

Portfolio Check: Health Psychology

Marks Awarded

Section A: Objective	SAQs	Yes	No	Point Value
1.1 SAQ	Describe stressors.			2
2.2 SAQ	Explain factors related to the development of substance abuse or addictive behavior.			2
	Stress			
1.2 EQ	Examine prevention strategies and treatments for substance abuse and addictive behavior.			3
1.3 EQ	Evaluate strategies for coping with stress (for example, stress inoculation therapy, hardiness training, yoga and meditation).			3
	Substance abuse, addictive behavior and obesity			
2.2 EQ	Examine prevention strategies and treatments for substance abuse and addictive.			3
2.3 EQ	Discuss factors related to overeating and the development of obesity.			3
2.4 EQ	Discuss prevention strategies and treatments for overeating and obesity.			3
	Health promotion			3
3.1 EQ	Examine models and theories of health promotion.			3
3.2 EQ	Discuss the effectiveness of health promotion strategies			3

_____/4 SAQ: Possible Marks/Total Marks

_____/24 Section B: Possible Marks/Total Marks

_____/28 **Total Marks**