

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
2022/2023 – SEMESTER II —FINAL EXAMINATION



BSC (HONS) IN PSYCHOLOGY  
PLU4307 - HEALTH PSYCHOLOGY - LEVEL 4  
FINAL EXAMINATION PAPER  
DURATION: 03 HOURS

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DATE: 06.09.2023

TIME: 9.30 am- 12.30 pm

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**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 “The human body is a biological machine made of body systems; groups of organs that work together to produce and sustain life”.
- a) Describe the human endocrine system and its three main functions. (7 marks)
  - b) Describe an unhealthy behaviour and explain in detail about the impact of this behaviour on endocrine system. (8 marks)
- 2.2 “One of the health care system's top focuses is reducing health inequities. The World Health Organization has taken the required actions to reduce health disparities around the world”.
- a) Define what are health inequalities. (3 marks)
  - b) What are the causes of health inequities in current societies? (5marks)
  - c) Describe your suggestions to minimize health inequalities with relevant examples from Sri Lanka. (7 marks)
- 2.3 “Human disease is an alteration to a person's normal state that interferes with or changes vital functioning”.
- a) What is the difference between communicable and non-communicable diseases? (5 marks)
  - b) Describe the biopsychosocial impact of COVID 19 disease on health. (10 marks)

**2.4 “Any initiative that aspires to promote health must include effective communication.”.**

Answer the following two questions.

- a) Describe the concepts of health promotion. *(5 marks)*
- b) Compare and contrast the Behaviour change approach and community development approach to health promotion. *(10 marks)*

- 2.5**
- a) Describe the four approaches to health psychology in practice? *(5 marks)*
  - b) Identify an emerging health issue in Sri Lanka and discuss the role of a Health Psychologist. *(10 marks)*

**2.6 Write short notes for the following. (15 marks)**

- a) Adherence to medication *(5 marks)*
- b) Health effects of cigarette smoking *(5 marks)*
- c) Chronic illnesses and health psychology *(5 marks)*

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