



AMREF INTERNATIONAL UNIVERSITY

University Examinations
School of Medical Sciences

Department of Health Psychology

2026 Academic Year: May/August 2026 Semester Examination

Course Code: ADMHP108

Course Title: Mental Health Awareness, Advocacy & Lobbying

Date: Monday, 10th July 2026

Time: 2 Hours: 4.00-6.00 p.m.

Instructions

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. All questions are compulsory

Read carefully additional instructions preceding each section

Section A: (20 Marks)
Answer all questions

Q.1.

- a) Define the following terms;
 - i) Advocate (2 marks)
 - ii) Mental Health (2 marks)
- b) List down **two** types of media used in advocacy (2 marks)
- c) Outline **two** points on the importance of planning in advocacy. (2 marks)
- d) State **two** elements of stigma. (2 marks)
- e) State **two** misconceptions about people with mental illness (2 marks)
- f) Mention **two** aims for mental health advocacy (2 marks)
- g) List down **three** levels of advocacy. (3 marks)
- h) Outline **three** key elements in a message. (3 marks)

SECTION B: Long Easy Questions (40 Marks)

Q2.

- a) Discuss **two** components of culture (4 marks)
- b) Argue **two** types of stigma (4 marks)
- c) Describe **three** ways in which culture impacts mental health (6 marks)
- d) Explain **three** ways of combating stigma associated with mental health. (6 marks)

Q3.

- a) Describe **three** rules for lobbying. (6 marks)
- b) Explain **three** barriers which you are likely to encounter in workplace mental health advocacy. (6 marks)
- c) Use a problem tree technique to analyze alcohol use disorder. (8 marks)