



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

**B.Sc. (General) Degree in Health Promotion
Second Year – Semester I Examination – April/May, 2016**

HPT 2201 – PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Two (02) hours

Answer all four (4) questions.

1. Describe psychology with reference to its main perspectives. (100marks)

2. a) In your opinion how would psychology be relevant to a student who is studying health promotion? (50 marks)
 b) Discuss why health psychology emerged as an important area. (50 marks)

3. a) Briefly describe the health belief model. (30 marks)
 b) Explain how health belief model could be used in health promotion. (50 marks)
 c) Briefly discuss the limitations of health belief model. (20 marks)

4. a) Explain what you understand by the term 'personality'. (40 marks)
 b) Describe how the level of stress and personality can affect your health status. (60 marks)