



MASENO UNIVERSITY

UNIVERSITY EXAMINATIONS 2012/2013

**SECOND YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DEGREE OF BACHELOR OF ARTS IN
PSYCHOLOGY WITH INFORMATION TECHNOLOGY
(MAIN CAMPUS)**

APY 209: HEALTH PSYCHOLOGY

Date: 18th July, 2013

Time: 11.00 a.m. – 1.00 p.m.

MASENO UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY
APY209; HEALTH PSYCHOLOGY EXAM
MAY-AUGUST 2013

INSTRUCTIONS; Answer Question **One** and Any Two Questions

1. a. Explain the four branches of healthy psychology (16mks)
b. Discuss seven factors which lead to the emergence of health psychology. (3 marks)
c. John was recently diagnosed with HIV. Explain any three stressors he will face. (6MKS)
d. What are the health effects of smoking cigarettes (3mks).
e. Explain one future trend of healthy psychology. (2mks)
2. Explain five objectives of health psychology. (20 marks)
3. a. Explain three applications of health psychology. (12 marks)
b. Describe four roles of health psychologists. (8 marks)
4. a. Explain any two health compromising behaviors. (16 marks)
b. Describe any two chronic diseases. (4 marks)
5. a. Describe the importance of sleep. (12 marks)
b. Explain why some people lack sleep. (4 Marks)
c. Describe how one can sleep better. (4 marks)