



*(University of Choice)*

**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**MAIN/KAKUMA CAMPUS  
MAIN EXAM**

**UNIVERSITY EXAMINATIONS  
2023/2024 ACADEMIC YEAR**

**THIRD YEAR FIRST SEMESTER MAIN EXAMINATIONS  
FOR THE DEGREE  
OF  
BSC. HUMAN NUTRITION AND DIETETICS**

**COURSE CODE: HND 304  
COURSE TITLE: HEALTH PSYCHOLOGY**

**DATE: 14/12/2023**

**TIME: 3.00 – 5.00 PM**

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**INSTRUCTIONS TO CANDIDATES**

Answer all questions in SECTION A and B  
Answer only TWO questions in SECTION C  
Read additional instructions under various sections

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.



**Section A Answer all question**

1. \_\_\_\_\_ is identified as the father of psychology.
  - A Wilhelm Wundt.
  - B Freud.
  - C Engel.
  - D Spiritual
  
2. \_\_\_\_\_ is a nonspecific response of the body to any demand made on it.
  - A. Stress
  - B. Depression
  - C. Anxiety
  - D. Threat
  
3. People with Type \_\_\_\_\_ personality have a negative outlook towards life and are pessimistic.
  - A A.
  - B B.
  - C C.
  - D D.
  
4. A descriptive study in which one or more persons are studied in depth over a considerable period of time in the hope of revealing general principles that are true of people in general is known as \_\_\_\_\_.
  - A Case study.
  - B Interview.
  - C Survey.
  - D Observational study.
  
5. A health psychologist would agree with ALL of the following **EXCEPT**:
  - A The functioning of the body is linked to psychological factors.
  - B Health psychologists seek to promote healthy lifestyles.
  - C Stress is less of a factor in health psychology than it was a few years ago.
  - D Our patterns of behaviour have direct impact on our health
  
6. \_\_\_\_\_ is a theory of learning based on the idea that all behaviors are acquired through conditioning, and conditioning occurs through interaction with the environment.
  - A Agree
  - B Behaviourism
  - C Sometimes
  - D None of the above



7. \_\_\_\_\_ is a mood disorder characterised by lowering of mood, loss of interest and enjoyment, and reduced energy.
- A Depression
  - B Bipolar.
  - C Paronia.
  - D Psychosis.
8. Which of the following diseases is related to genetic predisposition and environmental factors?
- A Cancer.
  - B Gastric ulcers.
  - C Cardiovascular disorders.
  - D None of the above
9. A study that determines whether representatives of different age groups in a university setting are more or less likely to eat a well-balanced low fat diet is a \_\_\_\_\_ study
- A Longitudinal
  - B Cross-sectional
  - C Cross-sequential
  - D Prospective
10. The following are all shortcomings of the Non-Stage theories **EXCEPT**:
- A. People evaluate the perceived pros and cons of their actions and behave according to the outcome of this evaluation.
  - B People do not always do what they claim to do.
  - C Predictive power of the non-stage theories is greater for some groups than for others.
  - D The non-stage theories ignore a person's past experiences with a specific health related behaviour

**Section B. Short answer questions. Answer all questions (6 marks each)**

11. Give 6 reasons why individuals are encouraged to always practice healthy behaviours.
12. Suggest 6 ways of handling a patient with terminal restlessness.
13. Give reasons why effective managers have traits of type C personality.
14. List 6 causes of anxiety disorders among terminally ill patients
15. Explain why individuals from middle level families will adopt health messages and healthier lifestyles than those from disadvantaged families.



**Section C. Long answer questions. Answer any two questions (15 marks each).**

16. Mental health is an emerging issue of great concern in both the developed and developing world. Discuss how best to deal with mental issues amongst the youth today.
17. The health belief model is commonly used in health promoting behaviours. Explain why you would use it to predict health related behaviours in a patient attempting behaviour change.
18. The county Government would like to use the transtheoretical model to change the behaviour of youth who are addicted to alcohol. Suggest why it is a good model and explain to a group of therapists how to go about implementing the model.

