



K21U 4565

Reg. No. : .....

Name : .....



V Semester B.Sc. Degree CBCSS (OBE) Regular  
Examination, November 2021  
(2019 Admn. Only)  
**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 :

1. Define health.
2. Write about Type A personality.
3. What is obesity ?
4. Write about social norms.
5. Define stress.
6. What is self-efficacy ?

(6×1=6)

SECTION – B

Answer **six** of the following. **Each** question carries **2** marks :

7. Define quality of life.
8. Define lifestyle behaviors.
9. Name the different Levels in Social Ecological Model.
10. What is PTSD ?
11. Define coping.

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12. What is health promotion ?

13. Write about lifestyle diseases.

14. Define Resilience.

(6×2=12)

SECTION – C

Answer **four** of the following. **Each** question carries **3** marks :

15. How we can improve our health habits ?

16. Discuss the preventive approaches to alcohol abuse.

17. Mention about lifestyle models of disease.

18. Write about the stress management techniques.

19. Explain cancer related health behaviors.

20. How can we measure and evaluate lifestyle behaviors ?

(4×3=12)

SECTION – D

Answer **two** of the following. **Each** question carries **5** marks :

21. Define health and explain cognitive-behavioral approaches to health behavior change.

22. Discuss the importance of diet and exercise in developing and maintaining a healthy life.

23. Discuss psychological principles of lifestyle behaviors.

24. Explain health related behaviors with reference to sleep and eating habits.

(2×5=10)

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