



JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

BACHELOR OF SCIENCE HONOURS DEGREE IN PSYCHOLOGY

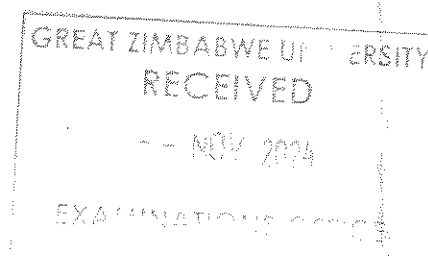
LEVEL 1 SEMESTER 2

EXAMINATION QUESTION PAPER

MODULE CODE : SPSY409
MODULE NARRATION : HEALTH PSYCHOLOGY
DATE : 2024
DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES:

- 1. Answer any three questions**
- 2. Each question carries 100 Marks**



1. Discuss the significance of health psychology in understanding human health and well-being.
2. Evaluate the effectiveness of cognitive-behavioural approaches to health behaviour change.
3. Explore the role of exercise in promoting health and well-being.
4. Discuss strategies for addressing problem drinking and alcohol abuse.
5. Explain the concept of stress and its physiological effects on the body.