

Exam Date & Time: 29-Sep-2020 (10:00 AM - 01:45 PM)



PSG COLLEGE OF ARTS AND SCIENCE

Note: Writing 3hrs: Checking & Inserting Image : 30mins

BSc DEGREE EXAMINATION MAY 2020
(Sixth Semester)

Branch - PSYCHOLOGY

FUNDAMENTALS OF HEALTH PSYCHOLOGY [14PSU25]

Marks: 75

Duration: 210 mins.

SECTION A

Answer all the questions.

- 1) Define health psychology. (2)
- 2) What is health? (2)
- 3) Define pain. (2)
- 4) What are pain syndromes? (2)
- 5) List out the types of physical activity. (2)
- 6) What do you mean by dieting? (2)
- 7) Mention various cardio-vascular diseases. (2)
- 8) What is cancer? (2)
- 9) What are the causes of asthma? (2)
- 10) Define diabetes mellitus. (2)

SECTION B

Answer all the questions.

- 11) Bring out the emergence of health psychology. (5)
 - a)
 - [OR] Explain the scope of health psychology. (5)
 - b)

- 12) Describe stress and psychological disorders. (5)
- a)
[OR] Narrate the behavioural treatments for pain. (5)
b)
- 13) Describe the approaches for reducing weight. (5)
- a)
[OR] Sketch out the importance of exercising. (5)
b)
- 14) Briefly explain the functions of cardiovascular system. (5)
- a)
[OR] Describe the role of a psychologist in patients living with cancer. (5)
b)
- 15) Show the ways of adjusting with diabetes. (5)
- a)
[OR] State the impact of asthma on physical health. (5)
b)

SECTION C

Answer 3 out of 5 questions.

- 16) Describe the history of health psychology. (10)
- 17) Elaborate on the sources of stress and methods of measuring stress. (10)
- 18) Explain the psychological benefits and hazards of physical activity. (10)
- 19) Enlist the methods of measuring and the risk factors for CVD. (10)
- 20) Elaborate on the symptoms, transmissions, and management strategies of AIDS. (10)

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