



B.A. (Semester – V) Examination, October/November 2016
PSYCHOLOGY (Paper – VI)
Health Psychology (New Course)

Duration : 2 Hours

Max. Marks : 80

- Instructions :** 1) **All questions are compulsory.**
2) **Question 1 and 2 to be answered in around 100 words.**
3) **Questions 3 to 6 to be answered in around 400 words.**
4) **Figures to the right indicate marks.**

1. Answer **any four** of the following : 16
- a) Write a brief note on goals of health psychology.
 - b) Examine the role of social factors in health and illness.
 - c) Narrate how motivational factors influence the decisions people make regarding health-related behaviours.
 - d) Elaborate on the side effects of treatment for cancer.
 - e) Describe family involvement approaches in preventing substance use.
 - f) What are the reasons people have for not exercising ?
2. Answer **any four** of the following : 16
- a) Narrate how illness patterns have changed over a period of time in developed countries.
 - b) Explain how people can learn health related behaviours by way of operant conditioning.
 - c) What is stroke ? Explain briefly the causes and risk factors for stroke.
 - d) Explain how relapse can be prevented after weight loss.
 - e) Why is that some people become regular smokers after first tries and others don't ?
 - f) What are the health implications of diabetes ?
3. a) Examine the role of perception, cognition and emotional factors in determining health-related behaviour. 12
- OR
- b) Elaborate on the theory of planned behaviour. 12



4. a) Describe the initial treatment for heart attack victims, and the subsequent rehabilitation program. 12
- OR
- b) What is AIDS ? Discuss the risk factors effects and treatment of AIDS. 12
5. a) Examine the contributing factors involved in 'problem drinking' and describe its ill effects on health. 12
- OR
- b) 'People can quit smoking and drinking on their own without therapy'. Explain. 12
6. a) Describe the various components of food and analyse how healthful are people's diets today. 12
- OR
- b) What are the benefits of physical exercise ? Analyse the ways to promote exercise behaviour. 12