



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
BACHELOR OF SCIENCE IN COMMUNITY HEALTH PRACTICE
END OF MAY-AUGUST 2024 SEMESTER EXAMINATIONS**

UNIT CODE: CHP 324

UNIT NAME: MENTAL HEALTH

DATE: TUESDAY 6TH AUGUST 2024

TIME: TWO HOURS

START: 4.30 PM **STOP:** 6.30PM

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)
3. This online exam shall take TWO Hours
4. All questions in Section A are compulsory and Answer any TWO questions in Section B

SECTION A: COMPULSORY (30 MARKS)

1. Define the term “psychiatric illness” in relation to mental health. (2 marks)
2. State four components of positive psychological capital. (4 marks)
3. Outline FOUR ways in which substance use impact on the mental health of an individual. (4 marks)
4. Highlight FIVE possible outcomes associated with untreated mental health conditions. (5 marks)
5. Outline FIVE ways of promoting your psychological and emotional wellbeing. (5 marks)
6. Identify FOUR roles that parents can play in creating a supportive environment for a child with mental health concerns. (4 marks)
7. Outline FOUR functions of the Kenya Board of Mental Health Board (4 marks)
8. Identify TWO common side effects associated with biomedical treatment for mental illnesses. (2 marks)

SECTION B: ANSWER ANY TWO (2) QUESTIONS - TOTAL 40 MARKS

9. a) Emily is an undergraduate student who maintains a positive outlook on life despite the academic challenges she is facing. Discuss FIVE characteristics of positive mental health that Emily may be displaying. (10 Marks)
b). Describe FIVE initiatives aimed at improving mental health in your community. (10 Marks)
10. a) Zimorah, a 32-year-old accountant has been experiencing symptoms of major depressive disorder for the past several months. She has been struggling with persistent feelings of sadness, loss of interest in activities she once enjoyed, fatigue and difficulty concentrating at work. (10 Marks)
b). Discuss FIVE risk factors that may have contributed to the development of Zimorah’s state of poor mental health. (10 Marks)
11. Aetiology of mental disorders is associated with many factors. Distinguish between social and biological factors that explain aetiology of mental disorders. (20 Marks)
12. a) Citing FIVE relevant examples, discuss how lifestyle choices can mitigate the effects of mental health on physical health. (10 marks)
b) Using relevant examples, examine THREE ways of measuring prevalence of a given mental disorder. (10 Marks)