

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2020/2021 – SEMESTER II—FINAL EXAMINATION



BSC (HONS) IN PSYCHOLOGY
PLU 4307-HEALTH PSYCHOLOGY-LEVEL 04
FINAL EXAMINATION PAPER
DURATION: 02 HOURS

DATE: 30th SEPTEMBER 2022

TIME: 9.30AM – 11.30AM

SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)

Choose 04 out of the 06 questions given below and answer using the provided answer sheets

1. Health is viewed differently according to various approach used to understand it.
 - (a) Name an illness or health condition and explain the progression of the illness using the biopsychosocial model (7 marks).
 - (b) Discuss how would endocrine system works with the sympathetic nervous system in a situation perceived as stressful (8 marks).
2. Research in Health Psychology helps to improve knowledge base of the discipline
 - (a) Name a health-related behaviour and explain an intervention that can be used to improve that behaviour (5 marks).
 - (b) Explain a health behaviour change model that can be used to promote the chosen intervention with a diagram of the model and its variables (10 marks).
3. Addiction to behaviours can have harmful impacts on individual health
 - (a) Define the term addiction (3 marks)
 - (b) Explain four main features of addiction (4 marks)
 - (c) Discuss how social learning theories explain addiction to tobacco smoking (8 marks)
4. Models and theories help to understand health behaviours and develop effective interventions
 - (a) Define and explain the cognitive transactional view of stress using an example? (7 marks)
 - (b) Discuss the role of health psychology in supporting patients with behavioural changes required to manage their illnesses effectively (8 marks)
5. Discuss the following statements by providing relevant arguments, evidence and examples
 - (a) 'People from minority groups are more likely to have poorer health conditions' (5 marks)
 - (b) 'Biopsychosocial framework is useful for chronic illness management' (5 marks)
 - (c) 'Social support acts as a protective factor against stress' (5 marks)
6. Write brief notes on the following topics
 - (a) Vaccines and Immune system (5 marks)
 - (b) Health habits and mortality (5 marks)
 - (c) Social Marketing and Behaviour Change approach (5 marks)

