

**2021**

**PSYCHOLOGY — HONOURS**

**Paper : DSE-B-3**

**(Health Psychology)**

**Full Marks : 50**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words  
as far as practicable.*

1. Answer **any two** from the following (word limit **100** each) : 5×2
    - (a) Goals of health psychology.
    - (b) Write short note on psychological well-being.
    - (c) What are the different components of health?
    - (d) What is health enhancing behaviour?
  
  2. Answer **any one** of the following (word limit **150** each) :
    - (a) What is pain? Describe pain management. 2+8
    - (b) Describe resilience and the factors associated with it. 10
    - (c) Critically discuss the concept of mind-body relationship. 10
  
  3. Answer **any two** of the following (word limit **200** each) :
    - (a) Delineate in detail the bio-psychosocial model of health psychology. 15
    - (b) What is happiness? Discuss the concept of happiness and its role in physical and mental health. 3+12
    - (c) Discuss the importance of optimism and hope in the current times, in the context of health psychology. 15
    - (d) Discuss the characteristics of health behaviour. What are the barriers to health behaviour? 5+10
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