



Rollno.....

**End Semester Examination, December 2024**  
**B.A (Honours) in Psychology Vth Semester**  
**Health Psychology (SHPS337A)**

Time: 2.5 hrs.

Max Marks: **50**

Note: *All Questions are compulsory. Marks are indicated against each question.*

**PART-A**

**Q.1 Attempt any 5 questions**

- (a) Define health psychology and outline its main goals. [CO-1] [L-1] **2**
- (b) Explain the concept of the bio-psychosocial model of health. [CO-1] [L-2] **2**
- (c) Describe the mind-body relationship in health psychology. [CO-1] [L-2] **2**
- (d) List and briefly explain the main components of health (social, emotional, cognitive, and physical). [CO-2] [L-1] **2**
- (e) What are barriers to healthy behavior? Provide two examples. [CO-2] [L-1] **2**
- (f) Discuss the importance of exercise as a health-enhancing behavior. [CO-1] [L-3] **2**
- (g) Define life satisfaction and its relevance to health and well-being [CO-1] [L-2] **2**

**2x5**

**PART-B**

- Q.2 Analyze how psychological stress can impact physical health. [CO-3] [L-4] **10**

**OR**

Evaluate the importance of addressing mental health to improve physical well-being.

[CO-3] [L-5] **10**

- Q.3 Discuss how cognitive factors contribute to the onset and progression of physical illnesses. [CO-2] [L-3] **10**

**OR**

Apply the bio-psychosocial model to explain how stress can contribute to cardiovascular disease. [CO-2] [L-3] **10**

- Q.4 Analyze the impact of poor nutrition and physical inactivity on chronic diseases. [CO-3] [L-4] **10**

**OR**

Explain how lifestyle changes can reduce the risk of diabetes and obesity.

[CO-3] [L-3] **10**

Q.5 Describe how positive emotions contribute to resilience and stress management. [CO-6] [L-3] **10**

**OR**

Discuss two stress management techniques and analyze their effectiveness. [CO- 6] [L-3] **10**