

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,  
NUYEM- GOA**

**B.A. CRCS Semester V (Repeat) Examination, July 2021**

**PSYCHOLOGY GENERAL/ HONOURS**

**Paper Code: Name: PSD102: Health Psychology**

**Max Marks: 30**

**Duration: 02 Hours**

**Total No of Pages: 01**

**Q1. Write a note on the following in not more than 150 words: (Any 05) 02 marks each**

1. Write short notes in not more than 150 words:-
2. What is the illness – wellness continuum?
3. Why do people engage in unhealthy behaviour knowing that it is not good for them?
4. What are the types of learning consequences that are required in learning unhealthy behavior?
5. List the benefits of exercise.
6. Describe the types of diabetes.
7. Enlist the risk factors that can lead to heart' disease.
8. Highlight the characteristics of unhealthy behavior..
9. Elucidate on how one's self – image can lead to smoking.

**Q1. Write a note on the following in not more than 350 words: (Any 04) 05 marks each**

1. How does one's personality contribute to illness?
2. Discuss the importance of a healthy diet.
3. What are the risk factors related to obesity?
4. Discuss the psychosocial factors in diabetes care.
5. Explain the interventions to reduce smoking.
6. What is the psychosocial impact of contracting HIV?