



(University of Choice)

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

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS**

**2021/2022 ACADEMIC YEAR**

**FIRST YEAR SECOND TRIMESTER EXAMINATION**

**FOR THE DEGREE**

**OF**

**BACHELOR OF SCIENCE IN MEDICAL SOCIAL WORK**

**COURSE CODE: NMS 126**

**COURSE TITLE: HEALTH EDUCATION AND DISEASE PREVENTION  
TECHNIQUES AND STRATEGIES**

**DATE: 21/04/2022 DAY: THUR TIME: 8AM – 11 AM**

---

**INSTRUCTIONS TO CANDIDATES**

**THIS PAPER CONSIST OF THREE SECTIONS A, B AND C**

**ANSWER ALL QUESTIONS**

**TIME: 3 HOURS**

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 7 Printed Pages. Please Turn Over. 

**SECTION A: MULTIPLE CHOICES QUESTIONS (20 MARKS)**

1. Empowerment means:
  - a) Giving power to withdraw rigorous exercises
  - b) Increasing the option for health services
  - c) Educating the community ion health issues
  - d) Donating resources to the community underprivileged
  
2. The following are roles of community health advisors EXCEPT.
  - a) Practicing community culture in order to understand their ways
  - b) Building individuals and community capacity
  - c) Advocate for individual and community needs
  - d) Assuring that people get the services they need
  
3. When creating a community preventive service program, what should be done?
  - a) Involve other service agencies in the program
  - b) Use the supplies present since the supplies demanded by the company are not available
  - c) Advocate for individual and community needs
  - d) It would be prudent to put up curative services first in order to stabilize the community
  
4. Which of the following is not an approach of communication with a special needs adult client?
  - a) Speaking Clearly and Directly
  - b) Making Eye Contact when communicating
  - c) Listening Attentively
  - d) Making decisions for them
  
5. The level of prevention that occur when a defect or disability is permanent or irreversible is
  - a) Primary prevention
  - b) Secondary prevention
  - c) Tertiary prevention
  - d) Quaternary prevention
  
6. The model/theory whose fundamental blocks are attitude and subjective norms is
  - a) Theory of reasoned action
  - b) Social cognitive theory
  - c) Interaction model of client health behavior
  - d) Relapse prevention model

7. Characteristics of health information include all the following EXCEPT
  - a) Realistic
  - b) Cheap
  - c) Accessible
  - d) Measurable
  
8. The characteristics of experimental method in education is
  - a) Its isolation from the influence of one after the other factors inherent in total situation
  - b) It Centre if relevant extraneous factors
  - c) Its complete analysis
  - d) The applicability of its outcome to relatively unlimited population
  
9. Behaviour therapy apply learning principles to:
  - a) Identify and treat the underlying causes of dysfunction
  - b) Improve learning and insight
  - c) Eliminate the unwanted behavior
  - d) Improve communication and social sensitivity
  
10. A teacher can provide the kind of stimulation to enable the student to become ----- learner
  - a) Quality
  - b) Social
  - c) Interesting
  - d) Active
  
11. The emotional development of student has a great relationship with
  - a) Cognition
  - b) Physical
  - c) Behavior
  - d) Mental development
  
12. In order to encourage achievement motivation in the classroom, student should be taught to attribute their good grades to:
  - a) Their own high level of intelligence
  - b) Their own hard work
  - c) The easy nature of most academic tasks
  - d) Their teacher's generous grading standards
  
13. Principles of health education
  - a) Takes place and it is concern with learning of concepts
  - b) Ensure learning is understood
  - c) Help us to prevent and solve health related issues
  - d) Helps us to classify diverse phenomena

14. Health believe model is
- Training tool in health
  - For prevention and curative purposes
  - A tool developed to solve health problems
  - A theory for health education
15. One of the following is the most appropriate responses to improve access to health care services
- Reduce cost in health services
  - Training of health workers
  - Community based care approach
  - Giving health information
16. A poster displaying health message to the public should be.
- Be written in bold
  - Be meaningful to the audience
  - Should convey health message
  - Consist of health message and an illustration
17. Which of the following statement is FALSE about health promotion programs
- It can be more cost effective to prevent illness through health promotion than it is to treat the illness
  - They are designed so that they don't affect people beliefs and values
  - They provide information regarding the efficacy of preventive behavior
  - In keeping with the theory of planned behavior, health promotion programs work on the gain rather than costs
18. Which one of the trans-theoretical model of change used correctly matched to its definition
- Termination-the intervention is stopped
  - Pre-contemplation-the person begins to brainstorm change
  - Maintenance-The person to engage in changing their behavior
  - Action-A plan of action is developed
19. Anything that interferes with the communication process is generally referred to as
- Feedback
  - Semantic
  - Hindrance
  - Chain

20. Selecting of signs and signals by which the message will be transmitted is called
- Decoding
  - Channel
  - Encoding
  - Context

**SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)**

- List down **twelve (12)** principles of health education (6 marks)
- Describe **three (3)** types of health education (6 marks)
- State **seven (7)** important determinants of learning (7 marks)
- Explain **six (6)** characteristics of health education strategies (6 marks)
- State **seven (7)** primary responsibilities of health educators (7 marks)
- Describe **four (4)** types of evaluation (8 marks)

**SECTION C: LAQs: (40 MARKS)**

- Putting in consideration the description, methods of application, and examples of each; discuss the levels of disease prevention (20 marks)
- Discuss uses of technology in health education (20 marks)