

National University of Ireland, Galway  
Ollscoil na hEireann, Gaillimh

Summer Examination 2001

**Certificate/Diploma in Health Promotion**  
**St. Angela's College, Sligo.**

Paper 2

Ms. Sylvia Thorogood  
Professor Cecily Kelleher  
Dr. Margaret Barry  
Dr. Saoirse Nic Gabhainn  
Dr. John Connolly  
Ms. Jane Sixsmith

Time allowed for each section is 45 minutes

Answer **one** question in each section  
Use a separate answer book for each section

**Section A: Causes of Mental Ill Health**

- Q. 1. Outline the most important features of bipolar affective disorder and how these may be managed. How important is public education in defeating depression?  
(Dr. John Connolly)
- Q. 2. Discuss the most important elements in the treatment and management of schizophrenia. What role can voluntary organisations play in reducing the stigma attached to this illness?  
(Dr. John Connolly)

**Section B: Causes of Physical Ill-Health**

- Q. 3. According to Richard Wilkinson (1996), health inequalities tell us as much about how societies are organised as they do about the health of the population. What does he mean by this? Illustrate with examples.  
(Prof. C. Kelleher)
- Q. 4. Life expectancy in the Republic of Ireland ranks amongst the lowest in Europe for both men and women. Why is this a significant indicator of population health and what factors could contribute to the Irish situation?  
(Prof. C. Kelleher)

**Section C: Research Methodology**

- Q. 5. Discuss the importance of process evaluation in evaluating health promotion programmes.  
(Dr M. Barry)

Q. 6. Answer any TWO of the following:

a) From a qualitative research perspective discuss how the quality of a piece of research may be achieved.

*(Ms. J. Sixsmith)*

b) Discuss the main issues you would need to consider when planning a study employing

EITHER: focus group methods  
OR a self-completion questionnaire.

*(Dr. S. Nic Gabhainn)*

c) Why is the research question so important for preparing and conducting a research study ?

*(Dr. S. Nic Gabhainn)*

#### **Section D: Health Promotion at School**

Q.7 Discuss the rationale for schools health promotion.

*(Ms. J. Sixsmith)*

Q.8 ] Respond to the familiar public outcry of "We need more health education to stop young people smoking, drinking and taking drugs".

*(Dr. A. Hope)*