



PAN AFRICA CHRISTIAN UNIVERSITY

BACHELOR OF ARTS IN COUNSELING

END OF TERM (MAY - AUGUST 2025) EXAMINATION

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING

COURSE CODE: COU3223

COURSE TITLE: ALCOHOL AND SUBSTANCE ABUSE

EXAM DATE: August 2025

TIME:

INSTRUCTIONS TO CANDIDATES:

Answer questions **ONE** and any other **TWO** questions.

Read all questions carefully before attempting.

SECTION ONE: COMPULSORY

Question 1

- a) Outline at least four stages of addiction. **(2 marks)**
 - b) Use any two Bible references, in explaining the dangers associated with substance abuse among the youth. **(2 marks)**
 - c) Distinguish between Marijuana and Methamphetamine. **(2 marks)**
 - d) Describe how dopamine works in relation to addiction. **(2 marks)**
- e) Analyze the case study below and respond to the two questions that follow:

Mwangata is a 27-year-old male shopkeeper at a local shopping center. He comes from a single parent family and has an older brother who dropped from school at standard seven after the parents separated. He has another sister also older than him that is working in a local alcohol drinking club as a waiter. In the past year, his business performance declined, and he has been exhibiting worrying behaviors and change in attitude that is disturbing to his family and friends. He first began experimenting with alcohol, marijuana and tobacco at 15 years. He has been using pain killers to manage his back pain resulting from an accident that left him dependent on drugs. His consumption of the drugs has gone higher in frequency and amounts especially when he feels worried about the business or stressed.

- i. Identify at least **four** issues that will help you in the diagnosis of Mwangata. **(4 marks)**
- ii. Highlight at least **four** key areas and develop a treatment plan for Mwangata. **(8 marks)**

SECTION TWO

ANSWER TWO QUESTIONS

Question 2

- a) Differentiate between substance and behavioral addiction with the use of examples. **(2 marks)**
- b) Explain how tolerance relates to the frequency of drug consumption. **(4 marks)**
- c) Analyze two effects of emergency contraceptive drugs. **(4 marks)**

Question 3

- a. Briefly describe any four effects of steroids in the health of a female abuser. **(4 marks)**
- b. Discuss any two models an addiction therapist may use in treating a client with substance use disorder. **(6 marks)**

Question 4

- a) Discuss **two** relationships between alcohol abuse and domestic violence. **(4 marks)**
- b) Explain any three of the 12 steps approach used in addiction treatment. **(6 marks)**

Question 5

- a. Distinguish between drug absorption and metabolism in the body of an individual. **(2 marks)**
- b. Discuss any **two** reasons why it is recommended to provide addiction treatment to the whole family. **(4 marks)**
- c. Using **two** points justify why it is not advisable for a pregnant woman to take alcohol. **(4 marks)**