



**UNIVERSITI KUALA LUMPUR
ROYAL COLLEGE OF MEDICINE PERAK**

**FINAL EXAMINATION
MARCH SEMESTER 2026**

COURSE CODE : RXD23803
COURSE NAME : HEALTH PSYCHOLOGY
PROGRAMME NAME : DIPLOMA IN MEDICAL IMAGING
DATE : 2 JULY 2026
TIME : 9.00 A.M – 11.00 A.M
DURATION : 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. Please read **CAREFULLY** the instructions given in the question paper.
2. This question paper has information printed on both sides of the paper.
3. This question paper consists of **TWO (2)** section; Section A and Section B.
4. Answer **ALL** questions in Section A. For Section B, answer **THREE (3)** questions **ONLY**.
5. Please mark/write your answers on the OMR answer script or answer booklet provided.
6. Answer **ALL** questions in English language **ONLY**.

THERE ARE 8 PAGES OF QUESTIONS, EXCLUDING THIS PAGE.

SECTION A : MULTIPLE CHOICE QUESTIONS (Total: 25 marks)**INSTRUCTION: Answer ALL questions.****Please use the objective answer sheet provided.**

1. Which of the following are considered psychological factors?
 - I. Personality traits
 - II. Viral or bacterial infections
 - III. Emotional states
 - IV. Cultural beliefs about health

A. I, and III	C. I, II, and III
B. II, and IV	D. II, III, and IV
2. Recognise the previous 100 years health model replaced by the biopsychosocial model of health and illness.
 - A. Biology model
 - B. Biopsychosocial model
 - C. Psychological model
 - D. Spiritual model
3. Select the primary focus of psychosomatic medicine as a field within health psychology.
 - A. The interaction between mind and body in causing illness.
 - B. The study of supernatural causes of illness.
 - C. The surgical treatment of mental disorders.
 - D. The combination between psychology and somatic disorders.
4. Which is the best example of a chronic non-communicable disease.
 - A. Influenza
 - B. Rheumatoid arthritis
 - C. Tuberculosis
 - D. COVID-19

5. Identify the **CORRECT** statement regarding communicable disease.
- A. Communicable diseases are always fatal.
 - B. Communicable diseases can be transmitted from person to person.
 - C. Communicable diseases only affect children and young people.
 - D. Communicable diseases are caused by genetics and lifestyle.
6. **"A 25-year-old college student develops a high fever, sore throat, and body aches. She visits the campus health center, where a rapid test confirms influenza A. The doctor prescribes antiviral medication and advises rest and fluids. Within one week, her symptoms have completely resolved."**
- Select the characteristics accurately describe this illness:
- I. It is a chronic disease requiring lifelong management.
 - II. It is an acute disease with rapid onset and short duration.
 - III. It is a non-communicable disease caused by lifestyle factors.
 - IV. It is a communicable disease transmitted through respiratory droplets.
- A. I, and III
 - B. II, and IV
 - C. I, II, and III
 - D. II, III, and IV
7. Identify the concept of "sick role behavior" in health psychology.
- A. The stage where a person denies being ill and refuses to seek help.
 - B. The legal rights granted to terminally ill patients in a hospital setting.
 - C. The activities undertaken by ill individuals to get well.
 - D. The process by which doctors diagnose and treat diseases.
8. Select the sick role behavior characteristics:
- I. Ignoring symptoms to avoid disruption to daily life.
 - II. Having an obligation to get well.
 - III. Being exempted from normal social responsibilities.
 - IV. Seeking medical advice and treatment.
- A. I, and III
 - B. II, and IV
 - C. I, II, and III
 - D. II, III, and IV

9. **"A 45-year-old man has been experiencing chest pain and shortness of breath for three days. He decides not to visit a doctor because he believes the pain is just indigestion and does not want to worry his family. He also mentions that his father never visited doctors and believed "real men" handle pain."**

Recognise factors influencing health seeking behavior based on the scenario:

- I. Lack of financial ability to pay for treatment.
- II. Cultural beliefs about masculinity.
- III. Symptom interpretation.
- IV. Family influence and past behavioral patterns.

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| A. I, and III | C. I, II, and III |
| B. II, and IV | D. II, III, and IV |

10. Why men are more likely than women to delay or avoid seeking health care?

- A. Men have fewer health problems and therefore require less medical attention.
- B. Men face greater financial barriers to accessing health services.
- C. Men are biologically less susceptible to chronic diseases.
- D. Traditional masculine norms emphasize self-reliance.

11. Name the term that refers to the cumulative physiological wear and tear resulting from repeated cycles of chronic stress.

- A. Homeostasis
- B. Allostatic load
- C. Physical adaptation syndrome
- D. Psychoneuroimmunology

12. Which of the following are recognised as major sources of stress:

- I. Major life events such as death of a loved one or divorce.
- II. Genetic predisposition to anxiety disorders.
- III. Daily hassles such as traffic congestion and work deadlines.
- IV. Nutritional deficiencies.

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| A. I, and III | C. I, II, and III |
| B. II, and IV | D. II, III, and IV |

13. "A 35-year-old woman has recently been promoted to a managerial position at her company. She now works longer hours, has less time with her family, and feels overwhelmed by the new responsibilities. She decides to join a yoga class, practice deep breathing exercises before bed, and speaks with her supervisor about delegating some tasks to her team members."

Identify the problem-focused coping strategy demonstrated in this scenario.

- A. Relaxation techniques.
 - B. Practice deep breathing exercises before bed.
 - C. Delegating some tasks to her team members.
 - D. Yoga class.
14. Recognise the **CORRECT** mechanisms in the physiological response to an acute stressor:
- I. Hypothalamus activates the pituitary gland.
 - II. Activation of the para sympathetic nervous system.
 - III. Release of cortisol from the adrenal cortex.
 - IV. Release of dopamine and norepinephrine from the adrenal medulla.
- A. I, and III
 - B. II, and IV
 - C. I, II, and III
 - D. II, III, and IV
15. Identify the three stages of the general adaptation syndrome (GAS) as proposed by Hans Selye.
- A. Denial, anger, acceptance
 - B. Alarm, resistance, exhaustion
 - C. Primary appraisal, secondary appraisal, reappraisal
 - D. Threat, challenge, harm
16. Which of the following are considered effective coping strategies for managing stress?
- I. Denial and avoidance.
 - II. Problem-solving and planning.
 - III. Seeking social support.
 - IV. Cognitive reappraisal.
- A. I, and III
 - B. II, and IV
 - C. I, II, and III
 - D. II, III, and IV

17. Identify the fundamental principle underlying non-pharmacological approaches to chronic pain management.
- A. Complete elimination of pain through behavioral modification.
 - B. Restoration of function and quality of life despite the presence of pain.
 - C. Immediate cessation of all physical activity to prevent further injury.
 - D. Reliance solely on surgical interventions for long-term relief.
18. Identify opiate drug from the following options.
- A. Morphine
 - B. Cocaine
 - C. Diazepam
 - D. Marijuana
19. Identify the risk factors for drug abuse:
- I. Peer pressure and social environment.
 - II. Genetic predisposition and family history.
 - III. Early exposure to substance use.
 - IV. High self-esteem.
- A. I, and III
 - B. II, and IV
 - C. I, II, and III
 - D. II, III, and IV
20. Which is the most common short-term side effect associated with marijuana use?
- A. Increased immune system activity and loss of memory.
 - B. Consciousness impaired short-term memory and coordination.
 - C. Permanent cognitive decline with impaired vision.
 - D. Enhanced lung capacity with potentially cardiac arrest.
21. Which of the following are recognised as health consequences of passive smoking?
- I. Immediate reduction of lung function upon exposure.
 - II. Increased risk of sudden infant death syndrome in infants.
 - III. Higher incidence of respiratory infections and asthma in children.
 - IV. Increased risk of lung cancer.
- A. I, and III
 - B. II, and IV
 - C. I, II, and III
 - D. II, III, and IV

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SECTION B : MODIFIED ESSAY QUESTIONS (Total: 75 marks)

INSTRUCTION: This section consists of **FOUR (4)** modified essay questions (MEQ).

You are required to answer **ONLY THREE (3)** questions in the answer booklet provided.

Question 1

- (a) Explain health according to World Health Organization (WHO).
(5 marks)
- (b) Describe **FIVE (5)** fields of health psychology.
(10 marks)
- (c) Differentiate between acute and chronic pain by giving at least **TWO (2)** examples of each pain.
(10 marks)

Question 2

- (a) Analyse the escalating cost of medical care in the 20th centuries.
(10 marks)
- (b) Describe non-communicable disease with **FIVE (5)** examples.
(10 marks)
- (c) Identify **FIVE (5)** causes people get sick.
(5 marks)

Question 3

- (a) Explain how the diathesis-stress model is used in psychology. (10 marks)
- (b) Relate type 2 diabetes with stress. (5 marks)
- (c) Analyse the physiological process of stress in general adaptation syndrome (GAS). (10 marks)

Question 4

- (a) Describe the treatments for drug abuse. (10 marks)
- (b) Identify **FIVE (5)** stimulant type of drugs and its effects respectively. (10 marks)
- (c) Explain health consequences of smoking tobacco. (5 marks)

END OF EXAMINATION PAPER