



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 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:

TIME:

INSTRUCTIONS:

Answer Question One and Any Other Two Questions.

QUESTION ONE (30 MARKS)

- a) Explain the following terminologies as used in psychology. (10 marks)
- i. Anger
 - ii. Unhealthy sexual lifestyle
 - iii. Self-management
 - iv. Rehabilitation
 - v. Lifestyle
- b) Appraise six general strategies that can help in overall prevention of lifestyle diseases (12 marks)
- c) Discuss four key characteristics of the behavioural therapy of rehabilitation. (8 marks)

QUESTION TWO (20 MARKS)

- a) Discuss five challenges of implementing effective strategies for preventing lifestyle diseases in Africa. (10 marks)
- b) Appraise four general causes of lifestyle diseases. (4 marks)
- c) Highlight six common effects of heart diseases. (6 marks)

QUESTION THREE (20 MARKS)

- a) Assess five components of the behavioural therapy of rehabilitation. (10 marks)
- b) Discuss five health effects of unhealthy sexual behaviour. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Anger can be a life threatening emotion if not well handled. Discuss five strategies that individuals can adopt to cope with anger. (10 marks)
- b) Analyse five causes of cancer. (10 marks)

QUESTION FIVE (20 MARKS)

- a) “Stress is a danger to our health, therefore, it’s important for individuals to manage stress effectively. Discuss five stress prevention and management strategies. (10 marks)
- b) Appraise five DSM-5 criteria for a client to be diagnosed as an alcoholic. (10 marks)