PRIFYSGOL ABERYSTWYTH UNIVERSITY

SEMESTER TWO 2025

DEPARTMENT OF PSYCHOLOGY

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. A health psychologist has been running a successful community-based exercise intervention in a local town. The town's demographic is predominantly white with a relatively high socioeconomic status. A neighbouring town has asked the psychologist to deliver the same intervention in their neighbourhood which has a more culturally diverse demographic with lower socioeconomic status. Using your knowledge of intervention mapping and health psychology, consider, using research evidence, why delivering the same intervention may not necessarily be as effective in two different communities and recommend the process the psychologist should follow to inform their approach.

2. Mrs Webb returns home following a consultation with her GP and relays to her family how the consultation was rushed, the GP abrupt and they felt coerced into agreeing to lifestyle changes that they don't feel able to undertake. Using research evidence and your knowledge of health psychology and theory, discuss the possible implications of the communication style used in the consultation and suggest how this consultation could be improved to support lifestyle behaviour change.

3. A new technology-based mental health service has been offered within a health board. The health board has noticed a significant uptake amongst three groups, namely a younger demographic, an older demographic who has worked in professional occupations using computers, and elderly people living in remote areas who have family support. Using your knowledge of health psychology and theory, consider, using research evidence, how these uptake trends could be explained and how uptake could be improved for other groups.

4. A health psychologist is considering different ways to subtly encourage people to take a longer walking route in the public park as a way to increase their physical activity. Using your knowledge of health psychology, discuss different strategies and techniques that could be considered to increase motivation, intention and action to take the longer route.

5. Mr Smith has received a chronic diagnosis of Chronic Obstructive Pulmonary Disease (a degenerative respiratory disease). Mr Smith doesn't know much about the condition so is quite anxious about what this might mean. He has been researching his condition and is planning to take advantage of a pulmonary rehabilitation scheme in his area. Using your knowledge of health psychology research discuss how Mr Smith appears to be coping with his diagnosis and how the environment experienced during pulmonary rehabilitation could contribute to his coping approaches over time (positively or negatively).

END OF PAPER