

**Multi-Choice Questions**

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<b>Question</b>	<b>Marks</b>	<b>Question type</b>
1	1	Multiple Choice
2	1	Multiple Choice
3	1	Multiple Choice
4	1	Multiple Choice
5	1	Multiple Choice
6	1	Multiple Choice
7	1	Multiple Choice
8	1	Multiple Choice
9	1	Multiple Choice
10	1	Multiple Choice

**Open-Ended Questions**














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<b>Question</b>	<b>Marks</b>	<b>Question type</b>
11	10	Essay
12	10	Essay

11 The **Health Belief Model (HBM)** is a psychological model that attempts to explain and predict health behaviors.

- Briefly explain the core constructs of the model (perceived susceptibility, severity, benefits, barriers, cues to action, and self-efficacy).
- Apply this model to the behavior of "**choosing to reduce red and processed meat consumption.**" Describe how at least three of these constructs might influence an individual's decision.
- Propose one public health strategy based on this model to encourage this change and specify if it is a **universal** or **targeted** intervention.

Write your answer in the box below. Changes are saved automatically.

Format | **B** | *I* | U |  $x_2$  |  $x^2$  |  $I_x$  |  |  |  |  |  |  |  |  |  |  |  |  |  $\Sigma$  | 

Words: 0

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Maximum marks: 10



## 12 Study Design and Confounding

A research team wants to investigate whether long-term exposure (over 15 years) to high sugar-sweetened beverage intake during adolescence is associated with the development of metabolic syndrome in adulthood.

- Argue for the choice of the **study design** (e.g., case-control, cohort study, ecological study, intervention study, etc.) that you consider most appropriate to answer this question.
- Briefly explain why **other types of study design** would be inappropriate or unfeasible for this specific research question.
- Identify at least **three specific confounding factors** the researchers must account for and **explain what a confounder is** and **why the ones you have chosen are relevant** in this context.

Write your answer in the box below. Changes are saved automatically.

Format | **B** | *I* | U |  $x_2$  |  $x^2$  |  $I_x$  |  |  |  |  |  |  |  |  |  | 

 |  $\Sigma$  | 

Words: 0

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Maximum marks: 10