



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF ARTS (COUNSELLING PSYCHOLOGY)

BACHELOR OF ARTS (PUBLIC POLICY AND ADMINISTRATION)

BACHELOR OF ARTS

APS 405: HEALTH PSYCHOLOGY

DATE: 23/8/2022

TIME: 11.00-1.00 PM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

QUESTION ONE (30 MARKS)

- a) Define the following terms as used in health psychology (10 marks)
- i. Stress
 - ii. Health
 - iii. Stressor
 - iv. Pain
 - v. Psychological health
- b) Discuss the significance of learning health psychology (10 marks)
- c) Distinguish between beneficial and harmful stress (10 marks)

QUESTION TWO (20 MARKS)

- a) Evaluate the historical development of health psychology. (10 marks)
- b) Assess five types of pain as described in health psychology. (10 marks)

QUESTION THREE (20 MARKS)

- a) Appraise five unhealthy behaviors that people engage in (10 marks)
- b) Analyze how as a psychologist you would help a client struggling with a terminal illness (10 marks)

QUESTION FOUR (20 MARKS)

- a) Depression is a major mental health threat that needs to be addressed, assess its causes in adolescents (10 marks)
- b) Appraise the effects of chronic stress to one's health (10 marks)

QUESTION FIVE (20 MARKS)

- a) The greatest challenge of human beings is the inability to deal with the issue of emotional pains. Discuss how as a psychologist you would help a client cope with emotional pain. (10 marks)
- b) Assess five characteristics of emotionally- well individual (10 marks)