



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 409: LIFESTYLE DISEASES AND REHABILITATION

DATE: 7/5/2019

TIME: 2.30-4.30 PM

INSTRUCTIONS

Answer Question One and any other Two Questions

QUESTION ONE (30 MARKS) (COMPULSORY)

- a) Define the following terms as used in psychology. (10 marks)
- i. Lifestyle
 - ii. Lifestyle diseases
 - iii. Chronic diseases
 - iv. Alcoholism
 - v. Substance abuse
- b) Describe four characteristics of Non communicable diseases (NCDs) (8 marks)
- c) Describe four chronic problems that are caused by heavy long-term drinking. (4 marks)
- d) Explain the following concepts as used in psychology. (8 marks)
- i. Suggestibility
 - ii. Gullibility
 - iii. Perseveration
 - iv. Bulimia

QUESTION TWO (20 MARKS)

- a) Discuss five major causes of non-communicable diseases. (10 marks)
- b) Analyze five consequences of youth substance abuse. (10 marks)

QUESTION THREE (20 MARKS)

- a) Citing relevant examples, appraise three major causes of NCDs. (15 marks)
- b) Highlight five symptoms of Post-Traumatic Stress Disorder (PTSD). (5 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss Acute Stress Disorder (ASD) Diagnostic Criteria. (10 marks)
- b) Describe five steps of anger management. (5 marks)
- c) Explain five causes of increased appetite. (5 marks)

QUESTION FIVE (20 MARKS)

Citing relevant examples, discuss the major symptoms of four Impulse Control Disorders according to the DSM 5. (20 marks)