**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

Health and Exercise Science BSc

Level **FIVE**

Title**: Health Psychology**

Code: **HEP5013**

Semester: **TWO**

Date: **May 13th 2019**

Time: **1:30 – 3:30 PM**

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. Comment on the type of analysis used in behaviour change theories/models. Please give examples. (10 marks)
2. No single one behaviour change theory is recognised as superior to the others. Describe some issues which prohibit any single theory being identified as superior. (10 marks)
3. Describe the benefits of using established behaviour change theory frameworks in designing interventions. (10 marks)

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

1. Describe the Self Determination Theory and discuss its effectiveness in promoting health related behaviour change. Use research to support your answer. (35 marks)

1. Explain and discuss the effectiveness of motivational interviewing in health related behaviour change. Use research to support your answer. (35 marks)
2. Discuss in detail the Theory of Planned Behaviour. Comment on how perceived behavioural control impacts behaviour and what tools a practitioner should use to enhance this construct. Use research to support your answer. (35 marks)
3. Provide a commentary on how behaviour change intervention should be implemented in practice. Use the NICE guidance to shape your answer. (35 marks)

**END OF EXAMINATION**