

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 how ever internal choice is available*
- II. Figures to the right indicate maximum marks per question*

Duration: 2 hours 40 Minutes

Max. Marks:80

Q.1) Define any 20 of the following in about 50 words **(20 x 2= 40 Marks)**

1. Illness/wellness continuum
2. Person in health and illness
3. Psychology's role in health
4. Health promotion
5. Emotional factors
6. Health belief model
7. Perceived health threat
8. Primary prevention to instill good health
9. Personal control
10. Instable healthy behaviours
11. Carcinomas
12. Alcohol abuse
13. Hypoglycemia
14. Atherosclerosis
15. Coronary artery disease
16. Vaccination
17. Health care services
18. Importance of screening
19. Chronic illness
20. Illness prevention
21. Stroke
22. Exercise as health promoting behaviour

Q.2) Answer any 20 of the following questions in about 50 words **(20 x 2= 40 Marks)**

1. Explain how to prevent and treat illness as goal of health psychology.
2. Describe the role of health psychology as a profession.
3. List some of the behavioural risk factors associated with leading causes of death.
4. Identify the link between personality and illness.
5. Describe the health habits established to improve healthy behaviours.
6. Discuss the barriers to modify poor healthy behaviours.
7. Describe the benefits of focusing on At-Risk people.
8. Examine the health promotion efforts used for older adults.
9. Explain the cognitive-behavioural approaches to healthy behaviour.
10. Discuss the role of behavioural factors in disease and disorder.

11. Explain the psychosocial impact of cancer.
12. Compare type I and type II diabetes.
13. Discuss the side effects of medications used to treat diabetes.
14. Explain biological risk factors of heart diseases.
15. Explain the need to rehabilitate cardiac patients.
16. Elaborate on the diagnoses and treatment of cancer.
17. Differentiate between melanomas and sarcomas.
18. State the signs and symptoms of stroke.
19. State the characteristics of health compromising behaviours.
20. Critically evaluate the risks associated with unprotected sexual intercourse.
21. Discuss the role of healthcare providers in educating patients for treatment.
22. Discuss the health benefits of efficient sleep and its effect on one's daily functioning.