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MAIN EXAM



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

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

MAIN EXAM

**THIRD YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

COURSE CODE: HND 306

COURSE TITLE: NUTRITION AND BEHAVIOR

DATE: 5/12/2023

TIME: 12-2PM

INSTRUCTIONS TO CANDIDATES

**ANSWER ALL QUESTIONS IN SECTION A AND B
ANSWER ONLY TWO QUESTIONS IN SECTION C
READ ADDITIONAL INSTRUCTIONS UNDER VARIOUS SECTIONS**

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over

SECTION A: Question is compulsory, total (10 marks)

1. Which of the following is a diagnostic criterion for anorexia nervosa in DSM-IV-TR?
 - a. A refusal to maintain a minimal body weight
 - b. A pathological fear of gaining weight
 - c. A distorted body image in which, even when clearly emaciated, sufferers continue to insist they are overweight
 - d. All of the above

2. In Bulimia nervosa, the nonpurging sub-type, a behaviour which is used to compensate for bingeing is
 - a. Exercise
 - b. Controlling intake of certain food types
 - c. Withdrawing from social interaction
 - d. Controlling carbohydrate intake

3. What is the Id?
 - a. Part of the psyche that controls impulses.
 - b. Part of the psyche that reduces anxiety.
 - c. A description of innate instinctual needs.
 - d. Part of the psyche that controls our morals.

4. Which of the following is NOT addressed by the medical model?
 - a. Biochemical imbalances.
 - b. Genetic disorders.
 - c. Abnormal physical development.
 - d. Biased information processing

5. Which of the following is not an antidepressant drug?
 - a. Tricyclic antidepressants.
 - b. Monoamine oxidase inhibitors (MAOIs).
 - c. Selective serotonin reuptake inhibitors (SSRIs).
 - d. Antinoamine reuptake inhibitor (ATRs).

6. Behaviour modification is a type of:
 - a. Behaviour therapy.
 - b. Cognitive behavioural therapy.
 - c. Humanistic therapy.
 - d. Client centered therapy.

7. Psychodynamic theory as developed by Freud saw phobias as:
 - a) Repressed Ego.
 - b) Repressed Id impulses.
 - c) Repressed superego.
 - d) Repressed defense mechanism.

8. Misinterpretation of perceptions or experiences in Schizophrenia are known as:
 - a) Hallucinations
 - b) Misperceptions
 - c) Delusions
 - d) Avolition

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9. Which of the following processes are important in explaining obesity?
 - a. food environment
 - b. physical activity
 - c. individual psychology
 - d. all of these

10. Which of the following statements is correct?
 - a. Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health status of individuals, groups, communities or populations.
 - b. The objective of health promotion is to prolong life and to improve quality of life.
 - c. Health promotion practice is often shaped by how health is conceptualized.
 - d. all of the above

SECTION B: ANSWER ALL THE QUESTIONS, EACH 6 MARKS, TOTAL 30 MARKS

11. Outline three interacting biological systems
 - a. Nervous system (2 marks)
 - b. Endocrine system (2marks)
 - c. Immune system (2 marks)

12. Explain the stages of change theory as applied in understanding human behavior (6marks)

13. Describe how human behavior can influence nutritional status and diet quality of an individual (6 marks)

14. Explain the role of nutrients in brain development (6 marks)

15. State the behavioral disturbances associated with iron deficiency anemia in both adults and children (6 marks)

SECTION C: ANSWER ANY TWO QUESTIONS, EACH 15 MARKS, TOTAL 30 MARKS

16. Discuss the factors affecting health differences across different regions of the world. (15 marks)
17. Describe the role of health psychologists in creating a healthier and more equitable society. (15 marks)

