



AMREF INTERNATIONAL UNIVERSITY
University Examinations
School of Medical Sciences
Department of Nursing and Midwifery Sciences
End of January -April 2025 Semester Examination
Advanced Diploma in Applied Mental Health Practice

COURSE TITLE AND COURSE CODE: ADMHP108- Mental Health Awareness, Advocacy & Lobbying

DATE: 7-APRIL-2025

Duration: 2 HOURS

Start: 4:30 PM

Finish: 6:30 PM

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 I: SHORT ANSWER QUESTIONS (20 MARKS)

Q.1.

- a) Define the following terms;
- i) Stigma (2 marks)
 - ii) Advocacy (2 marks)
- b) State TWO (2) elements of stigma. (2 marks)
- c) List down TWO (2) advocacy methods. (2 marks)
- d) State THREE (3) actions associated with advocacy. (3 marks)
- e) Outline THREE (3) key elements in a message. (3 marks)
- f) List down THREE (3) levels of advocacy. (3 marks)
- g) Mention THREE (3) aims for mental health advocacy (3marks)

SECTION II: LONG EASY QUESTIONS (40 MARKS)

Q2.

- a) Discuss TWO (2) types of stigma. (4 marks)
- b) Explain TWO (2) components of culture. (4 marks)
- c) Examine THREE (3) ways in which culture impacts mental health (6 marks)
- d) Explain THREE (3) importance of planning in advocacy. (6 marks)

Q3.

- a) Use a problem-tree technique to analyze alcohol use disorder. (8 marks)
- b) Explain THREE (3) ways of combating stigma associated with mental health. (6 marks)
- c) Analyze THREE (3) barriers to mental health. (6 marks)