



RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES, MIHINTHALE

B.Sc. (General) Degree in Health Promotion
Second Year – Semester I Examination – October/November 2014

HPT 2201 – PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Two (2) hours

Answer all (04) questions.

1. Psychology is defined as the scientific study of human behavior, personality, emotions and mental processes.
 - 1.1 List four (04) mental processes relevant to this definition. *(10 marks)*
 - 1.2 Briefly describe the work of two psychologists that you know. *(30 marks)*
 - 1.3 Discuss how human behavior is explained by major perspectives in psychology. *(60 marks)*
2. 2.1 Compare and contrast explanatory and change theories in health promotion. *(40 marks)*
 - 2.1 Describe the 'health belief model'. *(60 marks)*
3. Briefly explain the following terms.
 - 3.1 Social facilitation *(40 marks)*
 - 3.2 Conformity *(30 marks)*
 - 3.3 Persuasion *(30 marks)*
4. 4.1 Explain Freud's description of conscious awareness. *(50 marks)*
 - 4.2 Briefly explain the stages of change model proposed by Prochaska and DiClemente. *(50 marks)*