

Exam question: Exam paper PSYC3501 – Health promotion and preventive work (2): Social and health psychology, spring 2022.

Context: Imagine that you are a municipality psychologist (*kommunepsykolog*) in Oslo. Together with colleagues from different health professional backgrounds, you have decided to apply for state funding for an intervention to overcome social isolation in newly arrived immigrants. You are in the early stages of this application and make a proposal to your team about measures and interventions that could be useful. When you write your answer, think about giving your colleagues a good basis for making decisions on which measures to prioritize in the proposal. Your colleagues have a health professional background, but they do not necessarily know the subject of psychology well. You must therefore explain psychological theory, concepts, etc. in your assignment.

Task: You must propose public health promotion measures/interventions aimed at overcoming social isolation in newly arrived immigrants. Explain one or several measures that you want to prioritize. The measure(s)/intervention(s) shall be aimed at newly arrived immigrants, and you are free to define the target group more narrowly (e.g., refugees, family migrants, economic migrants, etc.). You can rely on measures/interventions already designed by others, but please make sure to also include your own ideas and/or adjust them to the context of this task (e.g., the target group, the Norwegian context).

A good answer must respond to all items listed below (but not necessarily in this order):

- Who is in the target group for the intervention/measures?
- Brief description and relevance of the problem you want to help solve (make use of external statistics, e.g., SSB, WHO)
- Describe the measure(s)/intervention(s) that you are proposing. What theories, model(s) and/or therapeutic approaches/techniques are the measures/interventions based on? (You should choose measures/interventions that will allow you to respond meaningfully to this point.) Please state where you took them from or what approaches you were inspired by (make sure to include references!).
- Although you can use a measure/intervention that others have created, you cannot cut and paste someone else's description of the measure into the text — it is important that you use your own words!
- Is there empirical research that supports the measure(s)/intervention(s) you want to implement? Please provide (an) example(s).
- How can you reach your target group to participate in your measure(s)/intervention(s)?
- What do you think will be the biggest challenge(s) in implementing the measure(s)/intervention(s)? Justify/explain why you think so. It will count positively if you also suggest ways to tackle these challenges.

Tip: Make sure to use most of the space to describe the theory and empirical part rather than the background.

Scope and formal requirements:

Your answer must be no more than 2000 words. Please note that if you go beyond this word limit, we may only consider the first 2000 words for your grade. The word count does not include cover pages, references, tables or figures. The text should have an orderly and logical structure with a clear introduction (scope of the assignment, background/problem description and target group), main part (the measure(s)/intervention(s) with discussion) and a short conclusion/summary. The language should be academic and educational. References should follow the APA format, both in the text and in the reference list at the end. The assignment does not need to have an abstract and table of contents. You can write in Norwegian, Swedish, Danish, or English.

Beyond this, there are no strict requirements for the format. You can choose to only use the syllabus literature, but you are also free to use other literature. You are free to choose what you want to include in the answer, but the word limit means that you have to prioritize your ideas so that they fit (prioritization is part of the assignment). The goal is to show that you can professionally, coherently and independently reflect upon the theories and literature discussed during the semester and that you can apply them to a hypothetical real-life context.

Tip: If you struggle to stay within the word limit, and you have described several measures/interventions, consider cutting down on the number of measures/interventions you describe — it is usually better to discuss one or two measures thoroughly instead of discussing many superficially.

Potential resources for inspiration:

<https://www.ssb.no/>

<https://www.helsenorge.no/>

<https://flyktning.net/reisen/bosatt/psykososial-helse>

<https://www.fhi.no/en/hn/migration-health/>

https://www.who.int/health-topics/refugee-and-migrant-health#tab=tab_1

https://www.helsedirektoratet.no/rapporter/migrasjon-og-helse-utfordringer-og-utviklingstrekk/migrasjon-og-helse-utfordringer-og-utviklingstrekk.pdf/_/attachment/inline/15a61c2e-a811-43ed-b724-3db047892e57:d4b6121d03885b68078106cd79c5b0118574f2e7/migrasjon-og-helse-utfordringer-og-utviklingstrekk.pdf