

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

B.A. CBCS Semester V Examination

January/February 2022

Subject Code: PSD 102

Subject Name: Health Psychology

Total marks: 80

Duration: 02 Hours

Total No of Pages: 01

*Instructions: 1. All questions are compulsory
2. Figures to the right indicate marks*

Q1. Write short notes on **any four** of the following: (16)

- a) Lifespan perspective on health.
- b) Gender perspective on health.
- c) Illness/Wellness continuum of health.
- d) Accident prevention..
- e) The difference between well behavior, symptom – based & sick role behavior.
- f) Benefits of exercise.

Q2. Write short notes on **any four** of the following: (16)

- a) Types of Diabetes.
- b) Risk factors that contribute to Heart Diseases.
- c) Types of Strokes.
- d) Stress and drinking.
- e) Characteristics of health compromising behaviors.
- f) Synergistic effects of smoking.

Q3. Answer **any one** of the following:

- a) Explain how one's lifestyle can contribute to illness. (12)
- b) Describe the goals of health psychology. (12)

Q4. Answer **any one** of the following:

- a) Explain the 'Stages of Change Model' to help someone quit smoking. (12)
- b) What methods can be used by health programs to encourage health behaviors? (12)

Q5. Answer **any one** of the following:

- a) What is the psychosocial impact of getting a heart disease? (12)
- b) What are the treatment options available for cancer? (12)

Q6. Answer **any one** of the following:

- a) Highlight the approaches towards treatment of alcohol abuse. (12)
- b) What are the factors associated that causes adolescents to start smoking? (12)