



THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED

Q.1. Answer the following short questions: (6x5=30)

1. Explain the risk factors of Obesity
2. Write a brief note on the role of Health Psychologist in the management of Arthritis.
3. Describe key features of Lazarus Model of Stress
4. Write a brief note on any two types of Diabetes Mellitus
5. Describe Human immune system and the impact of stress on it.
6. Define Adaptive and Maladaptive Health Beliefs with examples

Q.2. Answer the following questions. (3x10=30)

1. Define and Differentiate between Lazarus and Selye's Model of Stress
2. Explain key features of Health Belief Model by applying it for smoking cessation.
3. How research in Health Psychology helps in identification of psychological consequences of physical illnesses?