

The  
Management  
University  
of Africa



Sponsored by the Kenya Institute of Management

**DIPLOMA UNIVERSITY EXAMINATIONS**  
**SCHOOL OF MANAGEMENT AND LEADERSHIP**  
**DIPLOMA IN COUNSELLING AND PSYCHOLOGY**

**DCP 105: ABNORMAL BEHAVIOUR AND MODIFICATION**

**DATE: 8<sup>TH</sup> APRIL 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:**

**THERE IS ALWAYS HELP FOR ANY PSYCHOLOGICAL CONDITION**

Alex has been struggling with his academic performance for the past year. He has shown a steady decline in grades with most of his assignments incomplete or submitted late. His lecturers have observed the frequent absence in class. When he attends, he appears distracted, disinterested and often tired.

In his studies, he has not experienced challenges with raising fee since he has the full support of his parents who already paid fees in full for his 3 Year Course. In the recent months, Alex's behavior has become more erratic and he has exhibited signs of social withdrawal. His academic performance has deteriorated to an extent that the university is contemplating discontinuation of his studies.

As a requirement before the process of discontinuation, the university sends him to the university counselor for some counseling sessions to try and establish what has been the issue with his latest erratic behavior. Based on the assessment. He presents with signs of complete social withdrawal, looked sickly and physically weak, he also had cravings or intense urges to use hard drugs. The counselor prescribes some behavioral and clinical remedies to help Alex recover from the behavior that had affected his academic performance and personal life. This marked the start of the journey to help him recover from the problems of addiction to drug use that lasted for about 2 years.

The professional counselor had established that Alex had been addicted to hard drugs to the extent that he became physically dependent to drug use. Alex got help at last and could continue with his education.

**Required;**

**a)** Identify **Three** (3) commonly abused drugs by youth and young adults in Kenya.

**(4  
Marks)**

- b) Explain Six (6) treatment interventions that will be ideal for the case of Alex. (12 Marks)**
- c) Analyze Four (4) effect of drug use on Alex's academics and personal life. (8 Marks)**
- d) Discuss Three (3) symptoms depicted by Alex that relate to drug use as diagnosed by the professional counselor. (6 Marks)**

## QUESTION TWO

- a) Relate **Three (3) Psychological structures of the mind according to Sigmund Freud (6 Marks)**
- b) Describe **Two (2) symptoms of each of the following Mood Disorders (2 Marks)**
  - i. Depression
  - ii. Mania

## QUESTION THREE

- a) Explain Two (2) Ways of treating psychological disorders in human beings **(2 Marks)**
- b) There is a slight difference between what will be considered Abnormal behavior and Normal behavior. Justify with the help of clear examples. **(5 Marks)**
- c) Identify and explain One (1) Key Feature that characterize people with the following Personality Disorders:
  - i. Anti-social Personality Disorder **(1 Mark)**
  - ii. Avoidant Personality Disorder **(1 Mark)**

- iii. Narcissistic Personality Disorder (1 Mark)

#### QUESTION FOUR

- a) Explain with clear examples how the following factors influence abnormal behavior in Human Beings.
- i. Neurological Factors (2 Marks)
  - ii. Psychological Factors (2 Marks)
  - iii. Social Factors (2 Marks)
- b) Bipolar disorder is a mental health condition that causes one to have extreme emotional highs and lows. Explain **Four (4)** Symptoms of Bipolar disorder in adults (4 Marks)

#### QUESTION FIVE

- a) Discuss **Four (4)** Self-care and coping strategies for people with personality disorders. (4 Marks)
- b) Using examples describe **three (3)** types of anxiety disorders. (3 Marks)
- c) Give **three (3)** Risk factors for schizophrenia condition. (3 Marks)

#### QUESTION SIX

**a)** Explain Five (5) common symptoms of substance use disorder among adolescents and young adults.

**(5 Marks)**

**b)** Discuss **Five (5)** Causes of Psychological disorders in human beings.

**(5 Marks)**