PRIFYSGOL ABERYSTWYTH UNIVERSITY

SEMESTER TWO 2024

PSYCHOLOGY DEPARTMENT

PS20720: HEALTH PSYCHOLOGY

Time allowed : **TWO HOURS**

Answer TWO (2) questions from the choice of five (5)

Students are permitted to have 1 (one) double sided A4 paper of notes in this exam

STUDENTS MAY SUBMIT ANSWERS TO THIS PAPER IN EITHER WELSH OR ENGLISH

Once seated, students may complete the front cover of the answer book(s) and the attendance slip ONLY.

DO NOT TURN THE EXAMINATION QUESTION PAPER OVER UNTIL INSTRUCTED TO DO SO.

1. Using a chronic illness of your choice and your knowledge of intervention mapping, outline and provide a rationale for a theoretically driven intervention that could help your specific patient group. The intervention should clearly articulate the aim, theoretical underpinning and design of the intervention along with consideration of appropriate methods to evaluate its success.

2. Two friends have concerns about their mental health and arrange to visit their GPs. Both friends independently see the same GP. When they meet for dinner later, the first friend talks about how supportive the GP was, how they felt listened to and were offered a range of useful sources of support. The second friend is surprised and outlines how they found the GP to be a little abrupt, condescending and how the sources of support offered were unhelpful. Using your knowledge of health psychology research, discuss why two patients might have such differing perceptions and experiences of the same GP.

3. Patient T. has received a diagnosis of Type 2 diabetes. They don't know much about this illness and are feeling quite anxious about what this means. They feel responsible for the diagnosis because of their unhealthy diet and sedentary lifestyle and so don't talk to anyone about it. Since they were last seen by the doctor, they have become depressed and have been admitted to hospital due to poor glycaemic control (blood sugar control). The doctor is worried that Patient T. is not aware of the fact that there are ways for them to manage their diagnosis and so has given them some materials to read and suggested they attend an educational support group. Using your knowledge of health psychology research, discuss Patient T's coping response to the chronic diagnosis and how attending the support group could be helpful for their adjustment.

4. A medical consultant has decided to trial a telehealth service for his patients to remove the need for them to travel to his consultations. However, he is finding that uptake of the service amongst patients is slow and has asked for your advice. Using your knowledge of technology adoption, intervention design and health psychology research discuss the factors that could explain the poor engagement.

5. A health psychologist has been working with teenage children trying to improve their diet and increase uptake of fruit and vegetables. She has used her knowledge of psychological theory to elevate perceptions of the negative consequences of an unhealthy diet, and emphasised the benefits of healthy eating; however, after 3 weeks there has been no change in the fruit and vegetable intake of the children. Using your knowledge of health psychology research, explain why this approach may not have resulted in improved dietary behaviour and how it could be improved.

END OF PAPER

1. Gan ddefnyddio salwch cronig o'ch dewis a'ch gwybodaeth am fapio ymyriad, amlinellwch a cynnigwch rhesymeg am ymyriad sy'n cael ei yrru'n ddamcaniaethol a allai helpu'ch grŵp penodol o gleifion. Dylai'r ymyrraeth fynegi'n glir nod, sail ddamcaniaethol a dyluniad yr ymyrraeth ynghyd ag ystyried dulliau priodol i werthuso ei lwyddiant.

2. Mae gan ddau ffrind bryderon am eu hiechyd meddwl ac yn trefnu i ymweld â'u meddygon teulu. Mae'r ddau ffrind yn gweld yr un meddyg teulu yn annibynnol. Pan fyddant yn cwrdd ar gyfer cinio yn ddiweddarach, mae'r ffrind cyntaf yn siarad am ba mor gefnogol oedd y meddyg teulu, sut y gwnaethant deimlo bod rhywun yn gwrando arnynt a chawsant gynnig amrywiaeth o ffynonellau cymorth defnyddiol. Mae'r ail ffrind yn synnu ac yn amlinellu sut y canfuwyd bod y meddyg teulu ychydig yn swta, yn ddisgynnol a sut nad oedd y ffynonellau cymorth a gynigiwyd yn ddefnyddiol. Gan ddefnyddio eich gwybodaeth am ymchwil seicoleg iechyd, trafodwch pam y gallai dau glaf gael canfyddiadau a phrofiadau mor wahanol o'r un meddyg teulu.

3. Mae Claf T. wedi cael diagnosis o ddiabetes math 2. Nid ydynt yn gwybod llawer am y salwch hwn ac maent yn teimlo'n eithaf pryderus am yr hyn y mae hyn yn ei olygu. Maen nhw'n teimlo'n gyfrifol am y diagnosis oherwydd eu diet afiach a'u ffordd o fyw eisteddog ac felly dydyn nhw heb siarad ag unrhyw un amdano. Ers iddynt gael eu gweld ddiwethaf gan y meddyg, maent wedi mynd yn isel eu hysbryd ac wedi cael eu derbyn i'r ysbyty oherwydd rheolaeth glycaemig wael (rheoli siwgr yn y gwaed). Mae'r meddyg yn poeni nad yw Claf T. yn ymwybodol o'r ffaith bod ffyrdd iddynt reoli eu diagnosis ac felly mae wedi rhoi rhai deunyddiau iddynt ddarllen ac awgrymu eu bod yn mynychu grŵp cymorth addysgol. Gan ddefnyddio eich gwybodaeth am ymchwil seicoleg iechyd, trafodwch ymateb ymdopi Claf T i'r diagnosis cronig a sut y gallai mynychu'r grŵp cymorth fod o gymorth ar gyfer eu haddasiad.

4. Mae ymgynghorydd meddygol wedi penderfynu treialu gwasanaeth teleiechyd i'w gleifion er mwyn dileu'r angen iddyn nhw deithio i'w ymgynghoriadau. Fodd bynnag, mae'n gweld bod y nifer o gleifion sy'n ymrwymo a'r gwasanaeth yn araf ac wedi gofyn am eich cyngor. Gan ddefnyddio eich gwybodaeth am fabwysiadu technoleg, dylunio ymyrraeth ac ymchwil seicoleg iechyd trafodwch y ffactorau a allai esbonio'r ymgysylltiad gwael.

5. Mae seicolegydd iechyd wedi bod yn gweithio gyda phlant yn eu harddegau sy'n ceisio gwella eu deiet a chynyddu nifer y bobl sy'n bwyta ffrwythau a llysiau. Mae hi wedi defnyddio ei gwybodaeth am theori seicolegol i ddyrchafu canfyddiadau o ganlyniadau negyddol deiet afiach, ac wedi pwysleisio manteision bwyta'n iach; Fodd bynnag, ar ôl tair wythnos, ni fu unrhyw newid yn y nifer o ffrwythau a llysiau mae'r plant yn bwyta. Gan ddefnyddio eich gwybodaeth am ymchwil seicoleg iechyd, eglurwch pam nad yw'r dull hwn o bosibl wedi arwain at well ymddygiad dietegol a sut y gellid ei wella.

END OF PAPER