



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2016/2017

**FIRST YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DEGREE OF MASTER OF PUBLIC HEALTH
IN EPIDEMIOLOGY AND POPULATION HEALTH**

CITY CAMPUS

PHP 823: HEALTH PSYCHOLOGY AND COUNSELING

Date: 3rd July 2017

Time: 9.00 - 12.00pm

INSTRUCTIONS:

- Answer ALL Questions in section A and Question ONE and any other ONE in section B.
- Read very carefully the additional instructions preceding each section
- Observe carefully further instructions on the cover of answer booklets.

SECTION A
SHORT ANSWER QUESTIONS (SAQ's) – 30 MARKS

Instructions:

1. This section has **three (3)** questions.
2. Answer **ALL** the **three (3)** questions.
3. Each question carries ten (**10**) marks.

- SAQ 1(a) Explain any **two (2)** issues that health psychology deals with. (2 marks)
- (b) Using examples describe how non verbal behaviour can play an important role during counselling sessions. (8 marks)
- SAQ 2(a) Describe **three (3)** important qualities that a counsellor should have according to Carl Rogers. (3 marks)
- (b) Active listening is a very important skill in counselling. Using examples explain **four (4)** types of inadequate listening. (4 marks)
- (c) Discuss **three (3)** situations in which summaries can be used. (3 marks)
- SAQ 3(a) Explain how the self concept of your client would change after being diagnosed as HIV positive. (6 marks)
- (b) Explain Albert Ellis personality theory. (4 marks)

SECTION B

LONG ESSAY QUESTIONS (LEQ's) – 30 MARKS

Instructions:

1. This section has three (3) questions.
2. Answer two (2) questions.
3. Question ONE is COMPULSORY.
4. Each question carries fifteen (15) marks.

LEQ 1. Using an example in each case discuss **five (5)** ethical issues that you might face during counselling sessions. Suggest possible solutions that you would employ.

(15 marks)

LEQ 2 Your client has been diagnosed as obese . As a health counsellor state the information you would give the client regarding the:-

- (a) causes of this condition (5 marks)
- (b) signs and symptoms of this condition (5 marks)
- (b) health implications of this condition (5 marks)

LEQ 3. (a) Your client has been diagnosed with a terminal illness. Explain **five (5)** needs of the terminally ill. (5 marks)

(b) Define grief and explain how you would lead a client through William Worden's four tasks of grief. (5 marks)

(c) Explain **five (5)** types of grief according to Parkes. (5 marks)