



NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2025_1 EXAMINATION

COURSE TITLE: PSYCHOLOGICAL FOUNDATION OF HEALTHY BEHAVIOUR AND CHANGE (PHS839)
COURSE UNITS: 2 UNITS
TIME ALLOWED: 1½ HOURS
TOTAL MARKS: 70 %
INSTRUCTION: ANSWER ALL QUESTIONS

Question 1 (25 marks)

- a) Explain the interplay between hereditary and the environment in determining behaviour. (4 marks)
- b) In a tabular form, define the goals of psychology, giving examples for each. (8 marks)
- c) Explain the following theories of psychology (5 marks)
 - i) Structuralism
 - ii) Functionalism
 - iii) Behaviouralism
 - iv) Humanistic
 - v) Cognitive
- d) Mention any six impact of illness on family changes. (3 marks)
- e) List the characteristics of people who are mentally healthy. (5 marks)

Question 2 (25 marks)

- a) Healthy behaviours involve a wide variety of activities that need the engagement of health psychologists. List these activities (5 marks)
- b) Discuss the process of behavioral change. (10 marks)
- c) Briefly explain the limitations of social cognitive theory. (5 marks)
- d) Explain panic disorder. (5 marks)

Question 3 (20 marks)

- a) Discuss the cognitive behaviour therapy. (5 marks)
- b) Discuss the role of the psychologists in clinical assessment of patients. (5 marks)
- c) Mention five effects of bodily conditions on mental functioning. (5 marks)
- d) List five psychosomatic disorders (5 marks)