



**NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2022_2 EXAMINATION**

**COURSE TITLE: PSYCHOLOGICAL FOUNDATION OF HEALTHY BEHAVIOUR
AND CHANGE**

COURSE CODE: PHS839

COURSE UNITS: 2UNITS

TIME ALLOWED: 1¹/₂ HOURS

TOTAL MARKS: 70%

INSTRUCTION: ANSWER ALL THE QUESTIONS

QUESTION 1 25marks

- (1a) In your own words, describe “Healthy and Unhealthy Behaviour” in the context of Psychology (15marks)
- (1b) List five healthy and five unhealthy behaviours (5marks)
- (1c) Briefly explain “Dysfunction” as one of the factors that makes behaviour abnormal (5marks)

QUESTION 2 25marks

- (2a) Describe Behavioural Choice under “Motivated Brain” (10marks)
- (2b) Write short notes on: (i) Self-efficacy (5marks)
(ii) Temptation (5marks)
- (2c) Outline five identified processes and the stages involved in the processes of behaviour change (5marks)

QUESTION 3 20marks

- (3a) Mention and describe five ideal stages of behaviour you know (10marks)
- (3b) Write short notes on: (i) Reinforcements (5marks)
(ii) Expectations (5marks)

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