



**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  
2025\_2 EXAMINATIONS**

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**COURSE TITLE: PSYCHOLOGICAL FOUNDATION OF HEALTHY BEHAVIOUR  
AND CHANGE (PHS839)**

**COURSE UNITS: 2 UNITS**

**TIME ALLOWED: 1½ HOURS**

**TOTAL MARKS: 70 %**

**INSTRUCTION: ANSWER ALL QUESTIONS**

**Question 1 (25 marks)**

- a) Briefly explain the goals of psychology. (8 marks)
- b) Differentiate between applied psychology and pure psychology. (4 marks)
- c) Discuss the biopsychosocial model of health and illness. (8 marks)
- d) Define any five major types of mental illness. (5 marks)

**Question 2 (25 marks)**

- a) Discuss the factors influencing health and illness behaviours under the following headings: i) internal factors (3 marks)  
ii) external factors (4 marks)
- b) In the Trans Theoretical Model, also known as stages of change, discuss the process of change that have been identified in progressing through the stages of change. (10 marks)
- c) What are the limitations of the Trans Theoretical Model? (4 marks)
- d) Mention four distinct features of the psychodynamic treatment approach. (4 marks)

**Question 3 (20 marks)**

- a) i) Define the sick role behaviour. (1 mark)  
ii) Explain the attributes of the sick role behaviour. (4 marks)
- b) List any five effects of mental functions on bodily functioning. (5 marks)
- c) Explain the influence of psychophysiological factors in health and disease. (5 marks; 1 mark each)
- d) Explain automatic brain under behavioural choice (5 marks)