



K23U 2380

Reg. No. :

Name :

V Semester B.Sc. Degree (CBCSS-OBE – Regular/Supplementary/
Improvement) Examination, November 2023
(2019 – 2021 Admissions)
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 does the term behavioral approach mean ?
2. What is the obesity epidemic ?
3. What does modest alcohol consumption mean ?
4. What is a common cold ?
5. What is Coronary Heart Disease ?
6. What does an Ecological model mean ?

SECTION – B

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

7. What is a health habit?
8. What is diabetes ?
9. How can accidents be prevented ?
10. What is the difference between alcohol abuse and alcohol dependency ?
11. Define the term coping.

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12. Define the term resilience.
13. What are social norms ? What is its role in deciding enjoyment in life ?
14. What does the term perception of risk mean ?

SECTION – C

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

15. Explain the term OOL and the different factors that have an impact on it.
16. How are life style choices a marker for the incidence of various diseases ?
17. What is a modern life style ? What are its implications in terms of health ?
18. How is exercise used as an intervention ? What is its most common application ?
19. What is the negative side of drinking and driving ?
20. What are social norms ? How are they impacting lifestyle changes ?

SECTION – D

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

21. Define health and explain the different theories of change.
 22. Write a note on the importance of developing healthy habits and reducing unhealthy habits.
 23. What are the different effects that stress has on the immune system ?
 24. What is a lifestyle pattern ? Explain the different principles behind it.
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