

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**THIRD YEAR EXAMINATION FOR THE AWARD OF  
DEGREE OF BACHELOR OF PSYCHOLOGY**

**PSYC 324: HEALTH PSYCHOLOGY**

**STREAMS:**

**TIME: 2 HOURS**

**DAY/DATE: TUESDAY 6 /07/ 2021**

**8.30 AM – 10.30 AM**

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**INSTRUCTIONS:**

- Answer question ONE (Compulsory) and any other TWO questions.
- Do not write on the question paper

**QUESTION ONE**

(a) Explain the following methods of coping with stress.

- (i). Avoidant coping [3 Marks]
- (ii). Learned helplessness [3 Marks]
- (iii). Defense mechanisms [3 Marks]

(b) Discuss any five effects of pain on human needs. [15 Marks]

(c) Describe three health compromising behavior. [6 Marks]

**QUESTION TWO**

- (i). Evaluate any four factors that affect patient's adherence to treatment regimens. [20 Marks]

**QUESTION THREE**

(a) Explain any Five benefits of social networking and social support in coping with cancer. [5 Marks]

(b) Discuss three ways in which quality of life depicts individuals health status. [15 Marks]

**QUESTION FOUR**

- (a) Discuss the following models of illness.
- |                        |           |
|------------------------|-----------|
| (i) Biological models  | [5 Marks] |
| (ii) Social models     | [5 Marks] |
| (iii) Cognitive models | [5 Marks] |
- (b) Elaborate on screening as a protective health behavior. [5 Marks]
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