

Satyug Darshan Institute of Engineering & Technology, Faridabad

Department of Management Studies

Academic Year : 2025-26

Programme : BBA General	Year & Semester : 2 nd & 4 th
Course Name : Health Psychology	Course Code : VAC-108-V
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Unit I

Short answer questions

Q.N.	Question	KL
1	Define Health Psychology.	1
2	State the goals of Health Psychology.	1
3	Explain the relationship between mind and body.	2
4	List the major areas within the scope of Health Psychology.	1
5	Mention two factors responsible for the emergence of Health Psychology.	1

Long answer questions

Q.N.	Question	KL
1	Discuss the concept of Health Psychology, its nature, goals and scope.	2
2	Explain the mind–body relationship with reference to health and illness.	2
3	Discuss the emergence of Health Psychology as a discipline.	2
4	Analyze the role of psychological factors in physical health and disease.	4
5	Evaluate the significance of Health Psychology in modern health care systems.	5

Unit II

Short answer questions

Q.N.	Question	KL
1	Define well-being.	1
2	Differentiate between hedonic and eudemonic well-being.	4
3	Define the concept of life satisfaction.	1
4	Explain the affect in the context of well-being.	2
5	Name any two tools used to assess health and well-being.	1

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Long answer questions

Q.N.	Question	KL
1	Explain the concept of well-being and its major components.	2
2	Discuss hedonic and eudemonic approaches to well-being.	2
3	Explain the role of life satisfaction and affect in determining well-being.	2
4	Describe various methods used in the assessment of health and well-being.	2
5	Critically evaluate the importance of assessing well-being in health psychology.	5

Unit III

Short answer questions

Q.N.	Question	KL
1	Explain the concept of well-being and its major components.	2
2	Discuss hedonic and eudemonic approaches to well-being.	2
3	Explain the role of life satisfaction and affect in determining well-being.	2
4	Describe various methods used in the assessment of health and well-being.	2
5	Critically evaluate the importance of assessing well-being in health psychology.	5

Long answer questions

Q.N.	Question	KL
1	Explain the causes and consequences of stress.	2
2	Discuss psychological approaches to coping with stress and illness.	2
3	Explain the psychological aspects of pain and pain management.	2
4	Describe the role of psychological factors in coronary heart disease and cancer.	2
5	Evaluate the psychological dimensions of chronic illnesses such as diabetes, HIV and AIDS.	5

Unit IV

Short answer questions

Q.N.	Question	KL
1	Define health-enhancing behavior.	1
2	Define resilience.	1
3	Define optimism.	1

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4	State the psychological benefits of exercise.	1
5	Discuss the role of nutrition in health.	2

Long answer questions

Q.N.	Question	KL
1	Explain the concept of health-enhancing behaviors and their importance.	2
2	Discuss the role of psychological factors such as resilience, hope, and optimism in promoting health.	2
3	Examine the impact of exercise on psychological and physical well-being.	5
4	Explain the role of safety and nutrition in health promotion.	2
5	Evaluate the implications of health-enhancing behaviors for overall well-being.	5