

CARMEL COLLEGE OF ARTS, SCIENCE, & COMMERCE FOR WOMEN,

NUVEM GOA

SEMESTER END EXAMINATION CBCS EXAMINATION AUGUST 2020

Semester: V Course Code and Name: PSD 102: Health Psychology

Total Marks: 30 Date: 14th August, 2020 Duration: 02 Hours Total No. of Pages: 02

Instructions: 1. All questions are compulsory.

2. Figures to the right indicate marks allotted.

Q. I. Answer *any five* from the following in about 150 words: (5X2=10)

1. Explain how a person's lifespan is related to illnesses.
2. How is technology playing an increasing role in preventing and managing illnesses?
3. List the factors that an individual may practice that pose a problem in promoting wellness.
4. Briefly describe the Stages of Change Model.
5. What are the difficulties diabetic's face while needing to adhere to their medical regimens?
6. How can cardiac arrests be prevented?
7. How do peers and family members influence adolescents to start smoking?
8. List the prominent health – compromising behavior and its characteristics.

Q. II. Answer *any four* from the following in about 350 words: (4X5=20)

1. Kevin is diabetic and just found out his heart is not functioning too well. What are the ways in which Kevin can be helped to cope with his illnesses?

2. Shikha goes for regular walks, but does not seem to be losing weight. One of the main factors being her eating junk food. Write a note to her explaining why diet is important?
3. Kendall suffered a stroke while working. What will his recovery process be like?
4. Kayla's work requires her to be on – field for most of the noon hours. She noticed that a mole on her forearm seems to have an unusual growth. She goes for a check – up and tests positive for cancer. Identify the scientific term for this form of cancer and what are the treatment options that she can avail?
5. Seema, a nurse at a reputed hospital, accidentally contracts HIV while interacting with HIV+ patients. What form of stigma do you think she will experience as a result of it?
6. John is a recovering alcoholic. Today is his daughter's wedding and such celebrations invite alcohol. He is contemplating whether he should have a drink or not. In your opinion, what's the best decision for him to make?