

LOCATION: SWANSEA

LLEOLIAD: ABERTAWE

LEVEL 5

LEFEL 5

MOCK EXAM PRACTICE

CYFNOD ARHOLIADAU

MODULE CODE: M5X00912
PSYCHOLOGY HEALTH AND MEDICINE

MOCK EXAM EXAMPLE

TIME: 2 HOURS

CHOOSE TWO SCENARIOS OUT OF FOUR

ANSWER BOTH QUESTIONS FOR EACH OF THE TWO SCENARIOS YOU HAVE CHOSEN

ALL of your answers should be written in your examination booklet, **NOT** on this question paper.

Please clearly indicate on the front of your examination booklet the question number of the question attempted.

Equipment or materials required – This is an open book exam and students are allowed to bring a copy of the core text into the examination hall with them along with one small A4 ring binder of notes/papers:

Ayers, S., & de Visser. (2011). *Psychology for Medicine*. London: SAGE

CHOOSE TWO SCENARIOS [ONLY TWO PROVIDED FOR MOCK EXAM]

ANSWER BOTH QUESTIONS FOR EACH OF THE TWO SCENARIOS YOU HAVE CHOSEN

Scenario 1

Kathryn is a 21 year old recent graduate who has been smoking since the age of 15. Kathryn originally started smoking when she had to move to a new School where she struggled to make new friends. In the last two years Kathryn has tried to stop smoking on two occasions, but she didn't last longer than three days on both occasions. In the last six months Kathryn has started a new job as a trainee psychology assistant in a local NHS trust which has a clear no-smoking policy. None of her fellow office workers smoke and all are very health conscious. Whilst Kathryn feels a huge pressure on her to try quitting smoking again, and is keen to do so, she is also aware that she is actually smoking more than ever as she tries to cope with the challenges of the new job.

Question 1: (25 marks)

Using the Theory of Planned Behaviour [TPB] and supporting empirical evidence, explain why Kathryn is struggling to actually give up smoking although she would like to. [Ch 5].

Question 2: (25 marks)

Imagine you are a health psychology researcher who has been asked to design a study to evaluate a written information leaflet based on the TPB to help encourage people like Kathryn to try to quit smoking. Based on Kathryn's example, what messages would your leaflet focus on and what would you need to measure in order to demonstrate that the intervention was successful in not only changing behaviour but also the underlying cognitions? [Ch 5]

Scenario 2

Sally is a 38 year old mother of two who has recently found a small lump in one of her breasts. She has yet to make an appointment with her GP or tell her family about it because she can't face thinking about it. She remembers reading something in the newspapers a while ago about some cancers running in families and this terrifies her because she knows her Aunt and her Grandmother both died of cancer at quite a young age. Sally knows she needs to make an appointment with her GP but every time she thinks about doing so she feels terrified and finds an excuse not to do so. She is not sleeping and spends hours wide awake at night worrying about everything.

Question 1: (25marks)

Discuss the coping strategies that Sally appears to be engaging in and whether these are likely to be adaptive or maladaptive in Sally's situation [CH3]

Question 2: (25 marks)

Using an appropriate theoretical framework, discuss some potential intervention strategies that help Sally develop more effective coping strategies. [CH 3, CH 11]

Diwedd/End