



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

**B.Sc. (General) Degree in Health Promotion
Second Year – Semester I Examination – September/October 2019**

HPT 2301- PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Three (03) hours

Answer ALL questions.

1. a) Describe the emergence of Bio-psychosocial model in the beginning of 20th century. (50 marks)
 b) Discuss the different domains of health psychology. (50 marks)

2. a) Explain the main elements of social influence that affect health and wellbeing of an individual. (40 marks)
 b) Discuss how cultural concepts affect health and illness. (60 marks)

3. a) List **three (03)** components of attitude. (30 marks)
 b) Explain in brief **five (05)** methods that could be used to measure attitude. (40 marks)
 c) Illustrate **three (03)** factors that influence the attitude of an individual. (30 marks)

4. a) Define health behavior of an individual. (20 marks)
 b) Discuss in brief behavioral immunogens and behavioral pathogens. (30 marks)
 c) Explain by mentioning the significant findings of ALAMEDA 7 longitudinal studies, the key factors that influence healthy living of an individual. (50 marks)

5. a) Describe the stages of “Trans-theoretical model” by Prochaska et al., 1994. (40 marks)
b) Explain how “Trans-theoretical model” can be applied to change the life style of an individual with high Body Mass Index (BMI). (60 marks)
6. a) Describe the Response-Based model of stress by Hans Selye (1976). (40 marks)
b) Explain in reference to General Adaptation Syndrome theory by Hans Selye, the physiological changes of a person who experienced long term stress. (60 marks)

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