



**PAN AFRICA CHRISTIAN
UNIVERSITY**

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

MAY-JULY 2017

CAMPUS: VALLEYROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD106

COURSE TITLE: Stress and Stress management

EXAM DATE: MONDAY 24th JULY 2017

TIME: 5:30PM-8:30PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and any **three** Questions from section B

SECTION A: COMPULSORY

QUESTION ONE

a) Define the following terms.

i. Stress – According to Dr.Hans Selye (2marks)

ii. Stressor (2marks)

b)i. State four factors that are involved in the stress process (4 marks)

ii. Differentiate between eustress and distress (2 marks)

c)Describe the following types of stress.

i. Acute stress (2marks)

ii. Episodic stress (2marks)

d)i. Briefly, explain any two categories of stress (4 marks)

ii. Explain the “General Adaptation syndrome” (GAS by Selye) (4 marks)

Case Study

Angela is referred to you for diagnosis. On interacting with her you realize that she is irritable, short tempered and anxious. She complains of severe stomach pain and headaches. Angela is anti-social, disregards and violates the rights of others. She has developed memory loss and is not getting along well with family and neighbors.

e) i. Use DSM – Multi-axial scale to asses Angela. (6marks)

ii. Briefly explain how you would help Angela on the basis of the information gathered in this study. (2marks)

SECTION B : Answer any three questions.

QUESTION TWO

2. a) Explain the following tools of measuring stress level:-

i. Psychological questionnaires (3marks)

ii. Autonomic measures (3marks)

b) Explain why type A personality individual is an easy target of stress related diseases (4marks)

QUESTION 3

a) Using examples discuss economic factors as causes of stress. (4marks)

b) Explain Cannon's fight or flight model of stress. (6marks)

QUESTION 4

a) Explain the symptoms of burnout (4marks)

b) Describe intervention measures you would use to help an individual who is experiencing severe burnout (6marks)

QUESTION 5

a) Discuss the relationship between stress and health (5marks)

b) Describe the characteristics of a well-adjusted person (5marks)