



BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES, FACULTY OF BASIC MEDICAL & HEALTH SCIENCES

B.Sc. PUBLIC HEALTH PROGRAMME

2nd Semester Exam (2022/2023 ACADEMIC SESSION)

PUH 208: PSYCHOLOGICAL FOUNDATION OF HEALTH BEHAVIOUR AND CHANGE PROCESS

DATE: THURSDAY 22ND JUNE, 2023 TIME: 3.30 PM -6.30 PM

INSTRUCTIONS: Attempt only FIVE. Each question carries 20 points.

1. Discuss the four dimensions of health according to the WHO definition. Give two examples for each of the dimensions. Explain which of the dimensions may not be available in our health care facilities?
2. Explain the spectrum of health behaviour change. Use your understanding of the spectrum to discuss how human behaviours influence the preventive behaviours of any given health condition e.g. hypertension
3. Discuss five methods to create awareness on any health matters e.g. diabetes mellitus in a given community. State two merits and two demerits of each of such methods.
4. Explain the three domains of effective learning to changing to good health behaviour. Which of these domains focuses on change in perception or attitude toward a good health behaviour change? Mention five models/theories that are used in public health
5. Highlight five characteristics of pre-school children that should be considered when providing health education information on dental care to them. Discuss five characteristics of aged people that must be considered when they are being provided information on preventive health e.g. prevention of hypertension and stroke
6. Mention 2 relevance of models/theories in public health discourse. Use your knowledge of the stages involved in trans-theoretical model to explain how to manage diabetes mellitus to a group of middle age men in your community