

OR

Explain the three characteristics of health behavior.
What are the various barriers to health behavior.

(7,8)

3. Elaborate various health-enhancing behaviors with appropriate examples. (15)

OR

Discuss the various techniques to measure pain. How pain can be managed. (8,7)

4. Explain the concept of subjective well-being & positive emotions with research evidence. (5,10)

OR

What do you understand by the term resilience.
Discuss the sources of resilience in childhood.

(5,10)

5. Write short notes on any **two** (7.5×7.5)
- (a) Health- Illness continuum
 - (b) Individual and interpersonal barriers to health behaviour
 - (c) Happiness
 - (d) Benefits of regular Exercise

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 3979 **E**

Unique Paper Code : 12111404

Name of the Paper : Health Psychology

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

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 **all** the questions.

1. Discuss the concept of health. How has the understanding of the mind-body relationship evolved over time. (5,10)

OR

- Deliberate the clinical implications of the bio-psychosocial model of health. (5,10)
2. Elucidate the various theories of health behavior with appropriate examples. (15)

P.T.O.