

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

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

- a) Illness-wellness continuum
- b) Behavioural medicine
- c) Health promotion
- d) Health habit
- e) Atherosclerosis
- f) Smoking
- g) AIDS
- h) Chronic illness

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

- 1) Compare three fields of health psychology and explain the professions involved. **6 Marks**

OR

- 2) Explain the barriers to modify poor healthy behaviours. **6 Marks**

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

- 1) Explain the need to rehabilitate cardiac patients. **6 Marks**

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

- 1) Explain the consequences of unsafe sexual behaviours. **4 Marks**

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

- 1) Discuss the application of cognitive behavioural approaches to healthy behaviours. **6 Marks**

OR

- 2) Illustrate on how healthcare professionals can effectively educate patients about stroke. **6 Marks**

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

- 1) Illustrate on the community initiatives used to promote health awareness and healthy lifestyles. **6 Marks**

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

- 1) Discuss how influential are lifestyle factors on health. **4 Marks**

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

- 1) Differentiate between type I and type II diabetes. **6 Marks**

OR

- 2) Critically evaluate characteristics of health-compromising behaviours. **6 Marks**

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

- 1) Analyse the four goals in health psychology.

6 Marks

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

- 1) Discuss the factors that are essential to practice and change healthy behaviours.

4 Marks

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

- 1) Discuss Breslow's studies and analyse the link between personality and illness.

6 Marks

OR

- 2) Analyse health promotion efforts with older adults.

6 Marks

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

- 1) Illustrate how lifestyle factors influence the risk of developing heart disease. **6 marks**

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

- 1) Discuss the health benefits of efficient sleep and its effect on one's daily functioning

4 Marks
