

Ollscoil na hÉireann, Gaillimh  
NATIONAL UNIVERSITY OF IRELAND, GALWAY

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M.PSYCH.SC. IN HEALTH PSYCHOLOGY, FIRST YEAR, 2000-01

Paper 1

PS 563 Psychology Health and Illness  
(Core Course I)

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Professor John Weinman  
Professor Jack James  
and the internal examiners

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**Time Allowed: 3 hours**

*Please use a separate answer book for each question*

*Candidates are asked to respond to **three** questions*

1. Consider the merit of those models of health behaviour that emphasise a temporal perspective and different stages of behaviour change.
2. The immune system is responsible for warding off infection from invasion by foreign substances. Consider the repertoire of non-specific and specific immune responses available to our bodies to carry out this role.
3. Discuss the relationship between psychological stress and health. Refer to the various approaches which have been used to conceptualize stress and the connecting pathways that have been proposed.
4. Research has shown that the prospect of having to undergo a noxious medical procedure is perceived by most people as a highly stressful event (Ludwick-Rosenthal & Neufeld (1988)). Discuss two types of interventions that have been introduced to help patients cope more effectively with medical procedures. Support your answer with reference to research studies.
5. Using research examples to support your answer, discuss how laboratory studies have contributed to our understanding of the effects of acute stress on the immune system.
6. Show your understanding of the terms prevalence and incidence as used in epidemiology, and describe the main features of distinction between prospective, case-control and cross-sectional research designs.