



K20U 1551

Reg. No. :

Name :

**V Semester B.Sc. Degree (CBCSS-Reg./Sup./Imp.)
Examination, November 2020
(2014 Admn. Onwards)
CORE COURSE IN PSYCHOLOGY
5B11 PSY – Psychology of Life Style**

Time : 3 Hours

Max. Marks : 40

SECTION – A

Answer **all** questions in **a** word. **Each** carries **1** mark. **(4×1=4)**

1. In transtheoretical model, _____ is the stage of change where the person has not thought of changing their behavior.
2. _____ is the type of personality which is more vulnerable to coronary heart disease.
3. _____ is an eating disorder characterized by low weight, food restriction, fear of gaining weight and a strong desire to be thin.
4. An unwanted stress that may lead to health issues is known as

SECTION – B

Write short notes on **any 7** of the following. **Each** question carries **2** marks. **(7×2=14)**

5. Post-traumatic stress disorder
6. Sleep and Health
7. Type A/B personality
8. Types of stress
9. Mindfulness
10. Stress Management
11. General adaptation syndrome

P.T.O.



- 12. Transtheoretical model of change
- 13. Eating disorders
- 14. Psychological well-being.

SECTION – C

Answer **any 4** of the following. **Each** carries **3** marks. **(4×3=12)**

- 15. Effect of stress on immune system.
- 16. What are the different theories of behavior change ?
- 17. What is coping ? What are the different coping strategies ?
- 18. Explain cognitive behavioural approaches to health behavior change.
- 19. What is the impact of healthy diet and healthy life style on psychological well-being ?
- 20. Briefly explain about post-traumatic stress disorder.

SECTION – D

Answer **any 2** of the following. **Each** question carries **5** marks. **(2×5=10)**

- 21. Discuss the effect of stress on coronary heart disease, hypertension and cancer.
 - 22. What are different theories of change ? Explain cognitive behavioural approach to health behavior change.
 - 23. Describe various methods to improve health behaviours and habits.
 - 24. Define personality. How personality affects coping ?
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