



**AMREF INTERNATIONAL TRAINING CENTER
END OF SEMESTER EXAMINATION AUGUST 2026**

QUALIFICATION: COUNSELLING PSYCHOLOGY LEVEL 6

UNIT CODE: HW/CU/CP/CR/10/6/MA

UNIT TITLE: MENTAL ILLNESSES COUNSELLING

SEMESTER: MAY-AUGUST, 2026

CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B.
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of **THREE (3)** printed pages*

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A: SHORT ANSWER QUESTIONS (40 MARKS)

Answer all questions in this section

1. Define the following terms:
 - a) Mental health (2 Marks)
 - b) Mental illness (2 Marks)
 - c) Deviant behavior (2 Marks)
 - d) Psychology (2 Marks)
2. State four characteristics of a mentally healthy person. (4 Marks)
3. Identify four factors that influence mental health. (4 Marks)
4. Outline four signs and symptoms of mental illness. (4 Marks)
5. State four causes of mental illnesses. (4 Marks)
6. Name four major theories of mental illness. (4 Marks)
7. Highlight four factors to consider when preparing a mental illnesses counselling venue. (4 Marks)
8. Differentiate between DSM-5-TR and ICD as mental illness assessment tools. (4 Marks)
9. State four uses of mental illness assessment tools. (4 Marks)

SECTION B: STRUCTURED QUESTIONS (60 MARKS)

Answer ANY SIX (6) questions.

10. *A 24-year-old university student reports persistent sadness, loss of interest in daily activities, poor concentration, sleep disturbances, and feelings of hopelessness for the past three months.*
 - a) Identify the likely mental health condition. (2 Marks)
 - b) Explain the counselling assessment process you would undertake. (4 Marks)
 - c) Develop a brief treatment plan for the client. (4 Marks)

11. You are counselling a client who has shown significant improvement and achieved most of the counselling goals.
- a) Explain the process of terminating the counselling relationship ethically. (5 Marks)
 - b) Discuss the importance of continuum of care after termination. (5 Marks)
12. Mental illness counselling requires proper documentation and evaluation.
- a) Explain the importance of documenting counselling records. (5 Marks)
 - b) Discuss the **Five** different types of evaluation used in mental illnesses counselling. (5 Marks)
13. Discuss the **Five** importance of establishing rapport during mental illnesses counselling. (10 Marks)
14. Explain the **Five** process of administering mental illness assessment tools in counselling practice. (10 Marks)
15. Describe the **Five** characteristics of a good therapeutic relationship. (10 Marks)
16. Discuss the **Five** different services offered in mental illnesses counselling, including debriefing, support services, rehabilitation, crisis intervention, and outreach services. (10 Marks)
17. Explain the **Five** importance of client reassessment. (10 Marks)
18. Describe **Five** types of evaluation tools used in mental illnesses counselling and their applications. (10 Marks)

END