PRIFYSGOL ABERYSTWYTH UNIVERSITY

SEMESTER TWO 2026

PSYCHOLOGY DEPARTMENT

PS20720: HEALTH PSYCHOLOGY

Time allowed: **TWO HOURS**

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

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

No formatting specification for the notes

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. David has recently suffered a heart attack and has been advised to engage with more physical activity. He has a young family, and the heart attack has caused him real concern about the future. He has never been a physically active person, neither have his friends or family, so he has no idea how to begin changing his lifestyle without paying a personal trainer, which he cannot afford. He is aware of a local football team but doesn't feel he would fit in very well with this group of people. He does not know what to do for the best, so has not changed his behaviour.

   Using two psychological theories of your choice compare and contrast how effectively they explain David's health behaviour. On the basis of your preferred theory, suggest some applied strategies that could be helpful for supporting his behaviour change.

2. A health board would like to develop a new technology-based intervention for individuals with type 2 Diabetes. Their patients are from diverse age groups and cultural backgrounds. Using your knowledge of health psychology and research, discuss and justify the factors that the health board should consider when designing the intervention to make the intervention as engaging and effective as possible for patients.

3. The quality of communication can be an influential factor in how people respond to their diagnosis or adhere to medical regimes. Using your knowledge of health psychology and research, discuss how communication between medical professionals and patients can contribute to their adherence to medical advice and, where appropriate suggest strategies to increase the likelihood of effective communication.

4. A community intervention has been working with adolescents in a low socioeconomic area to improve their healthy eating behaviours. The intervention has focused on using a behaviour change theory to modify individual cognitions (e.g., attitudes, self-efficacy) that predict healthy eating intentions, but it is only seeing small to moderate results. Using your knowledge of health psychology and research evidence, consider why health interventions focusing on the modification of individual cognitions alone may not be successful and discuss other approaches to behaviour modification that could be helpful to improve the intervention's success.

5. Patient X has just been given a diagnosis for a condition they have never heard of before. Discuss using psychological theory and research how an individual's perception of a condition can influence their coping mechanisms and health related behaviour positively and negatively.

END OF PAPER