Health Psychology

- 1. To what extent do biological, cognitive and sociocultural factors influence stress?
- 2. Evaluate psychological research (that is, theories and/or studies) relevant to health psychology.
- 3. Discuss ethical considerations.
- Discuss the influence of dispositional factors and/or health beliefs on healthrelated behaviour.
- 5. With the use of suitable examples, discuss prevalence rates of one or more health problems and associated health risks.
- 6. Discuss physiological, psychological and social aspects of addiction.
- 7. Discuss factors related to the development of substance abuse or stress related illnesses and protective factors.
- 8. Discuss models and theories of health promotion.
- 9. Evaluate the effectiveness of health promotion strategies