



SCHOOL OF PUBLIC HEALTH

DEPARTMENT OF HEALTH SYSTEMS MANAGEMENT & DEVELOPMENT

BSc IN HEALTH SYSTEMS MANAGEMENT AND DEVELOPMENT

END OF SECOND SEMESTER EXAMINATION MAY - AUGUST 2025

UNIT CODE: HMD 317

UNIT NAME: HEALTH AND STRESS MANAGEMENT

Date: 5th AUGUST 2025

Time: 2 Hours Start: 4:30 PM Stop: 6:30 PM

INSTRUCTIONS

1. This exam is marked out of 70 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Questions (30 Marks)
Section B: Long Answer Questions (40 Marks)
3. All questions in Section A are compulsory and Answer any TWO questions in Section B
4. This online exam shall take 2 Hours
5. Late submission of the answers will not be accepted
6. Ensure your web-camera is on at all times during the examination period
7. No movement is allowed during the examination
8. Idling of your machine for 5 min or more will lead to lock out from the exam
9. The Virtual Assessment System (VAS) has inbuilt integrity checks to detect cheating
10. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
11. In case you have any questions call the Invigilator on Tel Number: +254727438443 or Head of Department on Tel +254725984499
12. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

Read carefully the additional instructions preceding each section

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

PART ONE

- 1) Outline **THREE** physiological reactions that characterize distress in an individual. (3 Marks)
- 2) Highlight **THREE** important requirements for maintenance of optimum health in a person who is experiencing stress. (3 Marks)
- 3) State **FOUR** behavioural symptoms of stress in an individual. (4 Marks)
- 4) Highlight **FOUR** factors that are associated with resilience as a mediator of stress. (4 Marks)
- 5) Highlight **FOUR** psychological symptoms that are associated with workplace stress. (4 Marks)
- 6) Differentiate between stressors and stress in relation to health and stress. (4 Marks)
- 7) Outline **FOUR** intervention approaches related to time management that are considered important in the reduction of workplace stress. (4 Marks)
- 8) Highlight **FOUR** key ways that are used by managers to mitigate the effects of job stress in an organization. (4 Marks)

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

PART TWO

- 9) Theoretical models are used to explain and analyze how stress influences change at the individual level. Using two examples, explain five characteristics of the resistance stage in the General Adaptation Syndrome (GAS) model. (20 Marks)
- 10) Stressors in the structure of an organization have the potential to be sources of stress for employees. Discuss five types of organizational stressors that are associated with organizational structure. (20 Marks)
- 11) Effective implementation of stress prevention programmes is important for the health of individuals, families and communities. Describe five ways of prevention of everyday stress. (20 Marks)
