

**MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY**

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**University Examinations 2013/2014**

THIRD YEAR, SUPPLEMENTARY/SPECIAL EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN PUBLIC HEALTH

**HPP 3355: MENTAL HEALTH**

**DATE: OCTOBER, 2015 TIME: 2 HOURS**

**INSTRUCTIONS:** *Answer all question* ***Section A*** *and* ***two*** *questions in* ***Section B***

**SECTION A**

**QUESTION ONE – 30 MARKS**

1. Explain the meaning of the following terms;
2. Mental Health (2 Marks)
3. Delusions (2 Marks)
4. Phobias (2 Marks)
5. State four criteria that should be used to assess whether a client has insight. (4 Marks)
6. Explain five primary health care preventive interventions that a Public Health officer should implement at the community level. (5 Marks)
7. Explain the complexity of causes of mental illness. (2 Marks)
8. Discuss the application of biopsychosocial model in management of mental illness. (5 Marks)
9. Explain why childhood history is important while assessing an adult. (3 Marks)
10. State five types of hallucinations. (5 Marks)

**QUESTION TWO (20 MARKS)**

1. Explain the meaning of the term psychotherapy. (2 Marks)
2. Explain five common features of psychotherapy. (5 Marks)
3. State three unwanted effects of psychotherapy. (3 Marks)
4. Discuss two techniques that can be applied during behaviour therapy. (10 Marks)

**QUESTION THREE (20 MARKS)**

‘Our problems are caused by our perceptions of life and our thoughts”

1. Discuss the application of the above statement in cognitive behaviour therapy. (10 Marks)
2. Discuss the use of occupational therapy in management of patients with mental illness. (10 Marks)

**QUESTION FOUR (20 MARKS)**

Meru town has observed an increase in the number of street children.

1. Explain two ways that the homeless people can gain access to mental health services. (4 Marks)
2. Discuss how poverty affect their mental health. (4 Marks)
3. Discuss mental health strategies that should be put in place for children, family and schools to eradicate the problem of street children. (12 Marks)