

Psychology of Health

Mid Semester Exam

1. What is Epidemiology? Give an example of an epidemiological study
2. What aspects of health does the WHO definition of health cover? Do you agree with the definition – justify your response
3. To what, can you attribute the change in the ten leading causes of death between 1900 and 1990?
4. Describe the life course perspective in the context of the relationship between SES (socio-economic status) and health.
5. What is the Robin Hood Index? With what has it been implicated with in studies by Kennedy et al and Kawachi et al?
6. What is the pathway through which discrimination impacts health? For the NFHS data - in your opinion what is the pathway that explains the poor health indicators for the Scheduled Tribe?
7. Why is there an emphasis on Health Promotion in terms of research and policy?
8. Briefly describe the Alameda county study and its findings
9. What is emphasized in the psychological perspective of the study of stress?
10. What role do the sympathetic and parasympathetic nervous system play in the physiological stress response?
11. What are the 3 pathways by which stress impacts on the development of disease?
12. What are the two major coping styles?
13. What do we learn from the evolutionary perspective about the relationship between eating and health in cotemporary times?
14. What are the possible factors that contribute to obesity?
15. What are the possible factors that contribute to malnourishment in the Indian context (as per the data in the table)?