



AMREF INTERNATIONAL UNIVERSITY

**University Examinations
School of Public Health**

Jan-May 2025 Trimester Examination

Undergraduate University Common Course

Course Code: PHT 331
Course Title: Mental Health
Date: 8th April 2025
Time: 6pm-8.30pm

Instructions

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. This paper consists of 4 Questions

Read carefully additional instructions preceding each section

SECTION A
Short Answer Questions - Total 30 Marks

- a) Define the term mental disorder in relation to mental health. **(2 marks)**
- b) Highlight four components of positive psychological capital. **(4 marks)**
- c) Outline two ways that chronic physical illness can impact on the mental health of an individual. **(marks)**
- d) Highlight four possible outcomes associated with untreated mental health conditions. **(4 marks)**
- e) Outline five ways of promoting your psychological and emotional wellbeing. **(5 marks)**
- f) Identify four roles that parents can play in creating a supportive environment for a child with mental health concerns. **(4 marks)**
- g) Citing four relevant examples, outline how lifestyle choices can mitigate the effects of mental health on physical health. **(4 marks)**
- h) Citing examples, outline three ways in which culture influences the presentation of mental disorders. **(3 marks)**
- i) Identify two socio-economic factors that impact mental health negatively. **(2 marks)**

SECTION B
Answer any Two (2) Questions - Total 40 Marks
Each Question has 20 Marks

Q.2.

- a) Zawadi 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 Zawadi may be displaying. **(10 Marks)**
- b) Describe five initiatives aimed at improving mental health in your community. **(10 Marks)**

Q.3.

- a) Early recognition of suicide risk factors in mental health patients is crucial for prevention. Discuss five evidence-based intervention strategies that can be implemented in clinical settings to promote mental health. **(10 marks)**
- b) Explain five roles of collaborative care therapeutic approaches towards addressing mental health disorders.

(10 marks)

Q4

a) Discuss five risk factors associated with poor mental health.

(10 Marks)

b) Discuss the key provisions of the Mental Health Act of Kenya (2022).

(10 Marks)

AMU