Summer Examinations 2016

PSY302716N

Module title Psychology of Spirituality, Religion and Wellbeing
Level Six
Time Allowed Two hours

Instructions to students:

- Enter your student number **not** your name on all answer books.
- Answer **two** questions: **one** from **Section A** and **one** from **Section B**.
- The same material should not constitute a substantial part of more than one question.
- All questions are equally weighted.
- Begin each answer in a separate answer book; label each answer book clearly with the number of the question you are answering.
- Neither books nor notes may be taken into the examination.

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Section A

Answer one question.

1. In your view which two psychologists have contributed most to our understanding of the transpersonal/spiritual dimension of human experience and why?

2. Hartelius et al. (2007) identify 160 definitions of transpersonal psychology. Formulate your own definition, and show how this includes the three broad themes they identify in their paper.

3. To what extent is mindfulness meditation an effective strategy for enhancing psychological wellbeing?

End of Section A
Section B follows overleaf
Section B

Answer one question.

4. Critically trace the development of the notion of religiosity, starting with Gordon Allport’s notion of mature and immature religiosity.

5. Critically examine the notion of ‘spiritual emergency’. Your answer should address how to recognise it, clarifying the differences between spiritual emergency and psychosis.

6. Evaluate the impact that religious or spiritual practices can have on health and well-being.

End of Section B
End of Paper