

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2025
(Sixth Semester)

Branch – PSYCHOLOGY

HEALTH PSYCHOLOGY

Time: Three Hours

Maximum: 50 Marks

SECTION- A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (5 x 1= 5)

1. The idea of mind and body together determine health and illness is known as
 - (i) Bio Psychosocial Model
 - (ii) Psychosomatic Model
 - (iii) Bio- Medical Model
 - (iv) Bio- Social Model
2. Exercise has even been used as a treatment for
 - (i) Phobia
 - (ii) Depression
 - (ii) Eating Disorders
 - (iv) Mania
3. Substantial percentage of smoking- related death is due to
 - (i) Nicotine Addiction
 - (ii) Synergistic Effect
 - (ii) Second Hand Smoking
 - (iv) Passive Smoking
4. Risk factor for stroke overlap heavily with those for
 - (i) Smoking
 - (ii) High Blood Pressure
 - (ii) Heart Disease
 - (iv) Diabetes
5. The interaction among behavioral, neuro-endocrine and immunological process of adaptation is known as
 - (i) Psycho- immunology
 - (ii) Neuropsychology
 - (iv) Psycho-neuro-immunology
 - (iv) Bio- Psychology

SECTION- B (15 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (5 x 3= 15)

6. a. Discuss about the need for Health Psychology.
OR
b. Explain briefly about venous for health habit modification.
7. a. Illustrate the benefits of exercise.
OR
b. Relate health with sleep.
8. a. Show the significance of Social Engineering.
OR
b. Differentiate between alcoholism and problem drinking.
9. a. Enumerate the etiology for chronic pain.
OR
b. Elucidate the Psychological intervention in the treatment of Hypertension.
10. a. How to enhance immune function? Explain.
OR
b. Explicate the Psycho-social impact of AIDS.

Cont...

SECTION- C (30 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** marks

(5 x 6= 30)

11. a. Elaborate on changing health habits.
OR
b. Discuss the role of cognitive behavioral approaches in health behavior change.
12. a. Explicate the factors associated with obesity.
OR
b. Summarize prevention of accidents at various places.
13. a. Analyze the characteristics of health compromising behaviours.
OR
b. Converse about the factors associated with smoking in adolescence and its prevention.
14. a. Discuss health implication of diabetes and its management.
OR
b. Explain about the risk factors in coronary heart disease.
15. a. Discuss about the special problems of Type I diabetes.
OR
b. Explain about Juvenile Rheumatoid Arthritis.

Z-Z-Z

END