

JANUARY-APRIL SEMESTER 2024

FINAL EXAMINATION

COD 106: STRESS AND STRESS MANAGEMENT

INSTRUCTOR: ONG'ARE GEORGE

TIME: 3HOURS

Answer questions ONE and any other TWO questions. Section A carries 20 marks and for section B Each question carries 10 points for total of 40marks.

SECTION A: COMPULSARY Questions (20mks)

Question 1

- a) Providing examples differentiate between stress and stressors. (4mks)
- b) Explain six importance of studying stress and stress management (6mks)
- c) Providing examples discuss the three ways in which stress is exhibited in a person (6mks)
- d) Explain four approaches that church can undertake to reduce stress among its congregants. (4mks)

SECTION B: Answer any TWO questions

Question 2

- a) DSM-5-TR provides criteria for acute stress disorder; highlight any four of the criteria. (4mks)
- b) Giving examples, discuss three risk factors to acute stress disorder in a person. (6mks)

Question 3

- a) Explain two factors that may cause stress in a person. (2mks)
- b) Explain two ways in which stress may affect your spiritual life as a Christian. (2mks)
- c) With examples explain how the following personalities are relate to stress
 - i. Neuroticism (2mks)
 - ii. Extraversion (2mks)
 - iii. Conscientiousness (2mks)

Question 4

- a) Michael has been under much emotional stress because his intimate partner said that she was leaving him. Explain three signs and symptoms that Michael could be showing. (6mks)
- b) Explore two stress reduction strategies that Michael can use to help him manage stress. (4mks)

Question 5

- a) With relevant illustration, differentiate between stress and depression (4mks)
- b) Explain three protective factors to stress and depression (6mks)