



DEPARTMENT OF PSYCHOLOGY

END OF TERM EXAMINATION (JANUARY 2018): 3 HOURS

COD 106: STRESS AND STRESS MANAGEMENT (ROYSAMBU DAY CLASS)

Nyenyeka Moureen

INSTRUCTIONS

- Read all questions carefully
- Answer **all** the questions in **Section A (Compulsory)** and **any TWO** questions from **Section B**
- Write your **Student Number** on the Answer Booklet provided
- Indicate the questions you have answered on the cover page of the Answer Booklet
- Use a new page for every question

Section A: 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.

1. (a) Define the term stress

(2 Marks)

- (b) State two symptoms of:

- i. Physical,
- ii. Cognitive,
- iii. Emotional, and
- iv. Behavioral stress

(4 Marks)

(c) Describe the four common types of stress according to Dr. Karl Albrecht (1979)

(8 Marks)

(d) In three sentences, elaborate three ways in which you deal with stress?

(3 Marks)

(e) Define burn out and two ways of preventing it

(3 Marks)

Section B: Answer any TWO questions

2. (a) Highlight 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)

3. (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)

4. (a) Depression is becoming a common phenomenon among individuals. 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)

5. (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)

GOD BLESS YOU