



K25U 2364

Reg. No. :

Name :

**V Semester B.Sc. Degree (CBCSS – OBE – Regular/Supplementary/
Improvement) Examination, November 2025
(2019 to 2023 Admissions)
CORE COURSE IN PSYCHOLOGY
5B11PSY : Psychology of Life Style**

Time : 3 Hours

Max. Marks : 40

SECTION – A

Answer the following. **Each** question carries **1** mark.

(6×1=6)

1. Define health behaviours.
2. What is problem focused coping ?
3. Define epidemiology.
4. What does the term 'mammography' mean ?
5. Mention the components of quality of life.
6. How would you define self-efficacy ?

SECTION – B

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

(6×2=12)

7. Outline two common methods used to measure lifestyle behaviour.
8. Describe the self-regulatory techniques used to avoid driving while drunk.
9. Discuss the theory of planned behaviour.
10. What are life style patterns ?

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11. Discuss eating disorders.
12. What are stressors ?
13. Explain the impact of perceived health threats and perceived threat reduction on health behaviour.
14. Discuss how environmental and genetic models explain the rise in diseases.

SECTION – C

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

15. Write a short note on the benefits of regular exercise.
16. Briefly describe the key idea behind ecological models of life style change.
17. Is modest alcohol consumption considered a health behaviour ? Justify your answer.
18. Examine the personality characteristics that may exacerbate stressful experiences.
19. Illustrate important health habits.
20. Life styles are enacted in and constrained by daily life. Validate.

SECTION – D

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

21. Summarize key theoretical perspectives on stress.
 22. Evaluate the influence of socio-demographic factors on health and life style.
 23. Define obesity. Explain the health risks associated with it.
 24. Discuss how health behaviours can be changed through cognitive-behavioural approaches.
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