



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF AGRICULTURE, ENVIRONMENT AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

THIRD YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (PUBLIC HEALTH)

HPH 304: MENTAL HEALTH

DATE: _____

TIME: _____

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

- This section has one question
- The question is compulsory
- The question is 30 marks

QUESTION ONE (COMPULSORY) (30 MARKS)

- Differentiate between avoidance and intrusion in PTSD (3 marks)
- Highlight and differentiate the three theories of mental health (3 marks)
- Describe the “problem point” within the mental health continuum (3 marks)
- Highlight the DSM 5 criteria for identification of major depressive disorder (3 marks)
- List six (6) physical signs of phobia (3 marks)
- Differentiate between mania and hypomania in mood disorders (3 marks)
- Highlight the key characteristics of psychosis (3 marks)
- Identify three (3) risk factors for development of Autism in children (3 marks)
- Identify three (3) types of Schizophrenia (3 marks)

- j) Differentiate between Anxiety and Social Anxiety disorder (3 marks)

SECTION B: ANSWER ANY TWO QUESTIONS. EACH QUESTION CONTAINS 20 MARKS

- This section has four (4) questions
- Answer any two (2) questions
- Each question is 20 marks

QUESTION TWO (20 MARKS)

- a) Discuss the biopsychosocial model in the development of mental disorders. (10 marks)
- b) Mental health counseling uses psychotherapy. Describe this approach (10 marks)

QUESTION THREE (20 MARKS)

- a) Discuss the barriers to mental health care and treatment in Kenya (10 marks)
- b) Kenya has reported increased cases of suicides across all age groups. Describe the symptoms and risk factors associated with suicides among university students (10 marks)

QUESTION FOUR (20 MARKS)

- a) The reproductive period can heighten mental illnesses in women. Describe any three (3) reproductive events disorders that are likely to occur in women (12 marks)
- b) The family has a role to play in the recovery of mental health patients, expound (8 marks)

QUESTION FIVE (20 MARKS)

- a) The DSM-5 criteria states that there is evidence to suggest that mental illness is influenced by cultural and ethnic factors. Discuss the cultural beliefs and myths associated with mental illnesses in your community (10 marks)
- b) Describe the general symptoms and signs of a mental disorder (10 marks)