



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCE  
DEPARTMENT OF REHABILITATION MEDICINE  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY  
END OF SEPT-DECEMBER 2024 TRIMESTER EXAMINATIONS**

**UNIT CODE: PHT 216                      UNIT NAME: Wellness and Health promotion**  
**DATE:                      Wednesday/ 11th/ December**  
**TIME:                      TWO HOURS**  
**START:                      2pm    STOP : 4pm**

**INSTRUCTIONS (physical exams)**

- 1. Do not write on this question paper**
1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This exam shall take 2 Hours

## Section 1

1. According to the World Health Organization (WHO), health is defined as:
  - A. The absence of disease or infirmity.
  - B. Physical well-being only.
  - C. The complete absence of any health issues.
  - D. A state of complete physical, mental, and social well-being.
2. Which of the following is NOT one of the five action areas outlined in the Ottawa Charter for health promotion?
  - A. Build healthy public policy
  - B. Create supportive environments
  - C. Develop personal skills
  - D. Provide medical treatment
3. The Ottawa Charter's focus on "Reorient health services" suggests that:
  - A. Healthcare should primarily focus on curative care
  - B. Intersectoral collaboration and partnership
  - C. Healthcare should be more preventive and community-based
  - D. Healthcare should be accessible only to the wealthy
4. Patients with an external locus of control are more likely to:
  - A. Adhere to their Home Exercise Program (HEP)
  - B. Believe in their own ability to achieve their rehabilitation goals
  - C. Attribute their outcomes to external factors
  - D. Experience less pain during exercise
5. How do health education and health promotion relate to each other?
  - A. They are complementary and interdependent.
  - B. They are completely independent of each other.
  - C. Health education is a subset of health promotion.
  - D. Health promotion is a subset of health education.
6. What is the main aim of the Bangkok Charter?
  - A. To provide a framework for practitioners
  - B. To promote health among individuals
  - C. To make health promotion a global development agenda
  - D. To define health promotion
7. The Health Behavior Model (HBM) has evolved over time to include which additional factor as a predictor of health behavior?
  - A. Perceived costs
  - B. Self-efficacy
  - C. Perceived benefits
  - D. Perceived severity

8. What is the difference between the Theory of Reasoned Action (TRA) and the Theory of Planned Behavior (TPB)?
- A. The TPB focuses on intentions, while the TRA focuses on attitudes.
  - B. The TPB includes perceived behavioral control, while the TRA does not.
  - C. The TPB is more recent than the TRA.
  - D. The TPB is based on social psychology, while the TRA is based on cognitive psychology.
9. A young adult- Alex has been considering quitting smoking for several months. They have been aware of the health risks associated with smoking and have felt guilty about their habit. Alex has tried to quit in the past but found it difficult to resist the urge to smoke. They have recently started to weigh the pros and cons of quitting and have even discussed their intentions with a friend. However, they are still unsure about their ability to quit successfully and are worried about the challenges they may face. Based on this scenario, which stage of the Transtheoretical Model is Alex in?
- A. Pre-contemplation stage
  - B. Contemplation stage
  - C. Action stage
  - D. Preparation stage
10. Which of the process highlighted in this model will be the MOST ideal to assist Alex to move from his current stage to the next stage?
- A. Self-reevaluation
  - B. Self-liberation
  - C. Consciousness Raising
  - D. Dramatic Relief
11. A patient with obesity has been advised to adopt a healthier diet. They express confidence in their ability to make dietary changes and follow their meal plan. This patient's belief in their ability to make the necessary changes is known as?
- A. Internal locus of control
  - B. External locus of control
  - C. Self-efficacy
  - D. Learned helplessness
12. Understanding the relationship between illness cognitions and health behaviors can assist in:
- A. Designing interventions to promote healthier behaviors
  - B. Predicting the course of an illness
  - C. Determining the effectiveness of medical treatments
  - D. Identifying genetic risk factors

13. A patient with a new diagnosis of Parkinson's disease views their condition as a challenge. This is an example of:
- A. Secondary appraisal
  - B. Primary appraisal
  - C. Coping mechanism
  - D. Stress management technique
14. How does the perception of threat influence help-seeking behavior?
- A. A lower perceived threat leads to increased help-seeking behavior.
  - B. A higher perceived threat leads to decreased help-seeking behavior.
  - C. A higher perceived threat often leads to increased help-seeking behavior.
  - D. There is no relationship between perceived threat and help-seeking behavior.
15. Which of the following statements is NOT true about symptom perception?
- A. A symptom is a perception of the body's state.
  - B. Symptoms are always based on somatic changes.
  - C. Perceived symptoms may not correlate with underlying pathology.
  - D. Symptom perception is influenced by cognitive and emotional processes.
16. In symptom perception which step involves deciding if a sensation is a symptom?
- A. Behavioural Response
  - B. Interpretation
  - C. Noticing a Change
  - D. None of the above
17. Which group of people is more likely to search for health information online?
- A. Individuals with low educational attainment.
  - B. People who trust in Internet-based medical information.
  - C. Adults with lower health anxiety.
  - D. Adults with higher health anxiety and educational attainment.
18. What role do schemas play in processing somatic information?
- A. They prevent individuals from experiencing symptoms.
  - B. They determine the severity of symptoms.
  - C. They help organize and process ambiguous somatic information.
  - D. They cause physical symptoms to worsen.
19. A 50-year-old woman has been experiencing increasing knee pain for several months. The pain is particularly noticeable when she climbs stairs or walks long distances. Despite the discomfort, Sarah has not sought medical attention, attributing the pain to her age and assuming it will eventually resolve on its own. She has been self-treating with over-the-counter pain relievers and limiting her physical activity. Which delay in seeking care behavior is Sarah exhibiting?
- A. Appraisal delay
  - B. Illness delay
  - C. Utilization delay
  - D. None of the above

20. A 50-year-old female patient presents to a physiotherapy clinic with a history of chronic low back pain for the past 5 months. The pain is aggravated by prolonged sitting and lifting heavy objects. She has tried over-the-counter pain medications and heat therapy but has experienced limited relief. Which of the following benefits of seeking early physiotherapy care is most relevant to this patient's situation?
- A. Preventing complications from an acute injury
  - B. Improving mental health
  - C. Promoting healthy behaviors
  - D. Early diagnosis and treatment of a chronic condition
21. The Self-Regulatory Model of illness cognition suggests that patients' cognitive representations of their illness include beliefs about:
- A. Identity, cause, timeline, consequences, and cure/controllability
  - B. Only identity and cause
  - C. Only timeline and consequences
  - D. Only cure/controllability
22. Which of the following is NOT considered a perceived barrier to exercise adherence, as discussed in the passage?
- A. Forgetting to exercise
  - B. Lack of time
  - C. Pain during exercise
  - D. High self-efficacy
23. What is the primary focus of Psychoneuroimmunology (PNI)?
- A. The interaction between the central nervous system, immune system, and endocrine system
  - B. The study of psychological factors in physical health
  - C. The relationship between the brain and behavior
  - D. The role of genetics in disease
24. A patient with chronic back pain comes to a physiotherapist. The patient reports experiencing increased pain during stressful times, such as before important presentations or deadlines. Based on the patient's report, the physiotherapist suspects that stress may be contributing to the increased pain. The physiotherapist asks the patient to keep a pain diary to track pain levels and correlate them with stressful events. After reviewing the pain diary, the physiotherapist confirms that the patient's pain is indeed exacerbated during stressful periods. Which of the following strategies might the physiotherapist utilize to help the patient manage their pain and stress?
- A. Refer the patient to a psychologist
  - B. Recommend surgery
  - C. Teach relaxation techniques and stress management strategies
  - D. Advise the patient to avoid stressful situations

25. Which of the following is a key sociocultural factor that can influence a patient's understanding of health and illness?
- A. Genetic predisposition
  - B. Medical diagnosis
  - C. Cultural beliefs and values
  - D. Physical examination
26. Identify the type of screening aims to identify individuals at increased risk of developing a disease before they experience any symptoms?
- A. Systematic screening
  - B. Target screening
  - C. Opportunistic screening
  - D. Community based screening
27. A patient with chronic low back pain has been advised to exercise regularly as part of their rehabilitation plan. However, they report a lack of motivation to engage in physical activity. Which of the following is the most likely explanation for this patient's lack of motivation?
- A. Internal locus of control
  - B. External locus of control
  - C. Low self-esteem
  - D. Low pain tolerance
28. A patient with a history of smoking has been diagnosed with chronic obstructive pulmonary disease (COPD). Despite being aware of the detrimental effects of smoking, the patient continues to smoke occasionally, especially when stressed or socializing. The patient expresses a desire to quit smoking but has tried multiple times without success. Based on the Transtheoretical Model of Change, in which stage is the patient likely to be?
- A. Preparation stage
  - B. Pre-contemplation stage
  - C. Contemplation stage
  - D. Action stage
29. Which is the most helpful and most essential process to assist the above patient move from their current stage to the next stage
- A. Self-liberation
  - B. Conscious awareness
  - C. Helping relationships
  - D. Counter-Conditioning

30. What is the final component of illness perceptions according to the Self-regulatory model of illness cognition?
- A. The patient's beliefs about the cause of their illness
  - B. The patient's expectations about the duration of their illness
  - C. The patient's perceptions of the consequences of their illness
  - D. The patient's beliefs about the treatment options available

**Section 2 Attempt all the questions in this section**

31. List 2 advantages of health seeking behavior (2 Marks)
32. Explain the difference between illness perception and symptom perception (2 Marks)
33. Coping is divided into two, namely approach coping and avoidant coping. Discuss approach coping (6 Marks).
34. Discuss 3 factors that influence adherence of exercise (6 Marks)
35. Explain the cue for competition theory in context of symptom perception (4 Marks)

**Section 3- Choose and attempt one question in this section**

36. The Bangkok Charter for Health Promotion in a Globalized World explicitly links health promotion to social determinants of health. It emphasizes that addressing these determinants is crucial for achieving health equity and improving overall well-being. Outline the 10 social determinants of health and discuss them briefly (20 Marks)
37. A physiotherapy student is assigned to a patient with chronic low back pain. The patient has been prescribed a home exercise program but has been struggling to adhere to it. The patient has a low self-efficacy and believes the back pain is caused family in-fights about some family issues. As a result, the patient feel they are not in control about progression of the disease. The patient reports feeling overwhelmed by the exercises, unsure of their ability to perform them correctly, and experiencing increased pain after some of the movements. The student notices that the patient seems to be avoiding certain exercises and is expressing frustration and discouragement.

Applying the self-regulatory model on illness cognition, discuss how will the physiotherapy student assist the patient to improve on the adherence of exercise (20 Marks)