**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

Health and Exercise Science BSc

Level **FIVE**

Title**: Health Psychology**

Code: **HEP5013**

Semester: **Resit**

Date: **04 July 2019**

Time: **9:30-11:30am**

TIME ALLOWED: **TWO** HOURS

This paper is in two sections. **BOTH** sections are **COMPULSORY**. Answer **ALL** questions from **SECTION A**. Answer any **TWO** questions from **SECTION B.**

**Section A:**

Answer all short answer questions (worth 30 marks).

1. Explain how research can be used to provide evidence for predicting behaviour change. Use an example of behaviour change theory. (10 marks)
2. Describe the benefits of using established behaviour change frameworks, including how they are developed. (10 marks)
3. Explain the most common statistical analysis test used to explain if a theory based intervention has led to a significant outcome. (10 marks)

**Section B:**

Please answer **TWO** out of four questions (worth 70 marks).

1. What is goal setting and how effective is it for promoting health related behaviour change? Use research to support your answer. (35 marks)
2. Explain and discuss the effectiveness of motivational interviewing in health related behaviour change. Use research to support your answer. (35 marks)
3. Describe the Self Determination Theory and discuss its effectiveness in promoting health related behaviour change. Use research to support your answer. (35 marks)
4. Describe the Health Belief Model and discuss its efficacy using research to support your answer. (35 marks)

**END OF EXAMINATION**