



**UNIVERSITY EXAMINATIONS**  
**SCHOOL OF MEDICAL SCIENCES**  
**DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES**  
**AUGUST 2025 SEMESTER EXAMINATION**  
**ADVANCED DIPLOMA IN APPLIED MENTAL HEALTH PRACTICE**  
**COURSE CODE AND TITLE: ADMH104- THEORETICAL APPROACHES TO**  
**THERAPY & PRACTICUM**

**DATE: -MONDAY 11TH AUGUST 2025**

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

**INSTRUCTIONS**

1. Write your University registration number on every booklet that you use
2. This exam is out of 60 marks
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

**SECTION A: SHORT ANSWER QUESTIONS (20 MARKS)**

**Q.1.**

- a) List down three counselling theories. (3 marks)
- b) Mention three regions in a psychoanalytic mind (3 marks)
- c) State three components of total behaviour as stipulated by Glaser (3 marks)
- d) Give three characteristics of ego defence mechanisms (3 marks)
- e) State three cognitive distortions (3 marks)
- f) List down three core conditions necessary for an effective therapist in person-centred therapy (3 marks)
- g) Mention two phases in the process of behaviour change (2 marks)

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

**Q2**

James, is a 18-year-old high school student. He is in form four and was suspended from school after he was caught smoking marijuana in the dormitory in the company of his 2 friends. He believes that he is overweight hence ugly. His peers at home introduced him to bang six months ago while attending a football match. James is the first-born, has two other siblings, and demands that they should respect him. This has resulted to constant conflicts and animosity in the family. In 2023, his father divorced his mother who does menial jobs to sustain the family. He believes that he must smoke bang in order to be accepted by his friends. His academic performance has been deteriorating from A minus to C plus. James' mother and grandfather are overly concerned over his deteriorating academic performance and frequent anger outbursts displayed at home and in school. James loves playing football and is a member of football team both in school and in his church. His mother and grandfather have been supportive. He desires to change in order to support his family.

- a) Identify two irrational beliefs as reflected by James. (2 marks)
- b) What problems or issues can you identify from James? (3 marks)
- c) Write down James's Case Formulation (5 marks)
- d) Describe how you would use ABCDE Model to help James. (10 marks)

**Q3.**

- a) Explain two levels of a psychoanalytic mind as discussed by Sigmund Freud. (4 marks)
- b) Discuss two components/steps in the process of disputing irrational beliefs. (4 marks)
- c) Discuss any three techniques in cognitive behaviour therapy. (6 marks)
- d) Describe three interpersonal conflicts as stipulated in interpersonal therapy (IPT) (6 marks)

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