



**SOLOMON ISLANDS NATIONAL UNIVERSITY**  
**School of Nursing and Allied Health Sciences**  
**Diploma of Public Health (Health Promotion)**

---

**HP 611 – INTRODUCTION TO BEHAVIOURAL  
SCIENCES & ENVIRONMENTAL HEALTH**

**FINAL EXAMINATION**

**SEMESTER 1, 2017**



**SOLOMON ISLANDS NATIONAL UNIVERSITY**  
**SCHOOL OF NURSING & ALLIED HEALTH SCIENCES**  
**DIPLOMA OF PUBLIC HEALTH (HEALTH PROMOTION)**

**HP 612 INTRODUCTION TO BEHAVIORAL SCIENCES AND ENVIRONMENTAL HEALTH**

**Final Examination, Semester 1 2017**

**TIME ALLOWED** : 9.00 – 12 pm (3 hours)  
**DATE** : 07<sup>th</sup> June, 2017  
**STARTING TIME** : 9:00am

**STUDENT NAME** : \_\_\_\_\_

**STUDENT ID** : \_\_\_\_\_

**TEST INSTRUCTIONS:**

1. You will be given 10 minutes to read the paper.
2. All questions are compulsory, and therefore you must attempt to answer them all.
3. All answers must be written on the answer sheet provided in exam venue.
4. Make sure to write clearly in pen or biro and not in pencil.
5. Write your full name & student ID in the answer sheet provided in the exam venue.
6. This examination paper should contain a total of 13 pages
7. This Examination is worth **50%** of your total assessment.

Section	Marks Allocated
Section A: Multiple Choice Questions	/ 10 Marks
Section B: Short Answer Questions	/ 65 Marks
Section C: Long Answer Questions	/ 40 Marks
<b>Total Marks</b>	<b>/ 115 Marks</b>

*~ All The Best ~*

*Each question/statement below contains five suggested answers. Circle the single best answer corresponding to each statement. Each question is worth one (1) mark.*

**1. What are the categories of illicit drugs?**

- a) *Opium , Morphine ,Codeine, alcohol and Marijuana*
- b) *Narcotic, Stimulants, Depressants, Hallucinogens and cannabis*
- c) *Betelnut, Hallucinogens, Stimulant, Alcohol and Marijuana*
- d) *None of the above*

**2. Secondary prevention can be best describe as:**

- a) *Minimize the consequences of disease or disorder*
- b) *Reduce the number of cases of disease*
- c) *Prevention of new cases of disease*
- d) *Referral to hospital and clinic for secondary care and treatment.*

**3. Holism, which is associated with the Biopsychosocial Model of illness states that:**

- a) *The mind and body are one entity and separate*
- b) *The body and mind are one*
- c) *The mind and the body can sometimes work together*
- d) *None of the above*

**4. Since the beginning of the twentieth century, illness patterns have changed. Which of the following statement is TRUE?**

- a) *Deaths caused by contagious disease have increased*
- b) *Deaths caused by non-contagious disease have decreased*
- c) *Deaths have increased because of better vaccines*
- d) *Deaths caused by contagious disease have decreased and non-contagious lifestyle disease such as cancer and heart disease have increased.*

**5. Which of the following statement is a good example for the lay concept of Health?**

- a) *Bio Medical and Biopsychosocial model*
- b) *Health despite disease*
- c) *Sick role and disease prevention*
- d) *Health promotion and health protection.*

**6. Which of the following statements is likely to results in an injury to the operator?**

- a) *Selecting the right tools for the job*
- b) *Wearing safety goggles and glasses*
- c) *Keep the fire exit clear at all times*
- d) *Using an electrical tool handle with worn-out cable*

**7. Three examples of physical hazards**

- a) *Virus, toxic metals, disease vectors*
- b) *Workplace injury, stress, bacteria*
- c) *Radiation, temperature, noise*
- d) *Noise, sports, workplace discrimination*

**8. Three Quarantinable diseases**

- a) *Malaria, pneumonia, flu*
- b) *Plague, Cholera, Smallpox*
- c) *Zika virus, HIV, epilepsy*
- d) *H1N1, Ebola, diarrhea,*

**9. What are two categories of legislations?**

- a) *A collective term for laws*
- b) *Refers to the Environmental health Act*
- c) *A Policy framework*
- d) *Primary and Subsidiary Legislations*

**10. List 4 different categories of pollution**

- a) *Air Particles Index (API), contaminated water, land pollution, noise*
- b) *Chemical, workplace hazard, ladder, sunlight*
- c) *Noise, pollutants, vector, rodents*
- d) *Biological, dengue, smog, effluent*

1. Explain the difference between, Illness and Disease. **(2 Marks)**

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

2. The biopsychosocial model represents a better alternative for dealing with lifestyle diseases. Describe the features of the biopsychosocial model. **(3 Marks)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. List and explain three (3) levels of Intervention. **(6 Marks)**

a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. List the five (5) theories for understanding how to Change Nutritional Behavior. **(5 Marks)**

(a) \_\_\_\_\_

(b) \_\_\_\_\_

(c) \_\_\_\_\_

(d) \_\_\_\_\_

(e) \_\_\_\_\_

5. List two (2) biological causes of obesity. **(2 Marks)**

(a) \_\_\_\_\_

(b) \_\_\_\_\_

6. State the major difference between Acute and Chronic stress. **( 2 Marks)**

(a) \_\_\_\_\_

\_\_\_\_\_

(b) \_\_\_\_\_

\_\_\_\_\_

7. List and explain the three (3) Models of Stress.

**(3 Marks)**

a) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. List and explain the four (4) categories of pain.

**(4 Marks)**

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

(d) \_\_\_\_\_  
\_\_\_\_\_

9. List and explain the four (4) characteristics of the Biomedical Model. **(4 Marks)**

(a) \_\_\_\_\_  
\_\_\_\_\_

(b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_  
\_\_\_\_\_

(d) \_\_\_\_\_  
\_\_\_\_\_

10. State one reason why Central obesity is a greater health risk than peripheral or lower abdominal fat. **(2 Marks)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. In your own understanding explain this statement: "*Traditional biomedical model of illness is dualistic, while the newer biopsychosocial model is holistic.*" **(4 Marks)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. Describe what is environmental health? **(1 Mark)**

\_\_\_\_\_  
\_\_\_\_\_



13. Explain what is Quarantine and its purpose (2 Marks)

---

---

---

14. Give two purpose of Legislation? (2 Marks)

---

---

---

15. What is a primary legislation and give an example. (2 Marks)

---

---

---

16. Why is development control very important in building hygiene and development of towns and cities? (2 Marks)

---

---

---

---

17. Define the term "Zoning"? (1 Mark)

---

---

---

18. State the source and health effects of Ozone. (2 Marks)

---

---

---

19. Draw a line or state the order to the following process of waste management to its most correct sequential order. **(5 Marks)**

- a) \_\_\_\_\_ Waste Transportation
- b) \_\_\_\_\_ Waste Generation
- c) \_\_\_\_\_ Final Waste Disposal
- d) \_\_\_\_\_ Waste Collection
- e) \_\_\_\_\_ Waste Storage

20. What is Organic waste and give an example on how we can manage this waste category. **(2 Marks)**

---

---

---

21. Explain why water is important to health and name the most common disease that can affect human from drinking contaminated water? **(2 Marks)**

---

---

---

22. Define the word sanitation and provide an example of its application? **(2 Marks)**

---

---

---

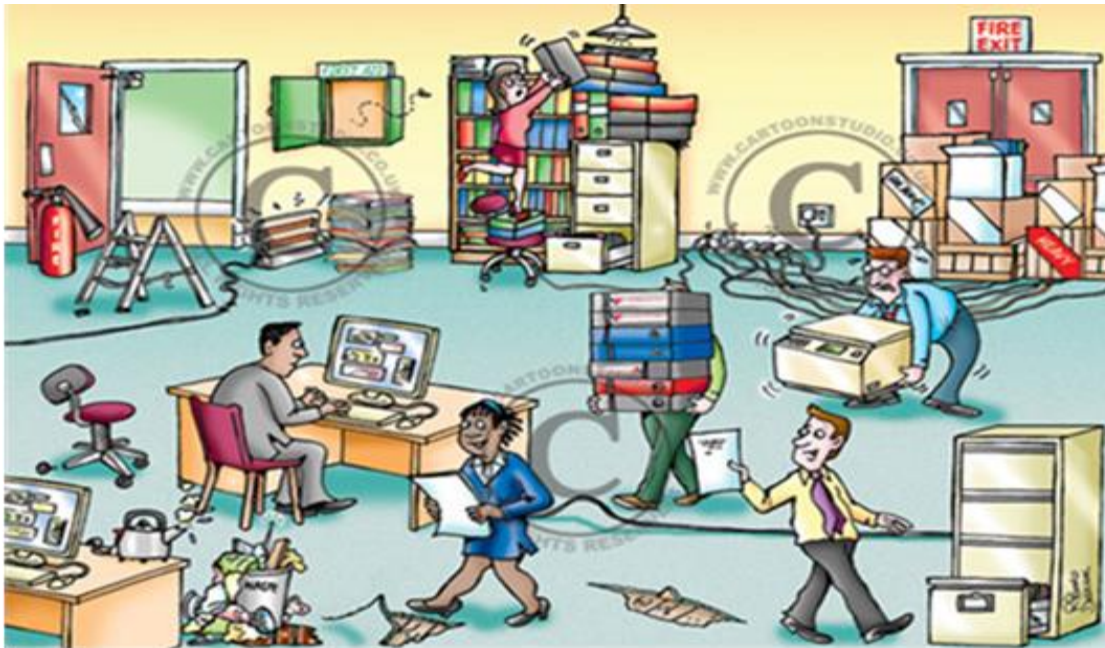
23. What do you understand about the term "Occupational Health and Safety? Explain. **(1 Marks)**

---

---

---

24. From the picture given below, identify and write down the four (4) hazards that can cause potential harm to the office workers. **(4 Marks)**



---

---

---

---

---

1. John is a 32 year old male studying Business at SINU, he came from a family of six children of which he is the second child in the family. His father was a smoker and consumes alcohol, so were all his brothers and sisters, it is a normal thing in their family and no one considered it as a bad practice. Sadly, two years before enrolling at SINU, his father passed away due to lung cancer, stroke and hypertension. This made John to think seriously about his health-related behaviors and how it would affect his future. He had been smoking for 12 years now and he knew it was bad for his health. He went to the nearest hospital and got counseling from the health promotion officer. Things were looking good, he had stopped smoking for the past one and half year now since he came to SINU. However, school holidays were coming up and he was worried about going home to family, they are all smokers and drinkers and he wondered what they would think of him, he is also scared he might fall back into his old habits to please his family. Is he going to make his stand, or is he going to do it again just to gain favor with brothers and uncles as a favourite past time?

Using the above scenario, discuss John's journey according to the five (5) stages of the **Transtheoretical Model of Change**. Indicate clearly what happens in each phase in relation to John's history. **(20 Marks)**

(a) \_\_\_\_\_

\_\_\_\_\_

(b) \_\_\_\_\_

\_\_\_\_\_

(c) \_\_\_\_\_

\_\_\_\_\_

(d) \_\_\_\_\_

\_\_\_\_\_

(e) \_\_\_\_\_

\_\_\_\_\_

2. According to the Global youth tobacco school survey (GYTS) 2009, which was conducted in the country for the school children age 13 to 15 years old, it was reported that 4 out of 10 student practice smoking behavior. It is also evident that most young people in the country practice the behavior of chewing Betel nut and cigarette smoking. Such behaviors will spoil or damage the health of our young generation. Please develop an interventional plan by using the different levels of **prevention** methods to curb smoking and betel-nut chewing among high school students. **(20 Marks)**

(a)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

(b)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

(c) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

~THE END~