



MACHAKOS UNIVERSITY

University Examinations for 2020/2021 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 405: HEALTH PSYCHOLOGY

DATE: 11/8/2021

TIME: 8:30 – 10:30 AM

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Define the following terms (10 marks)
- i) Health
 - ii) Health psychology
 - iii) Emotional wellbeing
 - iv) Social health
 - v) Psychological health
- b) Discuss five goals of health psychology (10 marks)
- c) Distinguish between behavioral medicine and health psychology (10 marks)

QUESTION TWO (20 MARKS)

- a) Appraise the historical development of health psychology. (10 marks)
- b) Evaluate the biopsychosocial model of health psychology. (10 marks)

QUESTION THREE (20 MARKS)

- a) Distinguish between acute and chronic health disorders (10 marks)
- b) Analyze how as a psychologist you would counsel with a client presenting with chronic illness (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss four categories of stressors (10 marks)
- b) Evaluate the effects of prolonged stress to an individual (10 marks)

QUESTION FIVE (20 MARKS)

- a) Evaluate the causes of emotional pain. (10 marks)
- b) Discuss the characteristics of emotionally- well people (10 marks)