



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2015/2016

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

CITY CAMPUS

PHP 823: HEALTH PSYCHOLOGY

Date: 6th 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.
- Observe carefully further instructions on the cover of Answer Booklets.



SECTION A
SHORT ANSWER QUESTIONS (SAQ's) – 30 MARKS

Instructions:

1. This section has **three (3)** questions.
2. Answer **ALL** the **three (3)** questions.
3. Each question carries ten **(10)** marks.

SAQ 1(a) Define health psychology and explain any three issues that it deals with.

(4 marks)

(b) Define counselling and explain any five goals of counselling.

(6 marks)

SAQ 2 (a) Compare and contrast Freud's determinism and Rogers' positivism in terms of

i view of human nature (2 marks)

ii acquisition of psychological disturbance (2 marks)

(b) Using relevant examples explain any six characteristics and assumptions of the behavioural approach (6 marks)

SAQ3(a) Illustrate the following terms:-

Probing

Summarizing

Communicating empathy

Challenging clients

(4 marks)

(b) Sequentially Describe how a smoker could use the transtheoretical model (TTM) of behaviour change to quit smoking.

(6 marks)

SECTION B

LONG ESSAY QUESTIONS (LEQ's) – 30 MARKS

Instructions:

1. This section has three (3) questions.
2. Answer two (2) questions.
3. Question ONE is COMPULSORY.
4. Each question carries fifteen (15) marks.

- LEQ 1. (a) Discuss gestalt principles and their importance to counselling. (8 marks)
- (b) Using examples discuss any seven counselling interventions used by gestalt counsellors. (5 marks)
- LEQ 2 Your client has been diagnosed as obese . As a health counsellor state the information you would give the client regarding:-
- (a) The causes of this conditions (5 marks)
- (b) The signs and symptoms of this condition (5 marks)
- (b) The health implications of this condition (5 marks)
- LEQ 3. Your client has been diagnosed with a terminal illness.
- (a) List the chronological progression of the client through the stages of grief. (5 marks)
- (b) Define grief and explain how you would lead him through William Worden's four tasks of grief. (5 marks)
- (c) Explain five needs of the terminally ill. (5 marks)