



'সমানো মন্ত্র: সমিতি: সমানী'

UNIVERSITY OF NORTH BENGAL

B.A. Honours 6th Semester Examination, 2022

DSE-P4-PSYCHOLOGY

HEALTH PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

Candidates should answer in their own words and adhere to the word limit as practicable.

GROUP-A

Answer any two from the following

10×2 = 20

1. What are the approaches to health behaviour change? 10
2. Write about the curative and promotive aspects of health. 10
3. Explain the bio-psychological model of health. 10
4. Explain the role of behavioural factors in disease and disorders. 10

GROUP-B

Answer any three from the following

5×3 = 15

5. What does the bio-medical model of health state? 5
6. Write about goals of health psychology. 5
7. What are the indicators of health psychology? 5
8. What is the GAD model in health psychology? 5

GROUP-C

Answer any five from the following

1×5 = 5

9. Define stressors. 1
10. What does 'stress as a response' mean? 1
11. What does 'wellbeing' mean? 1
12. Define health psychology. 1
13. What are coping strategies? 1
14. How is health and stress related? 1
15. Define stress. 1
16. What does 'stress as a stimulus' mean? 1

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