

3. Describe the various behaviours that protect and enhance health, giving suitable examples. 15

Or

What do you understand by pain ? How can pain be measured ? Describe the different strategies to control pain citing suitable research evidence. 15

4. Discuss the role of happiness and life satisfaction in determining good health and well-being of a person. 15

Or

Discuss the role of optimism and hope in determining health promoting behaviour. 15

5. Write short notes on any *two* of the following : 7.5,7.5
- (a) Lifestyle and disease patterns
 - (b) Accident prevention
 - (c) Goals of health psychology
 - (d) Resilience.

This question paper contains 2 printed pages]

Roll No.

--	--	--	--	--	--	--	--	--	--

S. No. of Question Paper : 9090

Unique Paper Code : 12111404 IC

Name of the Paper : Health Psychology

Name of the Course : B.A. (Hons.) in Applied Psychology
CBCS

Semester : IV

Duration : 3 Hours

Maximum Marks : 75

(Write your Roll No. on the top immediately on receipt of this question paper.)

Attempt all questions.

1. Explain the nature and scope of Health Psychology. Discuss the mind-body relationship giving suitable examples. 7,8

Or

Compare and contrast bio-psychosocial model with biomedical model. Critically evaluate bio-psychosocial model. 10,5

2. Discuss the theories of health behaviour and their implications. 15

Or

Discuss the characteristics of health behaviour. Explain the barriers to good health behaviours with suitable examples. 7,8

P.T.O.