



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 2301 –PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Three (03) 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)
5. a) Describe five (05) psychosocial factors that impact the health and wellbeing of a given community. (50 marks)
b) Discuss the major psychosocial factors effect health and wellbeing of Sri Lankan society today. (50 marks)
6. a) Explain in brief how knowledge in psychological counseling is important to you as a health promoter (50 marks)
b) Describe five (05) basic counselling skills that can be used to interact effectively with communities. (50 marks)

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