



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF HUMANITIES & SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR FIRST SEMESTER EXAMINATIONS FOR BACHELOR OF ARTS

APS 405: HEALTH PSYCHOLOGY

DATE: 27/7/2017

TIME: 2:00 – 4:00 PM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

1. a) Explain, with examples the Biopsychosocial model of health. (20 marks)
 b) Explain five ways of managing pain. (10 marks)
2. a) Using a diagram, illustrate the three stage Seyles general adaptation syndrome (10 marks)
 b) Discuss five effects of long term stress. (10 marks)
3. Describe five factors that lead one to live a healthy life. (20 marks)
4. Discuss five alternative practices of treatment and products. (20 marks)
5. Arthritis is a widely spread chronic disease.
 a) Describe five symptoms of arthritis. (10 marks)
 b) Explain five ways one can cope with this disorder. (10 marks)