PRIFYSGOL ABERYSTWYTH UNIVERSITY

SEMESTER DAU 2026

ADRAN SEICOLEG

SC20720: SEICOLEG IECHYD

Amser : **DAU AWR**

Atebwch 2 (DAU) gwestiwn o'r dewis o 5 (PUMP)

Caniateir i fyfyrwyr gael 1 (un) papur nodiadau A4 dwy ochr yn yr arholidad hwn.

Dim manyleb fformatio ar gyfer y nodiadau

MAE MYFYRWYR YN CAEL CYFLWYNO ATEBION I'R PAPUR HWN NAILL AI YN Y GYMRAEG NEU'R SAESNEG

Ar ôl eistedd, DIM OND tudalen flaen y llyfr(au) atebion a'r papur presenoldeb y mae myfyrwyr yn cael eu llenwi.

PEIDIWCH Â THROI'R PAPUR ARHOLIAD DROSODD TAN Y DYWEDIR WRTHYCH AM WNEUD HYNNY.

1. Mae David wedi dioddef trawiad ar y galon yn ddiweddar ac mae wedi cael ei gynghori i ymgysylltu â mwy o weithgarwch corfforol. Mae ganddo deulu ifanc, ac mae'r trawiad ar y galon wedi achosi pryder gwirioneddol iddo am y dyfodol. Nid yw erioed wedi bod yn berson corfforol egnïol, nid yw ei ffrindiau na'i deulu chwaith, felly nid oes ganddo syniad sut i ddechrau newid ei ffordd o fyw heb dalu hyfforddwr personol, na all ei fforddio. Mae'n ymwybodol o dîm pêl-droed lleol ond nid yw'n teimlo y byddai'n ffitio'n dda iawn gyda'r grŵp hwn o bobl. Nid yw'n gwybod beth i'w wneud er y gorau, felly nid yw wedi newid ei ymddygiad.

   Gan ddefnyddio dwy ddamcaniaeth seicolegol o'ch dewis cymharwch a chyferbynnwch pa mor effeithiol y maent yn esbonio ymddygiad iechyd David. Ar sail eich theori ddewisol, awgrymwch rai strategaethau cymhwysol a allai fod yn ddefnyddiol i gefnogi newid ei ymddygiad.

2. Hoffai bwrdd iechyd ddatblygu ymyrraeth newydd sy'n seiliedig ar dechnoleg ar gyfer unigolion â Diabetes math 2. Mae eu cleifion yn dod o wahanol grwpiau oedran a chefndiroedd diwylliannol. Gan ddefnyddio eich gwybodaeth am seicoleg ac ymchwil iechyd, trafodwch a chyfiawnhewch y ffactorau y dylai'r bwrdd iechyd eu hystyried wrth ddylunio'r ymyrraeth i wneud yr ymyrraeth mor ddiddorol ac effeithiol â phosibl i gleifion.

3. Gall ansawdd cyfathrebu fod yn ffactor dylanwadol ar sut mae pobl yn ymateb i'w diagnosis neu'n cadw at gyfundrefnau meddygol. Gan ddefnyddio eich gwybodaeth am seicoleg ac ymchwil iechyd, trafodwch sut y gall cyfathrebu rhwng gweithwyr proffesiynol meddygol a chleifion gyfrannu at eu cadw at gyngor meddygol ac, lle bo'n briodol, awgrymwch strategaethau i gynyddu'r tebygolrwydd o gyfathrebu effeithiol.

4. Mae ymyrraeth gymunedol wedi bod yn gweithio gyda phobl ifanc mewn ardal economaidd-gymdeithasol isel i wella eu hymddygiadau bwyta'n iach. Mae'r ymyrraeth wedi canolbwyntio ar ddefnyddio theori newid ymddygiad i addasu gwybyddiaeth unigol (e.e. agweddau, hunan-effeithiolrwydd) sy'n rhagweld bwriadau bwyta'n iach, ond dim ond canlyniadau bach i gymedrol y mae'n ei weld. Gan ddefnyddio eich gwybodaeth am seicoleg iechyd a thystiolaeth ymchwil, ystyriwch pam efallai na fydd ymyriadau iechyd sy'n canolbwyntio ar addasu gwybyddiaeth unigol yn unig yn llwyddiannus a thrafodwch dulliau eraill o addasu ymddygiad a allai fod yn ddefnyddiol i wella llwyddiant yr ymyrraeth.

5. Mae Claf X newydd gael diagnosis ar gyfer cyflwr nad ydyn nhw erioed wedi clywed amdano o'r blaen. Trafodwch gan ddefnyddio theori seicolegol ac ymchwil sut y gall canfyddiad unigolyn o gyflwr ddylanwadu ar eu mecanweithiau ymdopi a'i ymddygiad iechyd cysylltiedig yn gadarnhaol ac yn negyddol.

DIWEDD Y PAPUR

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