

**PAN AFRICA CHRISTIAN UNIVERSITY
END OF TERM EXAMINATION (SEPTEMBER TO DECEMBER, 2021)
CAMPUS: ROYSAMBU
DEPARTMENT: COUNSELING PSYCHOLOGY**

**COURSE CODE: MFT 505
COURSE TITLE: PSYCHOPATHOLOGY AND FAMILY**

**EXAM DATE: 17TH DECEMBER, 2021
TIME: 5.30 PM – 8.30 PM Three (3) HOURS**

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Question ONE IN SECTION A is Compulsory.**
- **Answer any other TWO questions FROM SECTION B.**

SECTION A - COMPULSORY QUESTION (20 Marks)
QUESTION 1

- a) Explain family dynamics. (2 marks)
- b) Enumerate three key symptoms of autism spectrum disorder. (3 marks)
- c) Outline any three features that define psychotic disorders. (3 marks)
- d) Illustrate any four symptoms of depression. (4 marks)
- e) Describe the four main parenting styles (4 marks)
- f) Explain four criteria for defining abnormal psychology. (4 marks)

SECTION B: ANSWER ANY OTHER TWO (2) QUESTIONS FROM THIS SECTION

QUESTION 2

- a) Analyze two ways in which role conflict between parents and adolescents can lead to adolescent suicidal behavior. (4 marks)
- b) The Smith family were referred for family therapy by the individual therapist of the 16-year-old daughter, Tanya. Tanya had been hospitalized by her doctor the previous month due to self-injurious behavior and suicidal thoughts with a plan to overdose. To date, the family had been only peripherally involved in her treatment but were now feeling that they could no longer remain on the sidelines when the risk levels were so high. Hospitalization had also intensified family reactivity, with Tanya blaming her father for allowing her freedom to be taken away, both parents feeling angry about her lack of progress and ongoing self-injurious behavior, and her 19-year-old sister questioning how Tanya could put her family through so much worry. Illustrate six ways you can help the family from a Bowenian Family Therapy approach by applying the following techniques
 - i) Anxiety reduction (2 marks)
 - ii) Relationship Experiments/ Role Plays (2 marks)
 - iii) Exploring Triangulations (2 marks)

QUESTION 3

- a) Illustrate how the lack of understanding of the sexual response cycle among couples can contribute to;
 - i) Arousal disorders (2 marks)
 - ii) Orgasm Disorders (2 marks)
- b) Anita grew up with her parents constantly fighting and beating her as well. She comforted herself with food and therefore gaining weight as an adolescent. This made her a target of bullying most of her adolescent life. When she joined college, she lost weight but continued struggling with body image issues. She has recently been diagnosed with bulimia and body dysmorphic disorder. Demonstrate how the following psychological factors may have caused Anita's psychopathology.

- i) Attachment and Security (2 marks)
- ii) Learned Behaviour (2 marks)
- iii) Distorted Thinking (2 marks)

QUESTION 4

- a). Explain four steps you would take in the treatment process of a client who has very severe anxiety and has been brought by a family member for psychotherapy. (4 marks)
- b) A mother is concerned about the constant conflict she keeps having with her 16-year-old daughter in spite of always providing everything she needs. Her daughter however, does not seem to have any conflict with her father, and the mother even adds that her daughter is too close to him. Discuss how the following factors can contribute to such unhealthy family dynamics.

- i) Enmeshment (2 marks)
- ii) Unclear Communication (2 marks)
- iii) Isolation (2 marks)

QUESTION 5

- a) A 60-year old client has been brought for counselling in your clinic complaining about being forgetful and losing his train of thought. Explain how you can apply the following components of the Mental Status Examination to guide you in your diagnosis;
 - i) Thought and perception (2 marks)
 - ii) Cognitive abilities (2 marks)
- b) As a Counsellor in a Church counselling center, an 18-year old congregant who is a member of your prayer cell group comes to see you explaining that she thinks she is going through depression after recently discovering she is pregnant. Critique three aspects of conflict of interest that may arise when counseling this client. (6 marks)