

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2023/2024 – SEMESTER II —FINAL EXAMINATION



BSC (HONS) IN PSYCHOLOGY
PLU 4307– HEALTH PSYCHOLOGY- LEVEL 4
FINAL EXAMINATION PAPER
DURATION: 03 HOURS

DATE: 22ND OCTOBER 2024

TIME: 9.30AM – 12.30PM

SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)

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

2.1 Amara is a 45-year-old female diagnosed with Type 2 diabetes. She works in a high-stress environment, often consuming fast food and sugary snacks due to her busy schedule. Amara rarely exercises and struggles to follow her doctor's dietary advice. She feels socially isolated, has low motivation to change her habits, and comes from a family with a history of diabetes.

- a) Explain key aspects of Amara's condition using the biopsychosocial model. *(7 Marks)*
- b) How can the biopsychosocial model help to develop a more effective treatment plan for Amara compared to the biomedical model? *(8 Marks)*

2.2 “The endocrine system consists of glands that secrete hormones into the bloodstream to regulate processes like growth, metabolism, and stress responses. It communicates through chemical messengers, contrasting with the nervous system's use of electrical impulses. Key glands, such as the pituitary, adrenal, thyroid, and pancreas, play vital roles in maintaining the body's balance and homeostasis.”

- a) List the hormones secreted by the anterior and posterior lobes of the pituitary gland and their primary functions. *(5 Marks)*
- b) Name the two main regions of the adrenal gland. *(2 Marks)*
- c) Discuss the interplay between the adrenal glands and the sympathetic nervous system during stress. *(8 Marks)*

2.3 Nadine is a 32-year-old software engineer working in a highly demanding job at a tech company. Recently, Nadine has started drinking alcohol regularly after work to "unwind" and reduce the tension she feels from her job. She finds that alcohol helps her relax and forget about the pressures of her day. During social events, she often drinks excessively and engages in behaviors that are more uninhibited than when she is sober. She rarely remembers these events the next day, often dismissing them as "just having fun."

- a) How does the Tension Reduction Hypothesis explain Nadine's drinking after work to cope with stress from her demanding job? *(5 Marks)*
- b) Apply the concept of "alcohol myopia" to explain Nadine's behavior during social gatherings when she drinks excessively. Provide examples from the above scenario to support your answer. *(5 Marks)*
- c) Based on the Social Learning Theory, discuss how Nadine's social environment may reinforce her drinking habits. *(5 Marks)*

2.4 "Effective communication in healthcare settings is essential for fostering positive relationships between patients and practitioners, ultimately impacting health outcomes. The way healthcare providers and patients interact can significantly influence the quality of care received, patient satisfaction, and adherence to treatment plans. Answer the following questions to explore various dimensions of healthcare communication."

- a) Compare and contrast the Deviant Patient Perspective, Authoritarian Doctor Perspective, and Interactive Dyad approach in terms of their impact on doctor-patient communication and patient outcomes. *(9 Marks)*
- b) Briefly describe three factors that impact the dynamics of patient-practitioner communication. *(6 Marks)*

2.5 “Enhancing health literacy is vital for empowering individuals to make informed health decisions, particularly in culturally diverse settings where beliefs and practices can influence health seeking behaviors.”

- a) Explain the significance of health literacy in improving individual and community health outcomes using an example. (7 Marks)
- b) Evaluate how both the behavioral change approach and the community development approach can be applied in this initiative to enhance health literacy. (8 Marks)

2.6 Write short notes on three (03) of the following topics.

- a) Respiratory System and smoking
 - b) Critical Health Psychology
 - c) Synaptic Communication
 - d) Health Belief Model
 - e) Role of Health Psychologist in supporting individuals with chronic illness
- (5 Marks x 3)*

-----END OF QUESTION PAPER-----