

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**BSc DEGREE EXAMINATION MAY 2019
(Sixth Semester)**

Branch - PSYCHOLOGY

FUNDAMENTALS OF HEALTH PSYCHOLOGY

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks!)

Answer **ALL** questions

ALL questions carry **EQUAL** marks (10 x 2 = 20)

- 1 What is behavioral medicine?
- 2 What are health beliefs?
- 3 What are catecholamines?
- 4 What are daily hassles?
- 5 What is aerobic exercise?
- 6 Write on the dangers of unhealthy eating habit.
- 7 What is type A behaviour?
- 8 What is myocardial infarction?
- 9 Write on type II diabetes.
- 10 What is asthma?

SECTION - B (25 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 5 = 25)

- 11 a Write on the contribution to the field of health psychology.
OR
b Write on the factors related to seeking medical attention.
- 12 a Write on the GAS.
OR
b Write on the gate-control theory of pain.
- 13 a Write on approaches to losing weight. '
OR
b Write on the types of physical activity.
- 14 a Write on the risk factors for CVD.
OR
b Write on the types of cancer.
- 15 a Write on the prevention of AIDS.
OR
b Write on life style modifications for diabetes.

SECTION - C (30 Marks!)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 Trace the history of health psychology.
- 17 Give a detailed account on coping with stress.
- 18 Examine the physical and psychological benefits of exercising regularly.
- 19 Write on CVD, its measurement and behavioral treatments for stress management, associated with CVD.
- 20 Write on the transmission of HIV & dealing with HIV / AIDS.