

D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**SEMESTER EXAMINATIONS****APRIL – 2018****15CPS6E****ELECTIVE IV: HEALTH PSYCHOLOGY****Time : 3 Hrs****Max. Marks : 75****SECTION-A (10 x 2 = 20)****Answer ALL the questions.**

1. Define 'Health Psychology'.
2. Write two barriers to modify poor health behavior.
3. What is stroke?
4. What is Eating Disorder?
5. What is 'Anorexia Nervosa'?
6. Define 'Healthy Diet'
7. What is 'Quality of Life'?
8. What is 'Chronic Illness'?
9. What is hyper tension?
10. Write two methods to control diabetes.

SECTION-B (5 x 5 = 25)**Answer any FIVE of the following questions.**

11. Write short note on 'Bio Psychosocial Models in Health Psychology'.
12. Explain in short the methods to promote health among elderly.
13. In brief explain the cognitive behavior approach to health behavior change among adolescent.
14. Write a short note on 'Determinants of Regular Exercise'.
15. What are the types of eating disorders? Explain in brief the role of diet in eating disorder.
16. What are the personal issues faced by people with chronic illness? Explain with an example.
17. Write a short notes on 'HIV AIDS and its management'.
18. What is Hyper Tension? Explain the treatment and outcomes.

SECTION-C (3 x 10 = 30)**Answer ALL the questions.**

19. (a) Discuss in detail the health behaviours among Children and Adolescents. Construct an intervention model to improve their health behaviours.
(Or)
(b) Present the benefits of exercise and prepare an action plan for your college to improve the health of students.
20. (a) Discuss the health habits of Indians in today's scenario and explain the appropriate venue for health habit modification.
(Or)
(b) Discuss the issue of 'Road Traffic Accidents among Young People in Vellore' and suggest accident prevention methods to tackle the issue.
21. (a) Explain in detail the types of chronic illness and suggest some psychological interventions to cope up with the illness.
(Or)
(b) Mr. Prabhu, age 36 is a chain smoker and an alcoholic. He is diagnosed with Coronary Heart Disease. Prepare an action plan for Mr. Prabhu to enhance his quality of life.

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