



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF HEALTH AND PSYCHOLOGY  
ADVANCED DIPLOMA IN MENTAL HEALTH PRACTICE  
END OF JANUARY-APRIL 2023 SEMESTER EXAMINATIONS**

**UNIT CODE:** ADMH108  
**UNIT TITLE:** Mental Health Awareness, Advocacy & Lobbying  
**DATE:** Monday, 14/04/2023  
**TIME:** 2 HOURS      **START** 9:00      **FINISH** 11:00PM

**INSTRUCTIONS**

1. This exam will be marked **out of 60 Marks**
2. ALL questions are compulsory.
3. The examination has two sections: Section A and Section B
4. Answer all questions in the ANSWER BOOKLET provided
5. Do Not write anything on the question paper
6. Use the back of your booklet for rough work if need be.

*Read carefully additional instructions preceding each section*

**SECTION A: SHORT ANSWER QUESTIONS (20 MARKS)****Q.1.**

- a) Define the following terms
- i) Advocate (2 marks)
  - ii) Stigma (2 marks)
- b) State two advantages of collaboration in advocacy (2 marks)
- c) State three levels of advocacy (3 marks)
- d) Outline three key elements in a message (3 marks)
- e) Highlight three approaches to advocacy (3 marks)
- f) Mention three aims for mental health advocacy in day-to-day practice (3marks)
- g) Expalin two points on the importance of planning in advocacy (2 marks)

**SECTION B: LONG EASY QUESTIONS (40 MARKS)****Q2.**

- a) Discuss 5 barriers to mental health. (10 marks)
- b) Use a problem tree technique to analyze substance use disorder (10 marks)

**Q3.**

- a) Discuss three advocacy strategies (6 marks)
- b) Explain three ways of combating stigma associated with mental health. (6 marks)
- c) Discuss ways in which culture impacts psychopathology (8 marks)