

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2024/2025 – SEMESTER II —FINAL EXAMINATION



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

DATE: 07th NOVEMBER 2025

TIME: 9.30 AM – 12.30 PM

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 complex system in which organs, tissues, and cells interact to build and maintain a healthy human being. (15 Marks)
- a. List and describe components of the blood. (6 Marks)
 - b. Describe inflammatory response as part of the innate immune system. (5 marks)
 - c. List the role of the hypothalamus in regulating body functions. (4 Marks)
- 2.2 Stress can trigger various physical and psychological responses when we face challenging or demanding situations. (15 Marks)
- a. Define the term “fight-or-flight” response in relation to stress. (3 marks)
 - b. Describe how the HPA axis and the sympathetic nervous system contribute to the body’s stress response, including the key hormones they release. (6 Marks)
 - c. Explain how chronic stress can impact the immune system and physical health, including indirect effects through lifestyle choices. (6 Marks)
- 2.3 Pain in humans is a multidimensional experience involving both physical sensations and emotional responses. (15 Marks)
- a. Define pain and explain the difference between acute and chronic pain. (5 marks)
 - b. Explain the Gate Control Theory of Pain and identify factors that can open or close the gate. (6 marks)
 - c. Describe two methods that are used to assess pain. (4 Marks)
- 2.4 Communication is the process of sharing information, ideas, and emotions between individuals or groups to achieve understanding and cooperation. (15 Marks)
- a. Define health communication and describe two different contexts in which it can take place. (5 Marks)
 - b. Compare and contrast the Behavioural Change Approach and the Community Development Approach to health promotion. (6 Marks)
 - c. Identify two factors that predict adherence to medical advice and how each factor influences adherence. (4 Marks).

- 2.5 **Culture influences health related beliefs, behaviours, and practices, shaping how individuals perceive illness, seek treatment, and maintain well-being. (15 Marks)**
- a. Explain how socioeconomic status can influence an individual's health outcomes. (5 marks)
 - b. Define health promotion and explain using one strategy. (5 marks)
 - c. Explain how depression illustrates the concept of universal syndromes with culture-specific symptomology. (5 marks)
- 2.6 **A health psychologist studies how biological, psychological, and social factors influence health and illness. They promote healthy behaviours, support patients in coping with medical conditions, and design interventions to improve well-being. (15 Marks)**
- a. What are the key responsibilities of a health psychologist in a community setting? (5 marks)
 - b. Evaluate the importance of the role of a health psychologist in promoting childhood vaccine uptake. (5 Marks)
 - c. Discuss an intervention that a health psychologist would develop for a communicable disease outbreak in a school? (5 Marks)

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