

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
ACADEMIC YEAR 2024/2025- SEMESTER II



BSC HONS IN PSYCHOLOGY  
PLU4307 – HEALTH PSYCHOLOGY - LEVEL 04  
CONTINUOUS ASSESSMENT TEST – NBT I  
DURATION: 1 ½ HOURS



DATE: 17<sup>th</sup> JULY 2025

TIME: 11.30 am – 01.00 pm

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**IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES**

- This question paper consists of **10 pages** with **TWO sections**

**Section 1: 20 Multiple Choice Questions - (40 Marks)**

**Section 2: 12 Short Answer Questions - (60 Marks)**

- Write your INDEX number in the space provided.
- **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 the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

## SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 “Psychosomatic and behavioral medicine are two disciplines that evolved to demonstrate the significance of psychology in health”. Which of the following includes the Complementary and Alternative Medicine (CAM)?
  - a. Yoga, meditation, acupuncture, and herbal remedies
  - b. Surgery, vaccines, and prescription medications
  - c. Hospitalisation, Shanghai karma, and pharmaceutical drugs
  - d. Physical therapy, counselling, and diet control
  
- 1.2 “In Health Psychology intervention studies, researchers often compare two groups to evaluate the effectiveness of an intervention”. Accordingly, the control group usually.....Which of the following is the best answer?
  - a. participates in the same health intervention as others
  - b. receives a neutral activity not related to the health outcome
  - c. gets a stronger version of the health-related intervention
  - d. avoids all health-related assessments during the study
  
- 1.3 “Grounded theory is a research approach that involves organizing and interpreting data through conceptual thinking”. Which of the following describes the importance of Grounded Theory method in Health Psychology?
  - a. Test health interventions through numerical experiments
  - b. Uses pre-existing health theories to structure research
  - c. Builds health theories directly from participant data
  - d. Relies solely on laboratory trials of health treatments
  
- 1.4 “Behavioural medicine is an interdisciplinary field that integrates knowledge from psychology and medicine”. Accordingly, behavioural medicine focuses on..... Which of the following is the correct answer?
  - a. treating illness with medication only
  - b. medical research on diseases only
  - c. biological treatment of health issues only
  - d. combining behaviour science with health
  
- 1.5 “Qualitative research is significant in Health Psychology and qualitative research is especially suitable when.....”. Which of the following is the correct answer?
  - a. testing the causal effect of medical treatments on illness
  - b. measuring numerical changes in patient health outcomes
  - c. applying laboratory methods to control health variables
  - d. exploring health experiences that are difficult to quantify

- 1.6 “Neurotransmitters are chemicals that transmit signals across nerve cells, influencing various brain functions”. The neurotransmitter dopamine is associated with..... Which of the following is the correct answer?
- oxygen transport to body tissues
  - regulation of mood and appetite
  - feelings of pleasure and reinforcement
  - immune defense against infections
- 1.7 “The spinal cord is a bundle of nerves that connects the brain to the body”. Which of the following is the suitable answer to best describe the importance of the spinal cord?
- Controls voluntary muscle movement only
  - Initiates automatic reflexes independently
  - Functions only to produce red blood cells
  - Regulates breathing and blood circulation
- 1.8 “A researcher wants to test whether a stress management workshop reduces anxiety levels”. Which of the following is a suitable method to test above mentioned variables?
- Experimental group
  - Random group
  - Control group
  - Observational group
- 1.9 “Health psychologists employs various key theories to explain how psychological factors affect physical health and illness”. In the context of Health Psychology, the primary goal of health behaviour theories is to..... Which of the following is the best answer?
- collect only statistical data on patient health outcomes
  - explain and predict individual health-related behaviours
  - replace medical advice with personal health beliefs
  - eliminate the need for health professional involvement
- 1.10 “Self-Affirmation Theory in Health Psychology suggests that individuals become defensive when.....”. Which of the following is the correct answer?
- they feel physically ill
  - they receive positive health information
  - their identity or sense of self is threatened
  - they achieve their health goals

- 1.11 “The Transtheoretical Model, commonly known as the Stages of Change Model, explains how individuals proceed through various stages when adjusting their behavior”. According to this model, which of the following stages come immediately before ‘action’?
- Maintenance
  - Contemplation
  - Pre-contemplation
  - Preparation
- 1.12 “The concept of Unrealistic Optimism was introduced by Weinstein in 1983”. Unrealistic Optimism is seen when individuals..... Which of the following is the correct answer?
- constantly exaggerate symptoms and seek medical help
  - accurately assess personal health risks and avoid harm
  - rely only on scientific data to change health behaviours
  - underestimate their health risks despite available information
- 1.13 “Efficient gas exchange is essential for respiration and occurs in a specific part of the lungs and the primary site for gas exchange in the lungs is the.....”. Which of the following is the correct answer?
- diaphragm
  - bronchi
  - alveoli
  - trachea
- 1.14 “Health is influenced by various factors that determine an individual’s overall well-being”. Which of the following is a health determinant?
- Only biological factors in a person
  - Personal health habits and behaviours
  - Exposure to germs and bacteria only
  - Disease-causing viruses in the body
- 1.15 “In recent years, Health Psychology has relied on Action Research rather than qualitative and quantitative research”. Participatory Action Research (PAR) is one of the methods often used in Health Psychology to..... Which of the following is the correct answer?
- engage communities in planned change processes
  - collect numerical data from individuals only
  - conduct experiments without community input
  - observe people without obtaining permission

- 1.16 The pituitary gland releases hormones that play important roles in controlling many body functions". Which of the following the hormone produced by the posterior pituitary lobe that controls water retention in the kidneys?
- Antidiuretic Hormone
  - Oxytocin hormone
  - Cortisol hormone
  - Somatotropic Hormone
- 1.17 "The limbic system is located deep within the cerebrum, beneath the cerebral cortex and above the brainstem". Which of the following is describes the role of the limbic system?
- Controlling voluntary muscle actions
  - Managing stress and emotional responses
  - Transporting oxygen throughout the body
  - Regulating digestion and metabolism
- 1.18 "The body's innate immune system uses several mechanisms as the first line of defence to protect against pathogens". Which of the following is an example of the body's first line of defence in the innate immune system?
- Production of antibodies
  - Activation of memory B-cells
  - Skin acts as a physical barrier
  - Release of helper-T-cells
- 1.19 "Health Psychology is the study of psychological and behavioral processes in health, illness, and healthcare." Which of the following answers describe the primary aim of Health Psychologists ?
- Only focus on treating physical illness
  - Completely ignore social and environmental factors
  - Only concentrate on curing mental health problems
  - Understand how psychological factors influence health
- 1.20 "Psychosomatic and behavioral medicine are two disciplines that evolved to demonstrate the significance of psychology in health." Which of the following is the correct answer to describe the courses of illness according to psychosomatic medicine?
- Physical injuries or exposure to viruses
  - Poor diet and lack of exercise only
  - Only genetic and hereditary health factor
  - Psychological processes influencing the body

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**ANSWER SHEET FOR SECTION-1**

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
1.3				
1.4				
1.5				
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1.19				
1.20				

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## SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory.

- 2.1 Explain what is meant by the ‘intention-behaviour gap’ in health psychology and describe one (01) strategy used to reduce this gap. (5 Marks)

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- 2.2 Explain the difference between the sympathetic and parasympathetic nervous systems. (5 Marks)

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- 2.3 Briefly describe two (02) types of quantitative research methods used in health psychology. (5 Marks)

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2.4 Compare and contrast traditional and contemporary views of health.

*(5 Marks)*

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2.5 Describe the term behavioural belief, normative belief, and control belief according to the Theory of Planned Behaviour (TPB) by providing examples for each.

*(5 Marks)*

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2.6 Explain methods of measuring blood pressure and describe the two (02) physiological factors that influence blood pressure.

*(5 Marks)*

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- 2.7 Explain an advantage and a limitation of focus group discussions as a qualitative data collection method in health psychology research. *(5 Marks)*

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- 2.8 Define the Health Belief Model (HBM) and list down the core components of it with brief explanations. *(5 Marks)*

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- 2.9 List the four (04) main chambers of the human heart and describe the role of the left side of the heart in blood circulation. *(5 Marks)*

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2.10 Describe the functions of B cells and T cells in the adaptive immune system.

(5 Marks)

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2.11 Describe the main two (02) determinants of health and their impact on individual health.

(5 Marks)

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2.12 Describe the concept of Health Locus of Control and its influences of an individual's motivation to change health behaviours.

(5 Marks)

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