

KISII UNIVERSITY
SPECIAL EXAMINATIONS
BACHELOR OF SCIENCE IN PUBLIC HEALTH
PHES 422: MENTAL HEALTH AND GERONTOLOGY

SECTION A: ANSWER ALL QUESTIONS.

1. Which one of the following is not a predictor of resilience.
 - a). Flexibility in the copying of strategies.
 - b). High level of physical activities.
 - c). Personality characteristics.
 - d). Positive experiences.

2. Community mental service involves.
 - a) School and health education
 - b) Hygienic environment
 - c) Care in the antenatal care.
 - d) All the above.

3. Community health aims at
 - a) Care of the infants.
 - b) Care of infirm
 - c) Improvement of mental health of dl
 - d) Improvement health of children.

4. A mentally sick person has
 - a) Tendency to get upset with change
 - b) Feelings of friendship and trust for all
 - c) Tendency to perform all the daily chores by oneself
 - d) Tendency to solve all the problems without aid of others.

5. A mentally health individual has
 - a) Independent personality
 - b) Comfortable placing in social hierarchy
 - c) Purposeful life.
 - d) All the above

6. Mental health is a state of ones

- a) Personality
- b) Emotional attitude
- c) Both A and B.
- d) Intellect.

7. Social therapy of mental illness is required for

- a) Treatment and psychos.
- b) Maintenance of community health
- c) Rehabilitation of mentally ill persons
- d) Prevention of addiction.

8. A child would develop mental illness if one not get

- a) Affection
- b) Encouragement
- c) Guidance and discipline
- d) All the above.

9. proneness to mental illness is

- a) Extra affection to a child
- b) Quarrelsome family
- c) Poverty and lack of opportunities
- d) Heredity.

10. Which one is not involved in mental illness

- a) Heredity factors
- b) Childhood experiences
- c) Change in brain
- d) Rheumatic fever

11. Which are intimately related

- a) Disease and health
- b) Body and health
- c) Body and mind
- d) Body and spiritual values

12. The percentage of population suffering from serious mental illness

- a) 1%
- b) 5%
- c) 8%
- d) 10%

13. the percentage of population suffering mild mental disorder.

- a) 1%
- b) 5%
- c) 8%
- d) 10%

14. Signs of mental illness are

- a) Abnormal changes in thinking perception and judgement
- b) Abnormal changes in feeling and memory
- c) Both A and B
- d) Abnormal changes in behaviour towards others.

15. Psychosis is characterised by

- a) Loss of touch with reality
- b) Prolonged emotional reaction to a given stress
- c) Anxiety, fear, sadness, vague aches and pains.
- d) All the above.

16. quality of life can tell us

- a) Whether patients illness is diminishing
- b) Whether various aspects of wellbeing are improving
- c) Can predict resilience
- d) All the above.

17. Your health involves liking and accepting yourself for who you are

- a) Mental/emotion
- b) Physical
- c) Stable

18. Which of the following is an influence of your illness

- a) Heredity
- b) Culture
- c) Environment
- d) All the above.

19. Mental health promotion interventions may occur

- a) People's homes
- b) Schools
- c) Health systems
- d) All the above

20. Elderly people above 65 years mental illness promotion and prevention focuses on

- a) Promoting lifelong physical health
- b) Managing disability
- c) Ensuring social protection
- d) All the above

SECTION B:

1. Briefly discuss the classification of mental illness.
2. Briefly discuss multiple settings where mental health promotion interventions may occur.
3. Discuss the health belief model in health promotion.
4. Discuss the different types of parenting that would influence mental health promotion and prevention.
5. Discuss social capital theory in relation to mental health promotion and prevention
6. Outline the different forms social support can take.

SECTION C:

1. Discuss risk factors attributing to early to early childhood psychological problems.
2. Discuss the stages of change which an individual goes through in changing health compromising behaviour as misuse of alcohol.