

Satyug Darshan Institute of Engineering & Technology, Faridabad

Department of Management Studies

Academic year 2025-26

Programme: BBA IIFSB	Year & Semester: 1st & 2nd
Course Name: Health Psychology	Course Code: VAC-108-V
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UNIT -1 (CO-1)

Short answer questions

Q. No.	Questions	KL
1	Define Health Psychology.	KL-1
2	State the nature of Health Psychology.	KL-1
3	Explain the goals of Health Psychology.	KL-2
4	Describe the scope of Health Psychology.	KL-2
5	Explain the concept of mind–body relationship.	KL-2
6	State the role of psychological factors in physical health.	KL-1
7	Describe the biopsychosocial perspective of health.	KL-2
8	Explain the importance of Health Psychology in modern healthcare.	KL-2
9	Describe factors responsible for the emergence of Health Psychology.	KL-2
10	State the significance of Health Psychology as a discipline.	KL-1

Long answer questions

Q. No.	Questions	KL
1	Explain the nature, goals, and scope of Health Psychology.	KL-2
2	Describe the relationship between mind and body with suitable examples.	KL-2
3	Analyze the role of psychological processes in physical health and illness.	KL-4
4	Discuss the historical development and emergence of Health Psychology.	KL-2
5	Evaluate the contribution of Health Psychology to health promotion and disease prevention.	KL-5

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Unit II (CO-2)

Short answer questions

Q. No.	Question	KL
1	Define well-being.	KL-1
2	State the components of well-being.	KL-1
3	Explain the concept of eudemonia.	KL-2
4	Explain the concept of hedonism.	KL-2
5	Describe life satisfaction as a component of well-being.	KL-2
6	Explain the role of affect in well-being.	KL-2
7	State the importance of assessing health and well-being.	KL-1
8	Describe subjective well-being.	KL-2
9	Explain psychological well-being.	KL-2
10	State indicators used in the assessment of well-being.	KL-1

Long answer questions

Q. No.	Questions	KL
1	Explain the concept of well-being and its major components.	KL-2
2	Describe eudemonic and hedonic approaches to well-being.	KL-2
3	Analyze the role of life satisfaction and affect in overall well-being.	KL-4
4	Explain various methods used for the assessment of health and well-being.	KL-2
5	Evaluate the importance of well-being assessment in health psychology.	KL-5

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Unit III (CO-3)

Short Answer Questions

Q. No.	Question	KL
1	Define stress.	KL-1
2	State causes of stress.	KL-1
3	Describe consequences of stress on health.	KL-2
4	Explain the concept of illness behavior.	KL-2
5	Define pain from a psychological perspective.	KL-1
6	Explain coping strategies for stress.	KL-2
7	Describe psychological aspects of chronic illness.	KL-2
8	State health-related risk factors for coronary heart disease.	KL-1
9	Describe psychological factors associated with cancer.	KL-2
10	Explain the role of stress in HIV and AIDS.	KL-2

Long answer questions

Q. No.	Question	KL
1	Explain causes and consequences of stress on physical and mental health.	KL-2
2	Describe coping strategies used in managing stress, pain, and illness.	KL-2
3	Analyze the psychological dimensions of coronary heart disease and diabetes.	KL-4
4	Discuss psychological issues related to cancer, HIV, and AIDS.	KL-2
5	Evaluate the role of health psychology in stress and illness management.	KL-5

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Unit IV (CO-4)

Short Answer Questions

Q. No.	Question	KL
1	Define health-enhancing behaviours.	KL-1
2	Explain resilience as a psychological factor in health.	KL-2
3	Describe the role of hope in promoting health.	KL-2
4	Explain optimism and its impact on well-being.	KL-2
5	State the importance of exercise for physical health.	KL-1
6	Describe psychological benefits of regular physical activity.	KL-2
7	Explain the role of safety behaviours in health promotion.	KL-2
8	Describe the importance of nutrition in maintaining health.	KL-2
9	Explain implications of health behaviours for well-being.	KL-2
10	State lifestyle factors influencing health outcomes.	KL-1

Long Answer Questions

S. No.	Question	KL
1	Explain health-enhancing behaviours and their significance in well-being.	KL-2
2	Describe the role of resilience, hope, and optimism in health promotion.	KL-2
3	Analyze the psychological and physical benefits of exercise and nutrition.	KL-4
4	Discuss the role of safety practices in preventing illness and injury.	KL-2
5	Evaluate the implications of health-enhancing behaviours for overall well-being.	KL-5