



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELLING**

JANUARY - APRIL 2017

CAMPUS : ROYSAMBU
DEPARTMENT : PSYCHOLOGY
COUSE CODE : COD106
COURSE TITLE : STRESS AND STRESS MANAGEMENT
EXAM DATE : WEDNESDAY 5th APRIL 2017
TIME : 9:00AM- 12:00PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer all the questions in Section ONE (compulsory).**
- **Answer any other TWO Questions in Section Two out of the Five provided**

SECTION 1: Answer all the questions in this section

1. Define the following terminologies (10mks).

- a) Stress
- b) Depression
- c) DSM
- d) Burnout
- e) Anxiety

2. a) Distinguish between eustress and distress types of stress (6mks).

b) Highlight any three signs of burnout. (6mks)

c) Identify four sources of stress. (8mks)

SECTION 2 : Answer any TWO Questions in this Section

3. a) state the difference between acute stress and chronic stress (2mks)

b) Illustrate the difference between stress and burnout (4mks).

c) Explain Stress as a Stimulus as a Response and as a Process. (9mks)

4. a) Mention two effects of anxiety (2mks).

b) Demonstrate the two categories, of fear as a common emotional reaction. (4mks)

c) Using the Maslow needs of hierarchy explain the five categories as one of the characteristics of a well adjusted person. (9mks).

5. a) State two impacts of stress on children (4mks)

b) List two characteristics of Positive negative stress. (4mks)

c) Describe the three stages of general adaptation syndrome (GAS). (9mks)

6. a) State three signs of Cognitive effects of stress on the health of a person. (3mks)

b) Illustrate two Treatments of burnout a therapist can apply to help a client. (4mks)

c) Explain three Characteristics of a well adjusted person. (6mks)

7.

a) Illustrate how personality type influences stress. (6mks)

b) Explain three Skills and techniques of managing depression (9mks).