



# MACHAKOS UNIVERSITY

University Examinations 2019/2020 Academic year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

SECOND YEAR SPECIAL /SUPPLEMENTARY EXAMINATION FOR

BACHELOR OF SCIENCE IN POPULATION HEALTH

PPH217: HUMAN PSYCHOLOGY AND HEALTH

DATE: 18/01/2021

TIME: 8.30-10.30 AM

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## INSTRUCTIONS

ANSWER QUESTION ONE IN SECTION A AND ANY OTHER TWO QUESTIONS IN SECTION B

### SECTION A. COMPULSORY

#### QUESTION ONE (30 MARKS)

- a) Define the following terms (3 marks)
  - i. Stress
  - ii. Health psychology
- b) Explain the importance of psychology in health (3 marks)
- c) Briefly explain the main focus of humanistic psychology. (3 marks)
- d) Describe three areas of interest in health promotion mechanisms. (3 marks)
- e) Highlight and explain the three precursors to change according to the health action process approach. (3 marks)
- f) Briefly describe the role of personality in stress and coping (3 marks)
- g) Explain factors that lead to delays in patients seeking medical care. (3 marks)
- h) Describe the three stages of General Adaptation Syndrome as a generalized response to prolonged stress. (3 marks)
- i) Explain the guidance-cooperation model and mutual participation model as they pertain to physician-patient care. (4 marks)
- j) Identify three health belief systems and causes of illness. (3 marks)

## **SECTION B**

### **QUESTION TWO (20 MARKS)**

Mary is a drug addict who states sincerely that she wishes to cease taking drugs because of the impact on her life, her relationships and her health. Nevertheless, she regularly attends the local hotel where she smokes bang.

- a) Discuss why willpower has not been sufficient to enable Mary to curb or cease gambling. (5 marks)
- b) Identify which theories explain her behavior. (10 marks)
- c) Suggest strategies that could assist Mary to succeed in curbing her gambling. (5 marks)

### **QUESTION THREE (20 MARKS)**

- a) Discuss barriers a population health officer will encounter in promotion of health. (8 marks)
- b) John was taken to visit a health officer and was advised to take medication for a mental disorder. Discuss factors that would predict adherence to this medical advice. (12 marks)

### **QUESTION FOUR (20 MARKS)**

- a) Discuss the role of culture in seeking and receiving adequate healthcare. (10 marks)
- b) Describe commonly used defensive mechanisms that people use to cope with anxiety. (10 marks)

### **QUESTION FIVE (20 MARKS)**

- a) Describe challenges to health promotion which addresses childhood and adolescent obesity. (6 marks)
- b) Resilient person is not less vulnerable to stress but that in a stressful situation they are likely to utilize more adaptive coping strategies than those employed by a person who is less resilient. Discuss some of the ways people use to build resilience. (14 marks)