



MASENO UNIVERSITY

UNIVERSITY EXAMINATIONS 2015/2016

**FIRST YEAR SECOND SEMESTER EXAMINATIONS FOR
THE DEGREE OF MASTER OF SCIENCE IN PUBLIC
HEALTH**

CITY CAMPUS

**PHP 822: HEALTH EDUCATION AND HEALTH
BEHAVIOUR**

Date: 5th May, 2016

Time: 9.00 - 12.00 noon

INSTRUCTIONS:

- Write your University Registration Number on every Answer Booklet you use.
- Do not write your name on any paper you use.
- The time allowed for this paper is TWO (3) hours.
- The questions are set out in TWO (2) sections, A and B.
- Read carefully the additional instructions preceding each section.



SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

1. Define the word Health and Health Education (3marks)
2. Indicate at least three roles of Health Education in Health Promotion (3marks)
3. Explain three values of health education in health promotion (3marks)
4. State the meaning of supports in health education and list any two (3marks)
5. Compare and contrast Health promotion and health protection (3marks)
6. List any six predisposing factors to human behaviour as stated in PRECED and PROCEED (3marks)
7. According to Albert Bandura in Social Cognitive theory, an observed behavior is influenced by the interaction of three determinants, state them (3marks)
8. Health belief model has six key concepts which are based on perception, list them (3marks)
9. Describe any six Principles of health education and health behavior (3marks)
10. Specify the role of hierarchal principle in behaviour change (3marks)

SECTION B: - ANSWER ANY TWO QUESTIONS FROM THIS SECTION (40MARKS)

You are approached by a Non-governmental organization in your community to provide a consultancy on how to come up with an effective, efficient and sustainable Capacity building programs which shall address an endemic mental illnesses which result from drug abuse. Describe how you shall go about it.(20 marks)

Health Behaviour Theory provides a systematic way of trying to understand why people do the things they do and how their environment provides the context for their behaviour. This theory provides planners with a framework for designing, implementing and evaluating health programs which address health related behaviours mostly to Non-Communicable Diseases. Illustrate the role of a public health officer in the control measures of Non-Communicable diseases in respect to HBT (20 marks)

Provision of right information to the public alone may not be enough to make them change and positively take control of their health and the health determinants; discuss (20 marks)

Implementation of health promotion principles is guided by a number of fundamental theories and operational models, one of the most commonly applied theory is PRECEDE-PROCEED State the theory of PRECEDE-PROCEED Model (4marks)

Briefly specify the eight Phases of PRECEDE-PROCEED model (4marks)

Indicate how Behaviour and environment can affect health in a society (6 marks)

Give three reasons why you may prefer adapting PRECEDE –PROCEED Model over other related models in your organization programs? (6marks)