



**University of Kelaniya – Sri Lanka**  
***Centre for Distance and Continuing Education***

**Bachelor of Arts (General) Degree Third Examination (External) – 2019**  
**December 2023**

**Faculty of Social Sciences**  
**Psychology (New/ Old Syllabus)**  
**Health Psychology PSYC – E 3025**  
**Answer four (04) questions only**

**No. of questions : 08**

**Time : 03 Hours**

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01. Briefly introduce 'Health Psychology' and Explain the subfields of health Psychology.
  02. Explain the effect of individual personality on health based on psychophysical and behavioural routes.
  03. Define 'Cognitive health' and elucidate the importance of cognitive health in making a healthy person.
  04. "Stress is always not negative" Give reasons for or against this statement.
  05. There is an inseparable connection between mind and body. Prove this idea based on Greek and Medieval philosophical concepts.
  06. Appreciate the contribution of Biopsychosocial Model of health to avoid the weaknesses of the Biomedical Model of health.
  07. Introduce the basic elements of Health Promotion and point out the importance of Medical Communication in health promotion.
  08. Explain the importance of Emotional Regulation in enhancing individual's health.

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