



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF PUBLIC HEALTH

DEPARTMENT OF HEALTH SYSTEMS MANAGEMENT & DEVELOPMENT

BSc HEALTH SYSTEMS MANAGEMENT AND DEVELOPMENT

END OF FIRST SEMESTER EXAMINATION

JANUARY - APRIL 2026

MAIN EXAM

ONLINE CLASS

UNIT CODE: HMD 317

UNIT NAME: HEALTH AND STRESS MANAGEMENT

Date: April 2026

Time: 2 Hours Start: Stop:

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)

- 1) Outline THREE broad factors that influence the overall health of an individual. (3 Marks)
- 2) Highlight THREE prevention strategies of stress in an individual (3 Marks)
- 3) State FOUR behavioural symptoms of stress in an individual. (4 Marks)
- 4) Highlight FOUR physical symptoms that are considered as indicators of workplace stress. (4 Marks)
- 5) Outline FOUR types of support from co-workers that are important as stress intervention approaches. (4 Marks)
- 6) Differentiate between job burnout and job strain in relation to health and stress. (4 Marks)
- 7) Outline FOUR key outcomes of excessive workload as a job stressor. (4 Marks)
- 8) Highlight FOUR characteristics of the Jobs-Demand-Resources workplace stress model. (4 Marks)

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

- 9) Theoretical models are used to explain and analyze how stress influences change at the individual level. Using two examples, explain five characteristics of each of the following models:
 - a) Cognitive Appraisal Model (10 Marks)

b) Person-Environment Fit Model (10 Marks)

10) The role of an employee combines various functions depending on position in the workplace. Discuss five key characteristics of organizational stressors that are associated with the following.

a) Role stress (10 Marks)

b) Employment and stress (10 Marks)

11) Organizational stressors have an effect on interpersonal relationships in the workplace. Describe five characteristics of each of the following:

a) The link between job stress and interpersonal relationships. (10 Marks)

b) Ways to mitigate the effects of job stress (10 Marks)
