



MACHAKOS UNIVERSITY

University Examinations for 2019/2020 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 405: HEALTH PSYCHOLOGY

DATE: 2/12/2019

TIME: 8.30-10.30 AM

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Define the term wellness according to health psychology (2 marks)
- b) Evaluate the advantages of the studying health psychology (8 marks)
- c) i Describe the basis for the development of health psychology (10 marks)
ii Discuss the characteristics of emotionally healthy people (10 marks)

QUESTION TWO (20 MARKS)

- a) Define emotional pain as used in health psychology (2 marks)
- b) Discuss five primary sources of emotional pain (10 marks)
- c) “The greatest challenge of human beings is the inability to deal with the issue of emotional pain”. **Discuss.** (8 marks)

QUESTION THREE (20 MARKS)

Appraise the following perspectives of health psychology

- a) Social and Cultural Psychology
- b) Bio-psychosocial perspective
- c) Gender perspective
- d) Life-course perspective

QUESTION FOUR (20 MARKS)

- a) Explain the following terms
- i. Stress (2 marks)
 - ii. Distress (2 marks)
 - iii. Stressor (2 marks)
 - iv. Eustress (2 marks)
 - v. Hyper-stress (2 marks)
- b) Evaluate five major life events that affect people's health (10 marks)

QUESTION FIVE (20 MARKS)

A client walks into your office for therapy presenting with issues of anger and rage:

- a) Discuss how as a psychologist you would help them to overcome such emotional pain (10 marks)
- b) Evaluate the symptoms of Post-Traumatic Stress Disorder (PTSD) (10 marks)