



COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES & EDUCATION

NHPS 447: HEALTH PSYCHOLOGY

END OF SECOND SEMESTER EXAMINATIONS

APRIL/MAY 2026

LECTURER: DR. HENRY WASOSA

DURATION: 3 HOURS

INSTRUCTIONS

1. This paper contains **TWO** sections (Section A and Section B).
 2. Section A is **COMPULSORY**.
 3. Answer **ANY TWO (2) questions** from Section B.
 4. Start each question on a new page in your booklet.
 5. Credit will be awarded for logical, systematic and neat presentation
 6. Do not repeat material.
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SECTION A: COMPULSORY

INSTRUCTION: Answer Question 1.

Question 1

- (a) Define health psychology and outline its main aims. **[10 marks]**
- (b) Discuss the biopsychosocial model of health and illness, highlighting how it differs from the biomedical model. **[30 marks]**

SECTION B

INSTRUCTION: Answer ANY TWO (2) questions.

Question 2

Discuss the role of psychological factors in the aetiology and management of stress-related illnesses. **[30 marks]**

Question 3

Examine health-related behaviours such as smoking, alcohol use, diet, and exercise. In your answer, refer to psychological theories of behaviour change. **[30 marks]**

Question 4

Discuss the experience of chronic illness from a health psychology perspective. Consider coping, adjustment, and quality of life. **[30 marks]**

Question 5

Explain the role of health promotion and disease prevention in health psychology. **[30 marks]**

END OF PAPER