



MACHAKOS UNIVERSITY

University Examinations 2017/2018

SCHOOL OF HUMANITIES AND SOCIAL SCIENCE

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR BACHELOR OF ARTS

APS 409: LIFESTYLE DISEASES AND REHABILITATION

DATE: 4/12/2017

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Discuss the following terms :
- i. Adherence (5 marks)
 - ii. Disclosure (5 marks)
- b) Describe five coping strategies used by people with HIV infection. (10 marks)
- c) Analyse five professionals that would assist a patient with a chronic illness. (10 marks)

QUESTION TWO (20 MARKS)

Joan has recently been diagnosed with cancer.

- a) Describe emotional responses she is likely to undergo. (10 marks)
- b) Discuss five psychological interventions that would assist her. (10 marks)

QUESTION THREE (20 MARKS)

Discuss five stages of change as postulated in Trans theoretical Model of Behaviour Change.

(20 marks)

QUESTION FOUR (20 MARKS)

- a) Explain five possible causes of hypertension. (10 marks)
- b) Discuss two main eating disorders and their possible interventions. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the significance of social support provision to patients with terminal illness. (10 marks)
- b) Discuss five risks associated with obesity. (10 marks)