

Ollscoil na hÉireann, Gaillimh

NATIONAL UNIVERSITY OF IRELAND, GALWAY

1HS1, MPSYCHSC IN HEALTH PSYCHOLOGY, FIRST YEAR, 2004-2005

Paper 3

**PS565 Communication, Counselling and Rehabilitation in Health Care Settings
(Core Course III)**

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Time Allowed: 3 hours

Please use a separate answer book for each section

*Candidates are asked to respond to **three** questions, **one** of which must be from Section A and **one** of which must be from Section B.*

Section A

1. The aim of health counseling is to enhance the individual's ability to engage in self- management. This requires a repertoire of health-oriented skills, a belief in one's own ability to address life's challenges and an environment that encourages positive development. Discuss with reference to the design of treatment strategies for one of the following:
 - (i) smoking cessation
 - (ii) obesity
 - (iii) alcohol abuse
2. The psychosocial impact of chronic illness is modified by a range of non-medical factors, including, personality characteristics, cognitive factors and the coping and social resources available. Referring to empirical evidence, examine the role of two of these factors in patient adjustment noting their use in illness-management interventions.
3. The self-regulation model of illness cognition and behaviour (Leventhal et al. 1984; 1992) identifies key dimensions of illness representations. Referring to empirical evidence, examine the contribution of these components to behavioural and psychological outcomes in chronic illness.

Section B

4. An integrative, biopsychosocial model of chronic pain needs to incorporate the mutual interrelationships among physical, psychological, and social factors and the changes that occur among these relationships over time. Amplify with reference to specific research studies.

Or

Provide an evaluative account of the relationship between chronic pain and depression, noting pertinent conceptual and methodological difficulties in the literature.

5. While there is a general agreement that psychosocial interventions deserve inclusion in cardiac rehabilitation programmes, there is still an absence of clear explanation in the literature about how these interventions work. Consider this statement, drawing on relevant empirical research.
6. While published randomised controlled trials provide good evidence for the effectiveness of cognitive behavioural therapy for chronic pain in adults, there are still numerous methodological issues that need to be addressed in the design and evaluation of future trials. Discuss.