

Paper / Subject Code: PSD102 / PSYCHOLOGY - HEALTH PSYCHOLOGY

PSD 102

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B. A. (Semester-V)
EXAMINATION NOVEMBER 2022
Psychology
Health Psychology

[Duration : 2 Hours]

[Total Marks : 80]

Instructions:

- 1) All questions are compulsory.
- 2) Answer questions 1 and 2 in about 100 words.
- 3) Answer questions 3 to 6 in about 400 words.
- 4) Figures to the right indicate maximum marks.

Q.1 Answer any four of the following:

16

- i) What is the biofeedback technique?
- ii) How is health defined in the current millennium?
- iii) How are risk factors generally defined with regard to illness?
- iv) Discuss the secondary level of prevention in illness.
- v) Why do people's health habits change generally over a period of time?
- vi) How can one use electronic interventions to promote one's health?

Q.2 Answer any four of the following:

16

- i) What is Hyperglycemia in the context of diabetes?
- ii) How is atherosclerosis caused?
- iii) Discuss chemotherapy as a treatment of cancer.
- iv) Distinguish between physiological and psychological dependence.
- v) Who are referred to as 'chippers' in smoking?
- vi) What are some of the misconceptions associated with HIV/AIDS?

Q.3 a) Outline the scope of Health Psychology as an emerging branch.

12

OR

b) Discuss the Biopsychosocial perspective as a contribution to the understanding of health and illness.

12

Q.4 a) Highlight in detail the benefits of following a regular exercise regime.

12

OR

b) Describe the Health Belief Model and the Stages of Change Model with regard to health.

12

Q.5 a) How are strokes caused? Outline the various risk factors involved in strokes.

12

OR

b) Elaborate on the impairments caused by strokes.

12

- Q.6 a) What are the common characteristics that most health compromising behaviours share? 12
- OR**
- b) What are the treatment options available to control HIV/AIDS? 12