



**RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES**

**B.Sc. (General) Degree in Health Promotion
Second Year – Semester I Examination – June/ July 2018**

HPT 2201 –PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Two (02) hours

Answer ALL questions.

1. a) Define the term 'Health Psychology'. (40 marks)
b) Explain the development of Health Psychology as an important discipline in the beginning of the 20th century. (60 marks)
2. a) Describe in brief **five (05)** main health behaviours among Sri Lankans. (40 marks)
b) Explain how you would apply health psychology to prevent **two (02)** of the behaviours mentioned in above (a). (60 marks)
3. a) State and describe the models that could be used to promote health behaviours. (50 marks)
b) Discuss how you would apply **two (02)** of the above models to promote a selected health behavior. (50 marks)
4. a) Define the term "stress" in the context of Health psychology and discuss its implications for health. (50 marks)
b) Describe your answer in above (a) using your knowledge on possible diseases caused by long term stress. (50 marks)

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