

Unit 3 Health Psychology – Summer Independent Learning 2025

Your SIL includes completing consolidation work on Health Psychology: Booklet 1 – Learning Aim A:

Please complete the listed tasks in the order they are presented in and use the checklist as a guide.

Task Number & Title	Description of Task	(✓/✗) Task Complete
	Answer the self-test questions on the separate handouts for Booklet 1 (Learning Aim A):	
Task 1: Self-Test Qs Learning Aim A1	A1 – Psychological Definitions of Health, ill health, addiction & stress (re-read content pg. 2-12)	
Task 2: Self-Test Qs Learning Aim A2	A2 – Psychological Approaches to health, wellbeing & illness (re-read pg.13-26)	
Task 3: Self-Test Qs Learning Aim A3	A3 – Theories of Stress, behavioural & physiological addiction (re-read pg.27-46)	



You will be expected to produce all of this work in your first lesson to your teacher upon your return to college in September as evidence of completion. Your first assessment will test this content.

CONTACT DETAILS

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Health Psychology: LA:A1 Self-Test Questions

A1 psychological definition of health and ill health, addiction and stress

Answer the following questions. Use the rating system to indicate your confidence. **GREEN** – not notes needed, very confident. **AMBER** – Some reference to notes was made but fairly confident with material.
RED – needed notes and not confident with this material.

1. Outline the biomedical definition of health	
2. Outline the biopsychosocial definition of health	
3. Outline health as a continuum as a definition of health	
4. Outline and explain Griffith's six components of addiction	<ol style="list-style-type: none">1.2.3.

	<p>4.</p> <p>5.</p> <p>6.</p>
5. STRESS – what is a stressor?	
6. What is physiological stress? Give an example?	
7. What is psychological stress? Give an example?	
8. How does the body respond to stress?	
9. What resources may people use to combat stress?	

Health Psychology: LA:A2 Self-Test Questions

A2: Psychological approaches to health, wellbeing and illness

Answer the following questions. Use the rating system to indicate your confidence. **GREEN** – not notes needed, very confident. **AMBER** – Some reference to notes was made but fairly confident with material. **RED** – needed notes and not confident with this material.

BIOLOGICAL INFLUENCES:

1. what is a genetic predisposition?

2. Give an example of a disorder that is inherited through genes

3. How can behaviour be caused by neurotransmitter imbalances (clue: link to a psychological disorder)

BEHAVIOURIST APPROACH

4. What are 'cues'?

5. Name some 'cues' that are associated with smoking

6. What is positive reinforcement?

7. What is negative reinforcement?

8. Explain how smoking can be explained through positive and negative reinforcement





9. What is 'incentivising behaviour'?	
10. Give an example of incentivising behaviour	
SOCIAL LEARNING APPROACH 10. What is a role model?	
11. How can role models be used to explain smoking OR gambling?	
COGNITIVE APPROACH 12. What is the self-medication hypothesis? How can this be used to explain why people may engage in unhealthy behaviours?	
13. What is cognitive dissonance?	
14. Explain how cognitive dissonance may explain why someone may continue to smoke	
15. What is confirmation bias?	



16. Explain how professional bias can be linked to drug addiction OR obesity



Health Psychology: LA:A3 Self-Test Questions

A3: Theories of stress, behavioural addiction and physiological addiction

Answer the following questions. Use the rating system to indicate your confidence. **GREEN** – not notes needed, very confident. **AMBER** – Some reference to notes was made but fairly confident with material. **RED** – needed notes and not confident with this material.

HEALTH BELIEF MODEL 1. Outline and explain the key aspects of the health belief model	
2. Evaluate the health belief model – use the full I, E, C structure	 
LOCUS OF CONTROL 3. Define locus of control	
4. Outline internal locus of control including traits of being internal and explain how this affects health behaviour	
5. Outline external locus of control including traits of being external and explain how this affects health behaviour	
6. Evaluate locus of control as theory of health behaviour, use the full I, E, C structure	 

7. THEORY OF PLANNED BEHAVIOUR Draw out the TOPB diagram	
8. Explain attitudes, subjective norms and perceived behavioural control according to TOPB	
9. Explain how ToPB is used to create a change using an example	
10. Evaluate TOPB	 
SELF EFFICACY 11. What is self-efficacy?	
12. Explain what would happen if you had a high self-efficacy	
13. Explain what would happen if you had a low self-efficacy	
14. Explain the four sources of self	

efficacy information:	
15. How could you use self-efficacy to explain someone recovering from alcohol addiction?	
16. Evaluate self-efficacy as a theory of health	 
TRANSTHEORETICAL MODEL 17. in the 1970s what was the transtheoretical model used for?	
18. Outline the 5 stages of behaviour change according to the transtheoretical model	1. 2. 3. 4. 5.

19. What are the stages of change and the likelihood of relapse?	
20. Evaluate the transtheoretical model	 