

[This question paper contains 3 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 3455(A) A

Unique Paper Code : 12111404

Name of the Paper : Health Psychology

Name of the Course : B.A. (Hon.) Applied  
Psychology (LOCF)

Semester : IV

Duration : 3 Hours Maximum Marks : 75

**Instructions for Candidates**

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Attempt any five the questions.
3. Ques 6 is compulsory.
4. All questions carry equal marks.

1. What are the goals of health psychology. Trace the relation between mind- body through the history of health psychology. (6,9)

Or

P.T.O.

3455(A)

2

Compare and contrast the bio-medical and bio-psycho-social model of health psychology. (15)

2. Explain and compare Protective Motivation theory and theory of reasoned action of health behaviour. (15)

Or

What are health behaviours? Discuss the social and community barriers? (6,9)

3. Nutrition is a critical part of health and development." Discuss the statement with suitable examples. (15)

Or

Discuss the role of exercise in maintaining health. (15)

4. Define pain. Describe different types of pain management strategies. (5,10)

Or

3455(A)

3

Explain the positive emotions. Discuss the affects of positive emotions on Human lives with empirical examples. (7,8)

5. Citing research evidence discuss the role of hope and optimism in health and wellness. (15)

6. Write short notes on any two : (7.5,7.5)

(a) Goals of health psychology

(b) Lifestyle and illness

(c) Yoga and health

(d) Resilience