

IB DP Psychology
Higher level
Paper 3 – resource booklet

The sources in this examination have been collated to assess the claim that motivation plays a role in the prevention or treatment of health problems.

Source 2

A sample of 60 adults diagnosed with Type 2 diabetes took part in a 10-week lifestyle intervention programme focusing on diet and exercise. Participants completed a self-report motivation scale at the start of the programme and were categorised as having either high motivation or low motivation.

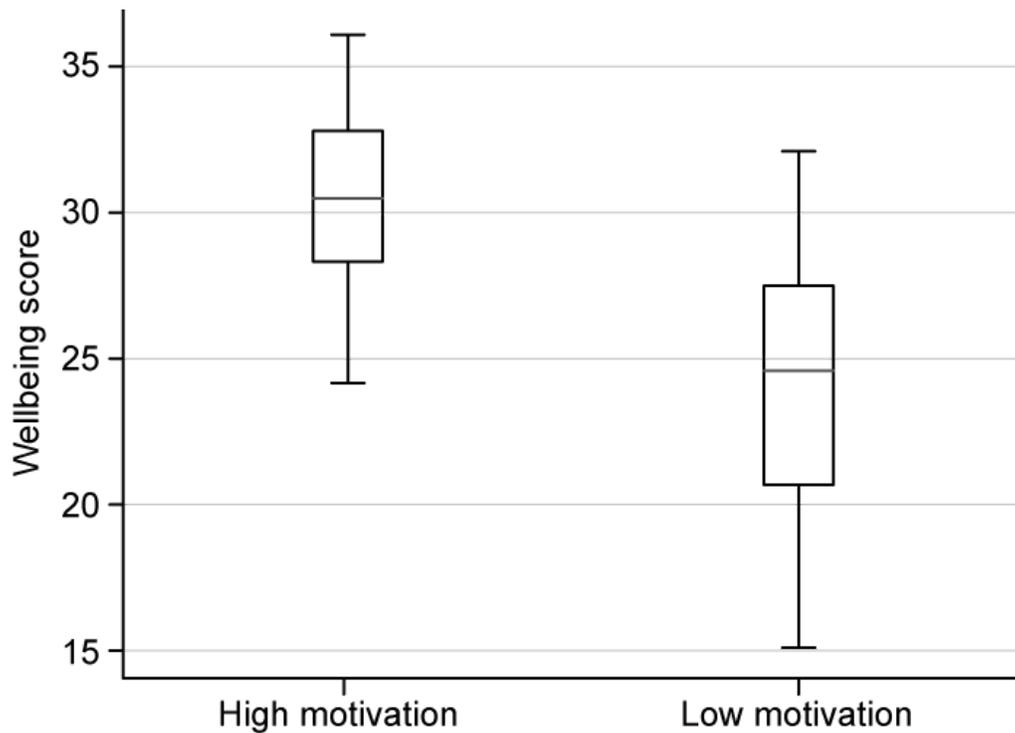
At the end of the programme, all participants completed a wellbeing questionnaire. The table shows mean wellbeing scores in relation to motivation level. Higher scores indicate better wellbeing.

Table 1: Wellbeing scores by motivation level

Motivation level	Mean score	Standard deviation
High motivation	31.2	4.1
Low motivation	24.6	5.3

A box and whisker plot in **Figure 2** is consistent with the data presented in **Table 1**.

Figure 2: Wellbeing scores by motivation level



Source 3

A public health researcher evaluated a school-based stress reduction campaign designed to improve adolescents' health and wellbeing by increasing motivation to use stress-management techniques (e.g. breathing exercises, sleep routines, mindfulness).

The researcher used non-participant observation during campaign workshops across four schools. Observations focused on levels of engagement, participation, and persistence with activities. Field notes were analysed using thematic analysis. The following themes were identified:

- Students were more engaged when activities were presented as personally useful rather than compulsory
- Messages that supported student autonomy, such as encouraging personal choice, increased persistence
- Visible peer engagement increased motivation to participate
- Some students disengaged when the campaign was framed around exam pressure rather than wellbeing

Source 4

A correlational study investigated the relationship between motivation for healthy eating and mental wellbeing in university students. Participants completed a motivation questionnaire and a validated mental wellbeing scale. The results are shown in **Table 2**.

Table 2: Correlation coefficients between motivation and wellbeing variables

Variable	Correlation coefficient
Intrinsic motivation & wellbeing	0.72
Extrinsic motivation & wellbeing	0.38
Amotivation & wellbeing	-0.61

Source 5

Figure 3 shows scores on a wellbeing scale in relation to hours per week spent engaging in health-promoting activities (e.g. exercise, mindfulness). Higher scores indicate better wellbeing.

Figure 3: Wellbeing scores by hours spent in health-promoting activities

