

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.

Answer any two from the following 10×2 = 20 1. Define health psychology. Explain its concept. State the goals of health psychology. 2. Discuss the role of behavioral factors in disease and disorders. 3. How are stress and health related? Elaborate on the coping strategies to reduce stress. 4. Illustrate the preventive, promotive and curative aspects of health. 10 GROUP-B Answer any three from the following 5×3 = 15 Explain the medical model of health. 5 Discuss the cognitive behavioral approach to health behavior change. 7. Illustrate the choice of medicinal systems in managing health. 8. What are the indicators of health psychology? 9. Elaborate on the GAS model. GROUP-C Answer any five from the following 1×5 = 5 CROUP-C Answer any five from the following 1×5 = 5 10. Define stressors. What do you understand by the term 'stress'? "Stress as a response." Justify. 13. How does stress act as a stimulus? State the bio-psychological model of health. Define well being. What are coping strategies? 1. List ways to promote good health.		GROUP-A	
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