



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR
DIPLOMA IN COUNSELING PSYCHOLOGY
JANUARY – APRIL 2018 SEMESTER**

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD106

COURSE TITLE: STRESS AND STRESS MANAGEMENT

EXAM DATE: WEDNESDAY 11TH APRIL 2018

TIME: 9:00AM-11:00AM

INSTRUCTIONS

- This examination script consists of **Five (5)** questions.
- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **Question ONE** and any other **TWO** questions
- Question **one** carries **20** marks
- Question 2-5 carry **15** marks each

QUESTION ONE: COMPULSORY (20 MARKS)

The word stress means different things to different people. It is almost impossible to define it even though it forms part of our daily vocabulary.

- (a) Define the term stress (2 Marks)
- (b) State two symptoms of physical, cognitive, emotional and behavioral stress (4 Marks)
- (c) Describe the four common types of stress according to Dr. Karl Albrecht (1979) (8 Marks)

- (d) Elaborate three different ways in which you deal with stress? (3 Marks)
- (e) Define burn out and two ways of preventing it (3 Marks)

QUESTION TWO

- (a) Highlight at least five common stress associated illnesses? (5 Marks)
- (b) Describe two types of anxiety disorders according to DSM V (6 Marks)
- (c) Describe two events in life that can result into anxiety? (4 Marks)

QUESTION THREE

- (a) Discuss three theoretical explanations of stress (9 Marks)
- (b) Name three internal and three external stressors that individuals are likely to encounter (6 Marks)

QUESTION FOUR

- (a) Discuss any three causes of depression in our society today. (6 Marks)
- (b) Discuss some of the treatment interventions for depression (6 Marks)
- (c) List three associated characteristics of depressive disorder (3 Marks)

QUESTION FIVE

- (a) Discuss the three stages of stress according to Selye (1982). (9 Marks)

(b) Describe the three types of stress according to the American Psychological Association (APA)? (6 Marks)