



MACHAKOS UNIVERSITY

University Examinations for 2019/2020 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 409: LIFESTYLE DISEASES AND REHABILITATION

DATE: 21/10/2020

TIME: 11:00 – 1:00 PM

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Explain the meaning of the following terminologies. (10 marks)
- i) Bulimia nervosa
 - ii) Binge Eating Disorder
 - iii) Polyphagia
 - iv) Anxiety
 - v) Depression
- b) Describe the psychological effects of contracting a sexually transmitted disease. (6 marks)
- c) Highlight six symptoms of depression. (6 marks)
- d) Citing relevant examples, differentiate between viral and non-viral sexually transmitted diseases. (8 marks)

QUESTION TWO (20 MARKS)

- a) Discuss five characteristics of Type A behaviour pattern. (10 marks)
- b) Most people with sexually transmitted diseases suffer stigma even in the current society. Explain the reason as to this. (10 marks)

QUESTION THREE (20 MARKS)

- a) Discuss five effective methods of anger management. (10 marks)

- b) Describe the physical and emotional symptoms of poorly managed stress. (10 marks)

QUESTION FOUR (20 MARKS)

Discuss the symptoms of the four DSM-5 impulse control disorders.

QUESTION FIVE (20 MARKS)

- a) Discuss some general changes that you can make to your lifestyle that could help you feel more able to cope with pressure and stressful situations. (10 marks)
- b) Discuss three risk factors for the development of Bulimia Nervosa. (6 marks)
- c) Explain the following terms as used in substance abuse. (4 marks)
- i) Tolerance
 - ii) Psychological dependence