



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
DIPLOMA IN COMMUNITY HEALTH
END OF SEMESTER EXAMINATION DECEMBER 2025

UNIT CODE: 127 **UNIT NAME:** Introduction to Community Psychology
DATE: 11TH December, 2025
TIME: **Two Hours**

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (20 marks)
Section B: Long Answer Questions (40 marks)

SECTION A: COMPULSORY (20 Marks)

Short Answer Questions

1. Define the terms:
 - a. Community Psychology. (2 marks)
 - b. Social Change. (2 marks)
2. State **four** goals of community psychology. (4 marks)
3. Mention **two** key values of community psychology. (2 marks)
4. Highlight the **three** levels of prevention in community health. (3 marks)
5. List **four** examples of stressful life events that may lead to a crisis. (4 marks)
6. State **two** roles of a community psychologist. (3 marks)

SECTION B

ANSWER ANY TWO (2) QUESTIONS (40 Marks)

7. A public health officer is training community health promoters on principles guiding effective community interventions.
 - a. Discuss the **five** values and guiding principles of community psychology and their relevance in practice. (10 marks)
 - b. Describe **five** characteristics of a community. (10 marks)
8. Equality aims for a balance where everyone has the same advantages by ensuring that resources, opportunities, and rights are distributed fairly among all individuals, regardless of their background or circumstances.
 - a. Explain **six** ways in which health inequalities impact individuals and communities. (12 marks)
 - b. Discuss **four** ways empowerment and community development contribute to positive social change. (8 marks)
9. A community organization in Nairobi is developing programs to enhance social support and cooperation among residents. They want to integrate the concept of “sense of community”.
 - a. Describe the four ways community psychologists measure a sense of community by assessing. (8 marks)
 - b. Explain **six** importance of the “sense of a community” in promoting community well-being. (12 marks)