



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF HEALTH SYSTEMS MANAGEMENT & DEVELOPMENT
BSc IN HEALTH SYSTEMS MANAGEMENT AND DEVELOPMENT
END OF FIRST SEMESTER EXAMINATION APRIL 2025

UNIT CODE: HMD 317
UNIT NAME: HEALTH AND STRESS MANAGEMENT
Date: THURSDAY 10th APRIL 2025
Time: 2 Hours **Start:** 11:00 AM **Stop:** 1:00 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
Read carefully the additional instructions preceding each section.

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

PART ONE

- 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 characteristics of social support as a mediating factor of stress. (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)

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 Fight or Flight response model. (20 Marks)
- 10) The role of an employee combines various functions depending on position in the workplace. Discuss five key characteristics of role stress that are associated with organizational stressors. (20 Marks)
- 11) Organizational stressors have an effect on interpersonal relationships in the workplace. Describe five characteristics of the link between job stress and interpersonal relationships. (20 Marks)
