Unit 3 Health Psychology – Summer Independent Learning 2026

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
Task 1: Transtheoretical model of health Learning Aim A3	**Watch the linked video below. Complete your booklets between pages 42-46. You should complete the worksheet alongside the video to check your understanding** https://www.youtube.com/watch?v=Z8kvkBkyxnY	
Task 2: Self-Test Qs Learning Aim A1	**A1 – Psychological Definitions of Health, ill health, addiction & stress** (re-read content pg. 2-12)	
Task 3: Self-Test Qs Learning Aim A2	**A2 – Psychological Approaches to health, wellbeing & illness** (re-read pg.13-26)	
Task 4: 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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Transtheoretical Model Knowledge Check Worksheet

Section 1: True/False Statements

1. The transtheoretical model suggests behaviour change happens quickly and in one stage.
2. Precontemplation is the first stage of the transtheoretical model.
3. Contemplation involves no awareness of the need to change.
4. Maintenance involves sustaining behaviour change for more than six months.
5. The model was initially developed to help people stop drinking.
6. Self-efficacy plays a role in progressing through the stages.
7. In the preparation stage, individuals plan to change in the next 6 months.
8. The model originated in the 1990s.
9. Processes of change are strategies to support progression through stages.
10. Relapse is never part of the transtheoretical model.

Section 2: Multiple Choice Questions

1. Which stage is characterised by no intention to change?

   A. Contemplation

   B. Action

   C. Precontemplation

   D. Preparation

2. Which stage follows contemplation?

   A. Action

   B. Precontemplation

   C. Maintenance

   D. Preparation

3. What does 'cessation' mean?

   A. Continuing

   B. Stopping

   C. Pausing

   D. Repeating

4. The model was originally designed to help with quitting:

   A. Drinking

   B. Gambling

   C. Smoking

   D. Drugs

5. What phase involves putting plans into practice?

A. Preparation

B. Contemplation

C. Action

D. Maintenance

6. In maintenance, the behaviour change has lasted:

A. 1 week

B. 1 month

C. Over 6 months

D. 1 year

7. Which factor helps move through stages?

A. Self-doubt

B. Reluctance

C. Self-efficacy

D. Denial

8. The final and often unachieved stage is called:

A. Recovery

B. Stability

C. Relapse

D. Termination

9. What might trigger movement from precontemplation to contemplation?

A. Peer pressure

B. Health scare

C. TV advert

D. None of these

10. Relapse means:

A. Permanent recovery

B. Returning to old habits

C. Skipping stages

D. Going faster through stages

Section 3: Short Answer Questions

1. What is the key idea behind the transtheoretical model?

_____

_____

2. List the five main stages of the transtheoretical model.

_____

_____

3. What is meant by 'precontemplation'?

_____

_____

4. How long does the 'maintenance' stage typically last?

_____

_____

5. Why is the 'preparation' stage considered a behavioural stage?

_____

_____

6. What does 'decisional balance' refer to?

_____

_____

7. What is the purpose of self-efficacy in this model?

_____

_____

8. What might someone do in the action stage?

_____

_____

9. Why is relapse considered part of this model?

_____

_____

10. What is meant by the ‘termination’ stage?

_____

_____

Section 4: Gap Fill Activity

Complete the passage below using the correct terms from the jumbled list provided.

Jumbled Terms: 30, maintenance, plan, precontemplation, unhealthy, precontemplation, made, preparation, pros, relapse, six, termination, maintenance, contemplation, six, return

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The transtheoretical model consists of five stages: ___ _____, contemplation, _____, action, and _____. In the ___ - _____ stage, an individual is not even considering change. The _____ stage involves weighing up the _____ and cons of behaviour change. The preparation stage is when the person starts to _____ for change, typically intending to act within the next _____ days. In the action stage, the person has _____ changes to their behaviour within the last _____ months. _____ is when the behaviour change is sustained for more than ___ months. The model also acknowledges _____, where individuals _____ to their previous behaviour. Additionally, the model may include a _____ stage, where the person no longer feels tempted to return to the _____ behaviour.

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	1. 2.

	3. 4. 5. 6.
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	😊 ☹️