



**NATIONAL OPEN UNIVERSITY OF NIGERIA**

**Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja, FCT**

**Faculty of Health Sciences**

**January, 2018**

**Programme: Bachelor of Nursing Science**

**Course Code: NSS303**

**Course Credit Unit: 2**

**Course Title – Human Behaviour in Health and Illness**

**Time Allowed: 2 hours**

**Total Score: 70 marks**

***Instruction: Answer ALL questions***

**QUESTION 1**

- a. Define Behaviour and explain briefly the principles of Behaviour. **6mks**
- b. Discuss any four (4) features of human behaviour that may be manifested in a health-illness situation. **8mks**
- c. Distinguish between an illness and a disease. **2mks**
- d. Highlight the causes of delay in seeking medical attention. **3mks**
- e. Discuss three (3) factors that may account for overuse of medical care. **6mks**

**QUESTION 2**

Diseases are often discussed as either acute or chronic

- a. Using any four (4) criteria, briefly distinguish between acute and chronic diseases. **2mks**
- b. Identify and discuss any five (5) socio-demographic factors or variables that influence health and illness. **10mks**
- c. Using the Ware (1986)'s guidelines, describe any four (4) dimensions of health behaviour. **8mks.**

**QUESTION 3**

Theories of health and illness are used to create contextual meanings in an attempt to explain patients' bodily experience.

- a. Identify and briefly describe any two (2) models categorized under the expectancy value principles. **8mks**
- b. What do you understand by preventive health behaviour? **2mks**
- c. Varied illness behaviours are situations in health and illness found in many cultures:
  - i. What is illness behaviour? **2mks**
  - ii. Enumerate the Suchman's stages of illness behaviour. **5mks**
  - iii. Using Parson's perspectives, as a nurse, how will you describe the sick role of a sick person, considering the rights and obligations of the sick person as a guide to your nurse-patient relationship? **8mks**