

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2020/2021- SEMESTER II



BACHELOR OF SCIENCE HONOURS IN PSYCHOLOGY
PLU4307-HEALTH PSYCHOLOGY - LEVEL 4
CONTINUOUS ASSESSMENT TEST II - NBT 1
DURATION: ONE HOUR

DATE: 10th JUNE 2022

TIME: 09.00AM -10.00AM

REGISTRATION NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of **09 pages** with **20 Multiple Choice Questions (Section 1)** and **12 Short Answer Questions (Section 2)**.
- Write your Registration Number in the space provided.
- Answer **ALL** questions.
- **Multiple Choice Questions (Section 1):** Indicate answers in the answer sheet provided by placing a cross (X) in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write answers within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized material, including mobile phones and other electronic equipment, with you during the examination.

SECTION 1: MULTIPLE CHOICE QUESTIONS (20 QUESTIONS – 40 MARKS)

- 1 'Health is the absence of illness'. Which model of health identified this as their main concept?
 - a Biosocial model
 - b Biosynthesis model
 - c Biodynamic model
 - d Biomedical model

- 2 Which of these statements can be identified with psychosomatic approach to health?
 - a Somatic problems could trigger physiological problems
 - b Mechanical processes could trigger biological problems
 - c Psychological processes could trigger physical problems
 - d Psychometric problems could trigger pathological problems

- 3 Which of these can be identified as a CAM (Complementary Alternative Medicine) therapy?
 - a Aromatherapy
 - b Psychotherapy
 - c Physiotherapy
 - d Cognitive therapy

- 4 Which system of the human body is mainly responsible for the 'fight or flight' reactions displayed commonly in stressful situations?
 - a Sympathetic nervous system
 - b Parasympathetic nervous system
 - c Automatic nervous system
 - d Spinal cord nervous system

5. Which of the following neurotransmitters has been identified to play a key role of Parkinson's disease development?
 - a Serotonin
 - b Acetylcholine
 - c Amino acids
 - d Dopamine

6. Which of these is the most accurate statement about human endocrine system?
 - a Endocrine system consists of blood cells and plasma cells
 - b Endocrine system consists of a number of ductless glands
 - c Endocrine system helps to carry proteins to whole body
 - d Endocrine system includes parts of the nervous system

7. Which part of the immune system is activated when fighting general pathogens that enter human body?
 - a Innate defense system
 - b Adaptive defense system
 - c Sympathetic defense system
 - d Symbolic defense system

8. In research studies, if you use 'Participatory Action Research (PAR)' which components would be main tools of this research?
 - a Participation and vignettes
 - b Feedback and evaluation
 - c Art and performance
 - d Interviews and focus groups

9. A control group is useful for intervention studies in Health Psychology. Which of these is the most accurate statement about a 'control group'?
 - a Control Group will be used for training participants for a study
 - b Control Group is not a necessary if participants are educated
 - c Control Group will not be given any training or intervention
 - d Control Group will be reducing participant problems of a study

10. Which of these two researchers developed the 'Six step Thematic analysis' for qualitative data analysis?
 - a David Marks and Matarazzo
 - b Virginia Braun and Victoria Clarke
 - c Jonathan Smith and Victoria Clarke
 - d Andy Flowers and Carla Willig

11. When using 'Discourse Analysis' in health research, which of the following are analysed within the social context given?
 - a Speech and text
 - b Social and family inputs
 - c Themes and codes
 - d Singularity and plurality

12. Which of the following is also known as 'Transtheoretical model'(TTM) in health research?
 - a Reasoned Action model
 - b Theory of Planned Behaviour
 - c Stages of Change model
 - d Health Belief model

13. Identify which component of the Health Belief Model (HBM) is described below?
'I receive reminders on my phone daily from my health application to exercise 30 minutes each day'.
- a Cues to Action
 - b Social modelling
 - c Perceived ability
 - d Health motivators
14. Which of these components was the unique component of the Theory of Planned Behaviour (TPB) that was an extension of Theory of Reasoned Action (TRA)?
- a Perception benefits control
 - b Perceived susceptibility action
 - c Perceived Behavioural Control
 - d Protection motivation control
15. Which of these have been identified to increase predictability of health behaviours in intervention development?
- a Past behaviours
 - b Protective behaviours
 - c Present regret
 - d Health economics
16. If a researcher is going to interview participants suffering from 'leukaemia' for a qualitative study, which system in the human body should the researcher have prior knowledge on?
- a Sympathetic system
 - b Nervous system
 - c Endocrine system
 - d Immune system
17. In a research study about exercise, what would be a 'null hypothesis' developed by the researcher at the beginning of the study?
- a Exercise has an effect on stress levels
 - b Exercise has no effect on stress levels
 - c Exercise increases health effects of stress
 - d Exercise avoids stress to affect health
18. Which of these could be a positive outcome of an intervention conducted to promote healthy eating habits in children?
- a Children identify the high cost of unhealthy foods
 - b Children show decreased motivation about healthy foods
 - c Children show increased knowledge about healthy foods
 - d Children display weak intention to buy healthy foods

19. Which type of a Health Psychologist would be assisting health authorities to develop a policy document on increasing prices on unhealthy soft drinks?
- a Community Health Psychologist
 - b Collaborative Health Psychologist
 - c Critical Health Psychologist
 - d Educational Health Psychologist
20. What is the term used in health psychology to identify the following behaviour?
'An action taken by an individual to remedy perceived ill-health'
- a Health-seeking behaviour
 - b Health-aversive behaviour
 - c Health-remedy behaviour
 - d Health-trending behaviour

SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

WRITE ANSWERS WITHIN THE SPACE PROVIDED.

1. Provide a brief description and one example for two of the components of Biopsychosocial model? (5 marks)

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2. What is the definition for ‘health’ as identified by World Health Organisation (5 Marks)

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3. List two of the main responsibilities of cerebellum? (5 marks)

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4. What are the two processes of the cardiac cycle important for the functioning of heart muscle? (5 marks)

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5. Research studies are recommended to use random sampling. What is the main characteristic of a random sample? (5 marks)

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6. Name two subscales of the Multidimensional Health Locus of Control scale developed by Wallston and Wallston in 1982? (5 marks).

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7. What are the two components that help a person to perceive a ‘threat’ according to the Health Belief Model? (5 marks).

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8. Briefly explain about the ‘coping appraisal’ component of Protection Motivation Theory’ (PMT) (5 marks).

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9. List two of the main criticisms for using ‘Social Cognition Models’ (5 marks).

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10. Write a ‘subjective norm’ developed by a person who was targeted by a health promotion campaign using theory of reasoned action to wear face masks to prevent spread of Corona Virus (COVID-19). (5 marks)

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11. Briefly describe the aim of using ‘implementation intentions’ to fill the gap between intentions and behaviours? (5 marks)

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12. Name two psychological characteristics that can affect a decision relating to a health behaviour such as engaging in regular physical activity? (5 marks)

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ANSWER SHEET FOR SECTION 1

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