



**AMREF INTERNATIONAL UNIVERSITY**  
**SCHOOL OF MEDICAL SCIENCES**  
**DEPARTMENT OF REHABILITATIVE MEDICINE**  
**BACHELOR OF SCIENCE IN PHYSIOTHERAPY**  
**END OF JAN-APRIL 2024 SEMESTER EXAMINATIONS**

**UNIT CODE: PHT 216**

**UNIT NAME: WELLNESS AND HEALTH PROMOTION EXAM**

**DATE: 12<sup>TH</sup> APRIL 2024**

**TIME: TWO HOURS**

**START: 9:00 AM STOP: 11:00AM**

**INSTRUCTIONS**

1. Attempt all questions as per the instructions in each section
2. This exam is marked out of 70 marks
3. This Examination comprises of Sections A, B and C

## Section 1

1. The WHO definition of health emphasizes the importance of:
  - a) Focusing solely on physical health.
  - b) A holistic approach to well-being.
  - c) Defining health as the complete absence of any challenges.
  - d) Dependent solely on individual choices and behaviors.
  
2. Which of the following statements BEST defines health promotion?
  - a) Treating illnesses and injuries after they occur.
  - b) Focusing solely on physical well-being.
  - c) Empowering individuals and communities to improve their health.
  - d) Reacting to health problems once they arise.
  
3. Which of the following stages in the Trans Theoretical Model (TTM) describes someone who is seriously considering changing a behavior but hasn't taken action yet?
  - a) Precontemplation
  - b) Contemplation
  - c) Preparation
  - d) Action
  
4. A government program implements tax breaks for companies that ban smoking in public buildings and spaces. This program aligns with which action area of the Ottawa Charter?
  - a) Strengthening community action
  - b) Building healthy public policy
  - c) Developing personal skills
  - d) Creating supportive environments

5. Which of the following best describes the concept of "self-efficacy" in the context of health behavior change?
- a) An individual's belief in their ability to overcome challenges
  - b) The perceived ease or difficulty of performing a specific behavior
  - c) Identify the benefits of change
  - d) The potential benefits and drawbacks of engaging in a behavior
6. How can illness cognitions impact on health outcomes?
- a) They have no impact on health.
  - b) Negative cognitions can lead to poorer coping and health outcomes.
  - c) Positive cognitions can worsen the course of illness.
  - d) Only physical symptoms influence health outcomes.
7. An individual worries about the potential side effects of a recommended medication, making them hesitant to take it. This hesitation is most closely related to which concept of the Health Belief Model?
- a) Perceived susceptibility
  - b) Perceived severity
  - c) Perceived benefits
  - d) Perceived barriers
8. While physical inactivity refers to insufficient overall physical activity, sedentary behavior specifically focuses on prolonged periods of sitting or lying down with minimal movement.
- Which of the following factors can contribute to physical inactivity?
- a) Lack of access to safe green spaces
  - b) Lack of motivation or enjoyment of exercise
  - c) Time constraints
  - d) All of the above

9. The TTM can be used to design interventions that target specific stages of change. An intervention for someone in the precontemplation stage might focus on:
- a) Building skills for behavior change
  - b) Encouraging commitment to change
  - c) Raising awareness of the problem behavior
  - d) Increasing self-efficacy for change
10. From the scenario below choose the best that explains how do illness cognitions form?
- a) They are solely determined by a person's medical history.
  - b) They are influenced by a combination of factors, including personal experiences, the nature of symptoms, and cultural context.
  - c) They are only formed by what a doctor tells the patient.
  - d) They are irrelevant to coping with illness.
11. Compared to individuals with low health anxiety, those with high health anxiety are more likely to:
- a) Misinterpret normal bodily sensations as signs of illness
  - b) Seek reassurance from medical professionals
  - c) Downplay the severity of their symptoms
  - d) All of the above
12. What type of coping strategy involves directly addressing the source of a challenge, such as setting goals and taking action?
- a) Problem-focused
  - b) Emotion-focused
  - c) Meaning-making
  - d) Social support
13. A person experiencing a personal loss finds solace in attending religious services and spending time in prayer. This is an example of:
- a) Denial
  - b) Religious coping
  - c) Emotional suppression
  - d) Avoidance

14. Which of the following statements accurately reflects the role of family in health promotion?
- a) Families have limited impact on individual health outcomes.
  - b) Family influence is strongest during childhood and diminishes in adulthood.
  - c) Healthy family practices can create lifelong positive health habits for members.
  - d) Families with chronic illnesses are unable to promote overall health.
15. In the health iceberg phenomenon, the tip of the iceberg in the health context represents:
- a) Individuals who are undiagnosed with a health condition.
  - b) Individuals who have sought medical attention for a health condition.
  - c) Individuals who have been successfully treated for a health condition.
  - d) Individuals who have succumbed to a health condition.
16. Individuals with a high fear of illness may be more likely to experience which stage of symptom perception more intensely?
- a) Sensory detection
  - b) Interpretation
  - c) Attribution
  - d) Decision-making
17. Which of the following statements is NOT necessarily true about health seeking behaviour?
- a) It can involve seeking advice from friends or family.
  - b) It always involves visiting a doctor or healthcare professional.
  - c) It can help individuals make informed decisions about their health.
  - d) It will lead to more invasive medical procedures
18. 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

19. Gender is one of the factors that influences health seeking behavior. Compared to men, women are generally more likely to:
- Avoid seeking healthcare altogether.
  - Utilize preventive healthcare services.
  - Delay seeking treatment for serious illnesses.
  - Prioritize the health needs of others over their own.
20. An elderly woman feels increasingly short of breath and decides to schedule an appointment with her doctor. Identify the stage of health-seeking behavior of this elderly woman.
- illness stage
  - Appraisal delay stage
  - Utilization delay stage
  - Scheduling stage
21. Low level of physical activity is a barrier to adherence to exercise programs. Which of the following is NOT a strategy for improving patient adherence to exercise program?
- Providing explicit verbal instruction
  - Setting SMART goals with the patient
  - Giving positive feedback
  - Advocating for use of exercise diaries
22. When promoting healthy behaviors, it's important to:
- Use a one-size-fits-all approach for everyone.
  - Focus solely on the negative consequences of unhealthy choices.
  - Understand individual needs, preferences, and cultural backgrounds.
  - Emphasize solely the immediate benefits of healthy behaviors.
23. A patient expresses discomfort with a proposed treatment plan. The Health Care Professional (HCP) behavior should:
- Ignore the patient's concerns and proceed with the plan.
  - Explain the rationale behind the plan and address the patient's concerns.
  - Pressure the patient to accept the plan.
  - Delegate the communication to another HCP

24. Which of the following best describes the field of psychoneuroimmunology?
- a) The study of the immune system's response to cancer.
  - b) The study of the nervous system's role in regulating emotions.
  - c) The study of the interactions between the nervous system, the immune system, and the endocrine system.
  - d) The study of how psychological factors influence pain perception.
25. A healthy lifestyle that includes regular exercise, balanced diet, and adequate sleep is important for health promotion because it can help:
- a) Reduce the risk of chronic diseases.
  - b) Increase vulnerability to illness.
  - c) Weaken the immune system.
  - d) Make stress more manageable.
26. Sarah is a college student who has been feeling overwhelmed with academic stress and deadlines lately. She has noticed she's been getting sick more often, having trouble sleeping, and feeling generally drained. She wonders if her stress could be affecting her health. Based on this scenario, what might Sarah's stress be impacting?
- a) Both her mental and emotional well-being
  - b) Both her physical health and emotional
  - c) Both her mental and physical well-being
  - d) Neither her mental nor physical health
27. The following are the reasons that make immunization a corner stone of health promotion. Which one is NOT?
- a) Vaccines effectively prevent serious and potentially life-threatening illnesses.
  - b) Vaccines help in reducing the burden of illness on individuals and healthcare systems.
  - c) Vaccines are not 100% effective therefore, a high percentage of population need to be vaccinated for herd immunity to be achieved rendering them cost ineffective
  - d) When high levels of immunization are attained, it promotes health equity

28. A social worker visits a family caring for their terminally ill father at home. The family expresses difficulty managing his fatigue. Which health promotion strategy would be most beneficial?
- a) Prescribing stronger medications without patient education.
  - b) Recommending energy-conserving techniques and a sleep schedule.
  - c) Scheduling additional hospital admissions for stronger interventions.
  - d) Focusing solely on emotional support for the family.
29. Mrs. Jones is an 85-year-old woman who lives alone. She has recently experienced a decline in her mobility due to arthritis. Daily tasks like bathing and preparing meals have become difficult. When recommending assistive devices for Mrs. Jones, a health promotion professional should.
- a) Choose devices that completely high end to take over tasks for her
  - b) Opt for devices that maximize her ability to perform tasks independently.
  - c) Recommend devices without considering her specific needs and limitations.
  - d) Discourage the use of any assistive devices.
30. Physiotherapists play a key role in the delivery of Cognitive Behavior Therapy (CBT) for pain management. Which of the following is NOT a role of physiotherapist in CBT?
- a) Provide pain education
  - b) Assist patients develop coping strategy
  - c) Provide passive treatments to assist patient with pain and other symptoms
  - d) Teach relaxation techniques

## Section B

1. List 2 strategies that assist in improving help-seeking behaviors (2 Marks).
2. Coping strategies are behavioral and cognitive tactics used to manage crises, conditions. Outline 4 coping strategies (4 Marks).
3. According to competition for cue theory, how can attention to internal cues heighten the perception of chronic illness symptoms (4 Marks)?
4. Briefly explain how does accurate symptom perception contribute to effective health management in communities (5 Marks)
5. Mindfulness based interventions are some of the psychological interventions that are used in management of chronic pain and illnesses. Briefly explain the mechanism of mindfulness (5 Marks).

## Section C (attempt one question)

1. There exist several theoretical models for behavior change. Briefly explain each of the following models (20 Marks).
  - I. Health believe model
  - II. Theory of reasoned action
  - III. Theory of planned behavior
  - IV. Social cognitive theory
  - V. The transtheoretical theory
2. a) How do socioeconomic factors, like access to healthy food, healthcare, and safe neighborhoods, influence the spread and burden of diseases? (10 Marks)  
  
b) The World Health Organization (WHO) emphasizes disease screening as a cornerstone of health promotion in controlling spread of disease. Describe and discuss the five types of disease screening recommended by the WHO (10 Marks).