

**MES's VASANT JOSHI COLLEGE OF ARTS & COMMERCE, ZUARINAGAR-GOA**  
**B.A. (NEP) SEMESTER III END ASSESSMENT, OCTOBER/NOVEMBER 2024**  
**SUBJECT: PSYCHOLOGY MAJOR II**  
**PSY201: HEALTH PSYCHOLOGY**

**Instructions:**

- I. All questions are compulsory*
- II. Question A has internal choice*
- III. Figures to the right indicate maximum marks per question*

**Duration: 2 hours**

**Max. Marks:80**

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**Q.1) Define the following in about 50 words** **(8 x 2=16 Marks)**

- a) Health psychology as a profession
- b) List some behavioural risk factors
- c) Barriers to modifying poor health behaviours
- d) Emotional factors
- e) Hypoglycemia
- f) Leukemia
- g) Vaccination
- h) Alcohol Abuse

**Q.2 A) Answer the following in about 200 words**

- 1) Explain the four goals in health psychology.

**6 Marks**

**OR**

- 2) Explain factors that lead to practice and change healthy behaviours.

**6 Marks**

**Q.2 B) Answer the following in about 200 words**

- 1) Compare the gender and sociocultural risk factors of experiencing stroke

**6 Marks**

**Q.2 C) Answer the following in about 100 words**

- 1) Exemplify health promoting behaviours in adolescence.

**4 Marks**

**Q.3 A) Answer the following in about 200 words**

- 1) Discuss the benefits of focusing on at-risk people.

**6 Marks**

**OR**

- 2) Discuss the signs and symptoms of stroke.

**6 Marks**

**Q.3 B) Answer the following in about 200 words**

- 1) Discuss the primary benefits of regular screening for illness prevention.

**6 Marks**

**Q.3 C) Answer the following in about 100 words**

- 1) Illustrate the impact of lifestyle and illness on health.

**4 Marks**

**Q.4 A) Answer the following in about 200 words**

- 1) Differentiate between Carcinomas and Sarcomas.

**6 Marks**

**OR**

- 2) Critically evaluate the health risks associated with unprotected sexual intercourse.

**6 Marks**

**Q.4 B) Answer the following in about 200 words**

- 1) Analyse the link between personality and illness.

**6 Marks**

**Q.4 C) Answer the following in about 100 words**

1) Discuss the health belief model.

**4 Marks**

**Q.5 A) Answer the following in about 200 words**

1) Illustrate the risk factors and discuss how influential are lifestyle factors on health.

**6 Marks**

**OR**

2) Analyse the application of cognitive behavioural approaches to healthy behaviours.

**6 Marks**

**Q.5 B) Answer the following in about 200 words**

1) Discuss diagnoses and treatment of cancer.

**6 Marks**

**Q.5 C) Answer the following the following in about 100 words**

1) Discuss the role of healthcare providers in educating patients for treatment. **4 Marks**

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