



# **JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES**

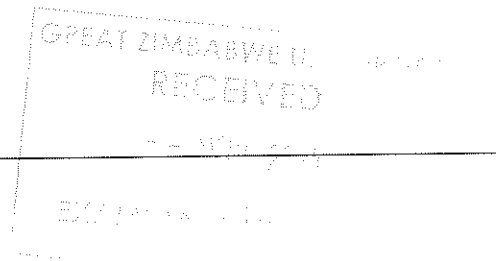
## **DEPARTMENT OF PSYCHOLOGY**

### **BACHELOR OF SCIENCE HONOURS DEGREE IN PSYCHOLOGY**

#### **LEVEL 4 SEMESTER 1**

#### **EXAMINATION QUESTION PAPER**

**MODULE CODE** : PSYH415  
**MODULE NARRATION** : HEALTH PSYCHOLOGY  
**DATE** : 2024  
**DURATION** : 2 HOURS



#### **INSTRUCTIONS TO CANDIDATES:**

- 1. Answer all questions in Sections A and B.**
- 2. Answer one question from Section C.**

**SECTION A**

- 1) \_\_\_\_\_ (1984) found that a large number of diabetic and hypertensive patients in Zimbabwe were not adhering to modern medical therapies because many believed more in traditional healers than western medical procedures
  - a) Kaholokula et al
  - b) Chia et al
  - c) Zyazemza
  - d) Di Matteo
- 2) Japanese patients are more adherent than patients from America or Europe because of the trust and respect they place on their health care system and physicians according to \_\_\_\_\_
  - a) Kaholokula et al
  - b) Chia et al
  - c) Zyazema
  - d) Di Matteo
- 3) In-----the World Health Organization declared the outbreak of covid-19 a global pandemic of international concern
  - a) Dec-19
  - b) Jan-21
  - c) March-20
  - d) Feb-20
- 4) The name of the virus that causes covid-19 is called \_\_\_\_\_
  - a) SARS-COV
  - b) MERS-COV
  - c) SARS-COV2
  - d) MERS-COV2
- 5) About \_\_\_\_\_ percent cases of covid-19 recover without needing special treatment
  - a) 80
  - b) 60
  - c) 70
  - d) 30
- 6) People at risk of suffering from severe covid-19 are \_\_\_\_\_
  - a) Caucasians
  - b) older people
  - c) children
  - d) women
- 7) The corona virus originated from \_\_\_\_\_
  - a) the sea
  - b) the Chinese
  - c) infected animals
  - d) contaminated food
- 8) A review of 50 years of research by \_\_\_\_\_ confirmed the importance of social support for adherence
  - a) Kaholokula et al
  - b) Chia et al
  - c) Zyazema
  - d) 357,967,952
- 9) Recovered cases of covid-19 were \_\_\_\_\_
  - a) 681,258,776
  - b) 415,347,622
  - c) 636,569,735
  - d) Di Matteo
- 10) Of all the demographic factors examined by Robin Di Matteo (2004) socioeconomic factors such as \_\_\_\_\_ were the most strongly related to adherence
  - a) Education and social status
  - b) income and social status
  - c) income and education
  - d) none of the above
- 11) Three principle constructs influence behavior according to the \_\_\_\_\_
  - a) Planned behavior
  - b) trans-theoretical
  - c) reasoned action
  - d) diathesis
- 12) The reasoned action theory was developed by \_\_\_\_\_

- a) Fishbein and Ajzen b) Cannon and Bard c) Melzack and Wall d) James and Lange
- 13) The reasoned action theory is similar to the theory of planned behavior. The main difference is the \_\_\_\_\_ construct that was added to planned behavior theory
- a) Attitude towards the behavior b) subjective norm c) perceived behavioral control d) intention
- 14) McEachan et al 2011 found that the theory of planned behavior was most successful at predicting \_\_\_\_\_
- a) Physical activity and dietary behavior b) smoking c) drug use d) speeding
- 15) \_\_\_\_\_ is shaped on one's belief, i.e. whether significant others will encourage the behavior and also on one's motivation to adhere to the wishes of others
- a) Attitude toward the behavior b) subjective norm c) perceived behavioral control d) intention
- 16) The strongest predictors of adherence according to the planned behavior theory \_\_\_\_\_
- a) Attitude toward behavior b) subjective norm c) perceived behavioral control d) intention
- 17) Pain messages that go up to the brain are known as \_\_\_\_\_
- a) Ascending pathway b) descending pathway c) substantia nigra d) periaqueductal gray matter
- 18) Pain is perceived in the \_\_\_\_\_
- a) Substantia nigra b) dorsal horn c) somatosensory cortex d) spinothalamic tract
- 19) The sensation of pain is always on the \_\_\_\_\_ side of the brain to where the stimulus occurred
- a) Same b) opposite c) right d) left
- 20) \_\_\_\_\_ is a group of nerve fibers that run in the anterior and lateral part of the spinal cord that carries pain impulses to the brain
- a) Substantia nigra b) dorsal horn c) somatosensory cortex d) spinothalamic tract
- 21) \_\_\_\_\_ contends that chronic illness can affect the function of the entire family
- a) Flor and Turk b) Hanson and Gerber c) Eassey et al d) Eccles et al
- 22) \_\_\_\_\_ suggests that prayer may prompt a placebo response or distract individuals from unpleasant symptoms of disease

- a) Master in spielmans b) breslin and Lewis c) Goodson d) Ferguson at al
- 23) There is little evidence that intercessory prayer works. When people do not know about the intersession their health remains the same. This is according to
- a) Amid, Hall, Davison b) Masters and Spielman c) McCaffrey d) Breslin and Lewis
- 24) \_\_\_\_\_ view the interpretation of stressful events as more important than events themselves. The individuals perception of the psychological situation is the critical factor
- a) Lazarus b) Selye c) Masters and Spielman d) Breslin and Lewis
- 25) The major criticism of Selyes theory of stress is that it ignores the \_\_\_\_\_ aspect of stress
- a) Stimulus b) physical c) situational and psychological d) social
- 26) The study by \_\_\_\_\_ found that individuals taking ARVs who reported high levels of stress were less adherent
- a) Bottonari at al b) Ellis at al c) Farley at al d) Miller at al
- 27) Pennebaker asked people to write or talk about traumatic events for 15 to 20 minutes, 3 to 4 times a week a technique he called \_\_\_\_\_
- a) Emotional expression b) emotional disclosure c) emotional freedom d) emotional revelation
- 28) Studies show that Pennebakers' technique reduces symptoms of \_\_\_\_\_
- a) Diabetes b) cancer c) asthma and arthritis d) migraine and lower back pain
- 29) \_\_\_\_\_ consists of a series of exercises designed to reduce muscle tension, change the way people think and change the contents of peoples thoughts
- a) Autogenetic b) aerobics c) progressive muscle relaxation d) anaerobic
- 30) Migraines exists in two varieties those with \_\_\_\_\_ and those without.
- a) Halo b) aura c) naus b) Laura
- 31) Chronic disease is defined as a long lasting disease that can be controlled but not cured by \_\_\_\_\_
- a) George stone b) the world health organization c) Brannon and feist d) the American psychological association
- 32) Living near a noisy airport, experiencing discrimination are examples of \_\_\_\_\_
- a) Catastrophic events b) daily hassles c) chronic stresses d) life changes and strains
- 33) \_\_\_\_\_ % deaths are attributed to prevented lifestyle behaviors

- a) 50 b) 60 c) 30 d) 90
- 34) At least \_\_\_\_\_ basic methods of measuring patient adherence are available  
a) 3 b) 4 c) 5 d) 6
- 35) When a person perceives their resources are more than adequate to deal with a difficult situation they may feel \_\_\_\_\_ stress  
a) A great deal of b) a little c) moderate d) profound
- 36) Alcohol affects the breathing rate, heart rate and how well your brain function. These effects may appear within \_\_\_\_\_ minutes of drinking.  
a) 10 b) 5 c) 15 d) 40
- 37) Blood alcohol content of \_\_\_\_\_ may lead the abuser to be in a state of stupor  
a) 0.60 b) 0.30 c) 0.50 d) 0.40
- 38) Alcohol is toxic to liver cell and many heavy drinkers develop \_\_\_\_\_.  
a) Epilepsy b) anemia c) cirrhosis d) larynx cancer
- 39) In \_\_\_\_\_ the Journal of health psychology began publishing as the official journal of division 38  
a) 1976 b) 1978 c) 1984 d) 1973
- 40) \_\_\_\_\_ prompt the release of endorphins that block the transmission of pain to the brain.  
a) Pons b) thalamus c) cerebellum d) the periaqueductal gray.

### SECTION B

- 1) State any 5 factors that predict adherence to medical treatment (5)
- 2) Explain the stages of the general adaption syndrome theory (10)
- 3) What factors are likely to arouse vulnerability in a stressful situation (5)
- 4) The trans-theoretical model was developed by \_\_\_\_\_ , \_\_\_\_\_ in (\_\_\_\_1\_\_\_\_) (5)
- 5) What is the difference between life events and daily hassles? (10)
- 6) Briefly explain strategies health psychologists use to improve adherence of medical advice. (10)

- 7) Examine the efficacy of hypnosis in the treatment of stress. (10)
- 8) Define health psychology. (5)

**SECTION C**

- 1) Discuss the effects of living with chronic illness on the patient. (20)
- 2) Evaluate the specificity theory of pain. (20)