

**DSC-504**  
**M.A. IV<sup>th</sup> Semester Examination, 2020**  
**Clinical Psychology**  
**Paper - I**  
**Health Psychology**

**[Maximum Marks : 85]**

**Note :-** All questions from each section carry equal marks. All questions are compulsory and answer limit are approximately 250 words. Start the answer of each section from new page. Maximum limit of pages of answer booklet are approximately 16 pages. Answer should be written by the student in his/her own handwriting mandatory. The first page of answersheet should be download by the student from university website [www.bubhopal.ac.in](http://www.bubhopal.ac.in) is mandatory.

1. Discuss Bio-social perspectives on health in detail.
2. What do you understand by models of health behaviour ? Discuss Health regulatory model.
3. Discuss the role of nutritious diet in enhancing health.
4. Discuss the different ways of reducing stress.
5. Discuss the future focusses in health psychology.