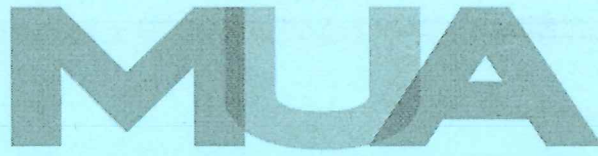


The
Management
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CERTIFICATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

CERTIFICATE IN COUNSELING AND PSYCHOLOGY

CCP 105 : STRESS MANAGEMENT

DATE: 30TH NOVEMBER 2023

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:

DEPRESSION

It's normal to have some signs of depression some of the time. But the National Institute of Mental health (NIMH) says that if someone has five or more symptoms for two weeks or longer, or suffers noticeable changes in normal functioning, that person should go to a mental health professional for evaluation. Depressed people often may not be thinking clearly and may therefore not seek help on their own. They frequently require encouragement from others – they “need help to get help.”

Mental health professionals say depression among college students is a serious problem. A recent survey of college freshmen indicates that today's students are feeling more overwhelmed and stressed than students did 15 years ago. The National Mental Health Association reports that more than 30 percent of college freshmen report feeling overwhelmed a great deal of the time.

If you think you might be depressed, you should talk with a qualified health-care or mental-health professional. The resident adviser in your dorm, the student health center, your family health-care provider, or a clergy member can help steer you to treatment resources. Several effective treatments for depression are available, and – depending on the severity of the symptoms – can provide relief in just a few weeks. But individuals respond differently to treatment. If you don't start feeling better after a few weeks, talk to your treatment provider about other treatments, or seek a second opinion.

According to NIMH, the following symptoms are signs of major depression: Sadness, anxiety, or “empty” feelings, decreased energy, fatigue, being “slowed down”, loss of interest or pleasure in usual activities, sleep disturbances (insomnia, oversleeping, or waking much earlier than usual), appetite and weight changes (either loss or gain), feelings of hopelessness, guilt, and worthlessness, thoughts of death or suicide, or suicide attempts, difficulty concentrating, making decisions, or remembering, irritability or excessive crying, chronic aches and pains not explained by another physical condition.

Required

- a) Define the following terms;
 - i. Depression (2 Marks)
 - ii. Mental health (3 Marks)
 - iii. Anxiety disorder (3 Marks)
- b) Mention five major types of anxiety disorders. (5 Marks)

- c) According to NIMH, mention and explain six symptoms and signs of major depression. (12 Marks)
- d) Mention five people one can talk to, when they feel depressed. (5 Marks)

QUESTION TWO

Explain five warning signs of suicide that we need to be keen on in a person. (10 Marks)

QUESTION THREE

- a. Define stress management (2 Marks)
- b. Explain the Strategies of dealing with stress (6 Marks)

QUESTION FOUR

- a) Highlight two general categories that Symptoms of stress fall into. (2 Marks)
- b) Mention eight symptoms of distress (8 Marks)

QUESTION FIVE

Explain five common stressors for the youth. (10 Marks)

QUESTION SIX

- a) Define the following terms: (6 Marks)
- i. Stress
 - ii. Distress
 - iii. Eustress
- b) Highlight two of the most frequent reasons for "stressing out" (4 Marks)

