



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2013/2014

**SECOND YEAR SECOND SEMESTER EXAMINATIONS FOR THE
DEGREE OF BACHELOR OF ARTS IN PSYCHOLOGY WITH
INFORMATION TECHNOLOGY**

(MAIN CAMPUS)

APY 208: HEALTH PSYCHOLOGY

Date: 3rd April, 2014

Time: 11.15 a.m. - 1.30 p.m.

INSTRUCTIONS:

- Answer Question ONE and any other TWO questions.



MASENO UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY
APY208: HEALTH PSYCHOLOGY Examination
JANUARY-APRIL 2014

INSTRUCTIONS: Answer Question **One** and Any Two Questions

1. a). Explain five factors that led to the rise of the science of health psychology (10mks).
- b). John has been diagnosed with a terminal disease. Explain three causes of stress to him (6MKS).
- c). Examine five health compromising behaviors and two challenges of health psychology (14mks).
2. a.) Explain the concepts of health and welfare (6ks)
- b). Differentiate between the terms below;
 - i. disease and disability (4ks)
 - ii. Good and ill health (4ks)
- c). Using the pain gate theory diagram, describe how pain is transmitted. (6mks).
3. Explain four branches and four objectives of health psychology (20 marks).
4. a). Discuss three applications of health psychology (12 marks).
- b). Explain four roles of health psychologists (8 marks).
5. a). Using relevant examples explain the importance of sleep (10 marks).
- b). Evaluate the conditions for quality sleep (10 marks).