



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

**FOURTH YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF SCIENCE IN PUBLIC HEALTH**

SECOND SEMESTER, 2024/2025

(JANUARY-APRIL, 2025)

PHES 422: MENTAL HEALTH AND GERONTOLOGY

STREAM: Y4 S2

TIME: 2 HOURS

DAY: MONDAY, 3:00-5:00 PM

DATE: 07/04/2025

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer ALL Questions in Section A and any other TWO in Section B.***

SECTION A (40 MARKS)

- 1). Discuss the rationale for the study of mental health and gerontology in public health. (6 Marks)
- 2). Explain the characteristics of successful aging. (4 Marks)
- 3). Briefly explain three the theories of aging. (6 Marks)
- 4). Explain two methods used in studying gerontology. (4 Marks)
- 5). Critically evaluate the diagnostic tools and techniques used in the assessment of mental health disorders in older adults by emphasizing on their strengths and weaknesses. (10 Marks)
- 6). Explain the signs of good mental health and relate the aspects therein to aging as a concept. (6 Marks)
- 7). Differentiate between schizoid personality disorder and paranoid personality disorder. (4 Marks)

SECTION B: (30 MARKS)

Question one

A). Identify types of ageism and formulate ways through which the vice can be addressed in each case scenario. (6 Marks)

B). Discuss the obstacles that faces Kenya as a country in meeting WHO's determinants of mental health and relate them to gerontology. (5 Marks)

C). Highlight the role of physical activity in maintaining mental health in older adults. (4 Marks)

Question two

A). Discuss issues that are likely to predispose people to psychological burn out related to age. (6 Marks)

B). Explain why elderly people are more likely to get a psychological burnout than young ones. (4 Marks)

C). Explain how the various hormones affect or influence mental health and how they are related to age factors. (5 Marks)

Question three

A). Examine ways in which an individual's memory can be improved. (5 Marks)

B). Explore the possible ethical dilemmas you may encounter in a nursing home with elderly population and suggest ways of mitigating the said dilemmas. (10 Marks)

Question four

A). Evaluate the effectiveness of different therapeutic approaches in treating mental health issues in the elderly. Provide case studies or examples to support your analysis. (10 Marks)

B). Highlight any five mood disorders and relate them to aging issues (5 marks)