



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
BACHELOR OF SCIENCE IN COMMUNITY HEALTH
END OF SEMESTER EXAMINATION APRIL 2025

UNIT CODE: CHP 324 **UNIT NAME: MENTAL HEALTH**
DATE: April 2025
TIME: TWO Hours **Start:** **Finish**

INSTRUCTIONS

1. This exam is marked out of 70 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (30 marks)
Section B: Long Answer Questions (40 marks)

SECTION A: (30 MARKS) Answer all questions in this section

1. Define the following **Terms** as used in mental health;
 - a) Mental health, **(2 Marks)**
 - b) Mental disorders **(2 Marks)**
 - c) Behavior **(2 Marks)**
2. State any **Four** symptoms of a patient with depression disorder **(4 Marks)**
3. Highlight any **Five** ways in management of mental issues. **(5 Marks)**

4. List any **Five** types of substances common in Kenya **(5 Marks)**
5. Outline any **Five** causes of mental health problems **(5 Mark)**
6. State any **Five** warning signs of suicide **(5 Mark)**

SECTION B: (40 MARKS) Answer Any TWO (2) Questions

7. Describe any **Five** strategies of promoting mental health and behavior **(20 Marks)**
8. Analysis any **Five** impact of poor mental health **(20 Marks)**
9. Discuss any **Five** health effects of using alcohol. **(20 Marks)**
10. Explain any **Five** roles of family, household and community in addressing mental health **(20 Marks)**
11. Examine the **Five-steps** of action plan in providing Mental Health First Aid. **(20 Marks)**