



UNIVERSITY EXAMINATIONS

**THIRD YEAR EXAMINATION FOR THE AWARD OF THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

SECOND SEMESTER 2023/2024

[JAN – APRIL, 2024]

BCPS 311/PSY 311: HEALTH PSYCHOLOGY

STREAM: Y3 S2

TIME: 2 HOURS

DAY: TUESDAY, 12:00 - 2:00 P.M

DATE: 02/04/2024

INSTRUCTIONS

- 1. Do not write anything on this question paper.**
- 2. Answer question ONE (Compulsory) and any other TWO questions.**

- 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)