



'সমানো মন্ত্র: সমিতি: সমানী'

UNIVERSITY OF NORTH BENGAL
B.A. Honours 6th Semester Examination, 2023

DSE-P4-PSYCHOLOGY

HEALTH PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

10×2 = 20

1. Define health psychology. Explain its concept. State the goals of health psychology. 2+4+4
2. Discuss the role of behavioral factors in disease and disorders. 10
3. How are stress and health related? Elaborate on the coping strategies to reduce stress. 5+5
4. Illustrate the preventive, promotive and curative aspects of health. 10

GROUP-B

Answer any three from the following

5×3 = 15

5. Explain the medical model of health. 5
6. Discuss the cognitive behavioral approach to health behavior change. 5
7. Illustrate the choice of medicinal systems in managing health. 5
8. What are the indicators of health psychology? 5
9. Elaborate on the GAS model. 5

GROUP-C

Answer any five from the following

1×5 = 5

10. Define stressors.
11. What do you understand by the term 'stress'?
12. "Stress as a response." Justify.
13. How does stress act as a stimulus?
14. State the bio-psychological model of health.
15. Define well being.
16. What are coping strategies?
17. List ways to promote good health.

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