

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 1449

H

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

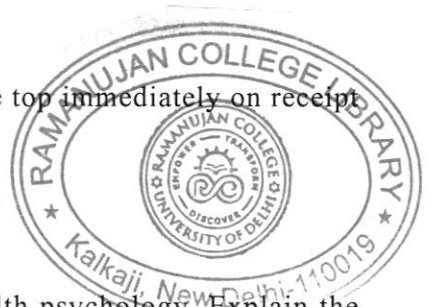
Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Attempt all the questions.
1. What are the goals of health psychology. Explain the health-illness continuum model. (5,10)

OR

- With the help of suitable example discuss Bio psychosocial model of health. (15)
2. Critically evaluate the Protective Motivation Theory (PMT) and the Theory of Reasoned Action (TRA). (15)

P.T.O.



OR

Elucidate with relevant research various barriers to health behavior. (15)

3. Discuss exercise, nutrition, yoga & Sleep as health enhancing behavior with suitable examples. (15)

OR

Define pain & elaborate the various strategies to manage pain. (8,7)

4. Discuss the concept of positive emotions & happiness in lieu of positive psychology. (15)

OR

Explain the concept of resilience. Discuss the sources of resilience in youth. (5,10)

5. Write short notes on any **two** : (7.5×7.5)

- (a) Lifestyle Disease pattern in India
- (b) Illness Behavior & Sick Role Behavior
- (c) Measurement of pain
- (d) Subjective Well being