

Health Psychology Essay Prompts

1. To what extent do biological, cognitive and sociocultural factors influence health-related behaviour?
2. Evaluate psychological research (that is, theories and/or studies) relevant to health psychology.
3. Describe stressors.
4. Discuss physiological, psychological and social aspects of stress.
5. Evaluate strategies for coping with stress (*for example, stress inoculation therapy, hardiness training, yoga and meditation*).
6. Explain factors related to the development of substance abuse or addictive behaviour.
7. Examine prevention strategies and treatments for substance abuse and addictive behaviour .
8. Discuss factors related to overeating and the development of obesity.
9. Discuss prevention strategies and treatments for overeating and obesity.
10. Examine models and theories of health promotion.
11. Discuss the effectiveness of health promotion strategies