



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

**INSTITUTIONAL BASED PROGRAMME (IBP) AUGUST SESSION
EXAMINATION FOR THE DEGREE OF MASTER OF EDUCATION
(GUIDANCE AND COUNSELLING)**

EGC 512 – HEALTH PSYCHOLOGY

DATE: TUESDAY 28TH DECEMBER 2010 TIME: 2.00 P.M. - 5.00 P.M.

INSTRUCTIONS

The paper has FIVE (5) questions. Attempt any THREE (3) Questions.

- Q1) a) Discuss each of the concepts listed below as they relate to health psychology:
- i) A health behaviour
 - ii) An illness behaviour
 - iii) A sick role behaviour
 - iv) Health impairing behaviours
 - v) Health protective behaviours (20 marks)
- b) What is longevity? (3 marks)

- Q2) a) Discuss Leventhal's five illness cognitions. (10 marks)
- b) Discuss the following concepts in relation to illness:
- i) Attribution theory
 - ii) Health locus of control
 - iii) Unrealistic optimism
 - iv) Health belief model (10 marks)
- c) What is symptom perception? (3 marks)
- Q3) a) Discuss the health risks associated with the following behaviours:
- i) Tobacco use
 - ii) Alcohol use (20 marks)
- b) Explain the concept relapse. (3 marks)
- Q4) a) Discuss the causes, symptoms and consequences of the following eating disorders.
- i) Anorexia nervosa
 - ii) Bulimia nervosa (20 marks)
- Q5) a) What is physical exercise? (5 marks)
- b) Discuss the benefits of physical exercise in relation to the following areas:
- i) Physical fitness
 - ii) Cardiovascular system
 - iii) Immune system
 - iv) The brain and mood. (18 marks)

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