



(UNIVERSITY OF CHOICE)

**MASINDE MULIRO UNIVERSITY OF SCIENCE AND
TECHNOLOGY (MMUST)**

UNIVERSITY EXAMINATIONS

2021 /2022 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER EXAMINATIONS

MAIN EXAM

FOR

THE DOCTOR OF EDUCATION DEGREE

(EDUCATIONAL PSYCHOLOGY)

COURSE CODE: PSY 906

COURSE TITLE: MENTAL HEALTH AND LEARNING

DATE: 26/04/2022

TIME: 9:00 AM – 12:00 PM

INSTRUCTIONS TO CANDIDATES

Answer ANY FOUR questions only

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

1 (a). Musomi is a college student who has been diagnosed with a **personality disorder**. Outline ways in which the **stigma** associated with mental illness should be addressed in this situation

(5 mks)

(b). It has been suggested that **herbal remedies** be incorporated in the treatment for addiction to opioids or narcotics. Outline the pros and cons of such a strategy (7 mks)

(c). State **three** differences between the **DSM** and **ICD** diagnostic systems (3 mks)

2 a). Mental health disorders can be explained from several viewpoints. By giving examples, explain

i. The **sociocultural view** of mental disorders (6 mks)

ii. The **learning view** of mental disorders (5 mks)

b). The difference between the **normal** and **abnormal** human behaviour is not easy to tell. We need several indicators and multiple strategies to confirm the presence of a mental disorder. Highlight any four such strategies. (4 mks)

3 (a). What are the challenges of making **accurate diagnoses** of mental disorders in children and adolescents? (6 mks)

(b). Explain practical ways learners at these stages of development can cultivate **effective mental functioning** (9mks)

4. Elaborate on Kenya's **mental health policy** with specific focus on:

i. Equity and universal health coverage (10 mks)

ii. Participatory approach to delivery of interventions (5 mks)

5. The national and local governments may not have done enough to address mental health amid the COVID-19 pandemic. Using examples, explain any **three things government could do to improve the citizen's mental health** (10 mks)

6 a). Stress is a condition experienced a lot by students. Considering its relationship to mental health, suggest solutions (8 mks)

b). As treatment for addiction to alcohol, how is the **bio-psycho-social and vocational model** useful?

(7 mks)