



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

SECOND YEAR SPECIAL/SUPPLEMENTARY FOR

BACHELOR OF SCIENCE IN PUBLIC HEALTH.

PPH 217: HUMAN PSYCHOLOGY AND HEALTH

DATE:

TIME:

INSTRUCTIONS

ANSWER QUESTION ONE IN SECTION A AND ANY OTHER TWO QUESTIONS IN SECTION B

SECTION A. COMPULSORY

1. a) Define the following terms (3 marks)
 - i. Eustress
 - ii. Distress
 - iii. Health psychology
- b) Explain the importance of psychology in health? (3 marks)
- c) Briefly explain the main focus of humanistic psychology. (3 marks)
- d) Describe three areas of interest in health promotion mechanisms. (3 marks)
- e) Highlight and explain the three precursors to change according to the health action process approach. (3 marks)
- f) Briefly describe the role of personality in stress and coping (3 marks)
- g) Briefly describe some of the factors that lead to delays in patients seeking medical care. (3 marks)
- h) Describe the three stages of General Adaptation Syndrome as a generalized response to prolonged stress. (3 marks)
- i) Distinguish between the following cultural perspectives on health. (3 marks)
 - i. Dualism and holism

- ii. Mechanistic and non-mechanistic
- iii. Naturopathy and Homeopathy
- j) Briefly discuss three health belief systems and causes of illness. (3 marks)

SECTION B

2. Fatima is a problem gambler who states sincerely that she wishes to cease gambling because of the impact on her life, her relationships and her health. Nevertheless, she regularly attends the local hotel where she plays poker. Away from the hotel Fatima states she will no longer gamble. Her goal is to be a non-gambler; she is aware of the risks associated with gambling for her and she believes she can stop.
 - a) Discuss why willpower has not been sufficient to enable Fatima to curb or cease gambling. (5 marks)
 - b) Identify which theories explain her behavior. (10 marks)
 - c) Suggest strategies that could assist Fatima to succeed in curbing her gambling. (5 marks)
3.
 - a) Discuss barriers you would encounter as a population health officer in promotion of health. (8 marks)
 - b) John was taken to visit a health officer and was advised to take medication for a mental disorder. Discuss factors that would predict adherence to this medical advice. (12 marks)
4.
 - a) Health care professionals while dealing with patients, encounter challenges with patients on the account of culture. Discuss the role of culture in seeking and receiving adequate healthcare. (10 marks)
 - b) An important contribution of psychoanalytic theory to the understanding of behavior has been the identification of defense mechanisms and the role they play in mediating anxiety. Describe commonly used defensive mechanisms that people use to cope with anxiety. (10 marks)
5.
 - a) Describe challenges to health promotion which addresses childhood and adolescent obesity. (6 marks)
 - b) Resilient person is not less vulnerable to stress but that in a stressful situation they are likely to utilize more adaptive coping strategies than those employed by a person who is less resilient. Discuss some of the ways people use to build resilience. (14 marks)