity.
