

Checked. Is standard. EXAMINATION DRAFT

PHY 324, BCPS 311: HEALTH PSYCHOLOGY.

INSTRUCTIONS:

- 1. Do not write anything on this question paper.**
- 2. Answer question one (compulsory) and any other two.**

- 1 a). Explain the term “mental health”. (4 marks)
- b). Discuss the concept of pain as a perception in health psychology. (6 marks)
- c). Discuss the role of psychological and behavioral therapies in health psychology. (10 marks)
- d). Discuss the interactions described by the bio-psycho social model of health and illness. (10 marks)
2. a). Differentiate between bulimia and anorexia nervosa. (4 marks)
- b). Describe 4 lifestyles that affect mental health. (8 marks)
- c). Cultural and spiritual practices tend to influence an individual’s mental health. Discuss (8 marks)
3. a). Regarding therapy, classify the age groups and needs of each group. (10 marks)
- b). Briefly expound on the different modalities of therapy available. (10 marks)
4. a). Briefly highlight the evolution of the doctor- patient relationship. (10 marks)
- b). Outline the differences between stress vs burnout in relation to physician (10 marks)
- 5 a). Explain the term “depression” (4 marks)
- b. Identify the 5 symptoms of depression. (6 marks)
- c). Explain how you can counsel a client who has depression. (10 marks)