



K22U 2335

Reg. No. :

Name :



V Semester B.Sc. Degree (CBOSS – OBE-Regular/Supplementary/
Improvement) Examination, November 2022
(2019 Admission Onwards)
CORE COURSE IN PSYCHOLOGY
5B11 PSY : Psychology of Lifestyle

Time : 3 Hours

Max. Marks : 40

SECTION – A

Answer the following. **Each** question carries **1** mark. (6×1=6)

1. What is meant by life style ?
2. Define Health.
3. What is Obesity ?
4. What is positive stress ?
5. Define the term self-efficacy.
6. What does ecology mean ?

SECTION – B

Answer **six** of the following. **Each** question carries **2** marks. (6×2=12)

7. What are social norms ?
8. What is liver cirrhosis ?
9. What is meant by the term resilience ?
10. What is acne ?
11. What is the idea of a proper sleep ?

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12. Explain QOL.
13. What is Nicotine addiction ?
14. Explain Coronary Heart Disease.

SECTION – C

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

15. Explain motivational interviewing and health promotions.
16. What is alcoholism ?
17. What are the commonly promoted health behaviours ?
18. How can accidents be prevented ?
19. Explain the different theories on Stress.
20. How is coping with stress influenced by personality ?

SECTION – D

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

21. Explain the psychological principles of life style behaviours.
 22. What are the socio demographic influences on health and lifestyle ?
 23. Write a short note about the common health related behaviours.
 24. What are the theories of change from a Psychology and life style point of view.
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