

The
Management
University
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CERTIFICATE UNIVERSITY EXAMINATIONS
SCHOOL OF ARTS, HUMANITIES, DEVELOPMENT
STUDIES AND SOCIAL SCIENCES (SADS)
CERTIFICATE IN COMMUNITY HEALTH AND
DEVELOPMENT

**CHD 103: FUNDAMENTALS OF COMMUNITY HEALTH
COUNSELLING.**

DATE: 27TH JULY 2026

**DURATION: 2
HOURS**

**MAXIMUM MARKS:
70**

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

MENTAL HEALTH COUNSELLING IN THE COMMUNITY

Kawema Community is a semi-rural area with a population of about 6,000 people. In recent years, local health workers have noticed an increase in mental health problems among community members. Many people experience stress, anxiety, depression, alcohol and substance abuse, and family conflicts due to unemployment, poverty, and social pressures.

A 24-year-old man named James recently lost his job and has become withdrawn from his family and friends. He rarely participates in community activities, reports feeling hopeless, and has difficulty sleeping. His family members believe he is simply being lazy and have not sought professional help. At the same time, several young people in the community have started abusing alcohol and drugs as a way of coping with personal challenges.

The local health centre has assigned Community Health Workers (CHWs) to conduct mental health awareness campaigns, identify individuals who may need support, and provide basic counselling services. They are also working with community leaders, religious leaders, and youth groups to reduce stigma associated with mental illness and encourage people to seek help.

Required:

- a)** Identify four signs that indicate James may be experiencing a mental health problem. **(4**

Marks)

- b)** Explain the role of Community Health Workers in promoting mental health within the community.

(6 Marks)

- c) As a Community Health Worker, explain the counselling process you would follow when assisting James.

(8 Marks)

- d) Propose six community-based strategies that could be used to strengthen and improve mental health services in Kawema Community.

(6 Marks)

- e) Analyze how unemployment and substance abuse contribute to mental health challenges in Kawema Community.

(6 Marks)

QUESTION TWO

- a) Explain five importance of community counselling in community development.

(5

Marks)

- b) Describe five responsibilities of a community counsellor in promoting community well-being.

(5 Marks)

QUESTION THREE

A community health worker in Mwangaza Village has observed an increase in alcohol and drug abuse among young people. Many youths have dropped out of school and some are involved in crime. Parents are concerned but do not know how to help.

- a) Identify four problems affecting the youths in the statement above.

(4 Marks)

- b) Explain the roles a community counsellor can play in addressing the above situation.

(6

Marks)

QUESTION FOUR

Illustrate, with relevant examples, how the following counselling approaches can be applied in community work.

- a) Person-centered theory **(5 Marks)**
- b) Cognitive-behavioral theory **(5 Marks)**

QUESTION FIVE**Family conflict**

Mr. and Mrs. Otieno have been married for ten years. Recently, they have experienced frequent disagreements over finances and parenting styles. Communication between them has deteriorated, and their children have become withdrawn and unhappy.

- a) Explain two possible causes of the family conflict. **(2 Marks)**
- b) Describe four goals of marriage and family counselling that would help this family. **(8 Marks)**

QUESTION SIX

- a) Explain five effective counselling skills required in community counselling. **(5 Marks)**

- b) Describe five characteristics of a good counsellor. **(5 Marks)**