

**NATIONAL UNIVERSITY OF IRELAND, GALWAY  
OLLSCOIL NA hÉIREANN, GAILLIMH**

**SUMMER EXAMINATIONS 2001  
ACCESS COURSE FOR REGISTERED NURSES 1AU1 & 1AU2**

**HEALTH PSYCHOLOGY (HP271)**

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Ms Anne Feeney  
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Ms. Pauline Clerkin**

Please answer a total of four (4) questions. Use a separate answer book for each question. All questions carry an equal mark. Support your answers with reference to the literature and your nursing experience as appropriate.

**Time Allowed: Three (3) hours**

1. Our understanding of health and illness has developed considerably in the last 20 years. Discuss the main factors which have brought about this new understanding (100%).
2. Depression and anxiety are common psychological consequences of hospitalisation. Discuss patients' emotional adjustment to hospitalisation, with specific consideration of the factors identified from research studies which influence this process (100%).
3. Diagnosis of a chronic health problem often comes as a great shock. With reference to the literature, discuss the factors which can influence a person's ability to adjust to a chronic illness (100%).
4. With reference to the literature, discuss the factors which can influence whether or not patients comply with medical advice (70%). How can the nurse enhance compliance? (30%).
5. There are two main paths between stress and illness. Discuss the evidence for both the physiological and behavioural routes with particular reference to illness prevention (100%).
6. Social support has been described as a buffer against stress and as a coping strategy. Discuss the implications of these descriptions for stress reduction and stress management (100%).

**END**