

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

**CCP 104 : FUNDAMENTALS OF DRUG AND SUBSTANCE
 ABUSE**

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:

John Mwangi is a 19-year-old second-year university student from a small town near Nairobi who came to campus with strong academic ambitions. In high school he occasionally drank alcohol at social events but had never used other substances. During his first year at university, John began to experience pressure to perform academically, financial stress when his sponsor delayed payments, and loneliness after a close friend transferred. He attended parties and was introduced to cannabis by a senior student; later, during exam periods, some peers offered him “study pills” (unregulated stimulant tablets) to help him stay awake and finish assignments. Over two years his consumption escalated: alcohol during weekends, cannabis most evenings and stimulants during intensive study nights.

He often purchased pills and cannabis through social media contacts and a seller who advertised on messaging apps and accepted mobile money. Corrupt practice was hinted when a campus clinic staff member sold unprescribed pills off-campus, and students shared tips on bypassing campus drug checks.

John’s academic performance fell: he missed lectures, skipped tutorials, and his grades dropped from a high first to borderline passes. His sleep patterns became erratic; he reported frequent headaches, poor appetite, and anxiety. Roommates described mood swings, episodes of anger, withdrawal from family via missed calls, and two occasions of visual and auditory hallucinations after bingeing alcohol with stimulants.

The family noticed unexplained withdrawals from his bank account and found several forged medical prescriptions and empty bottles. John initially denied a problem, arguing he could stop anytime and that substances helped his concentration; but after being confronted by his mother during a holiday visit, he reluctantly accepted a referral to the university counselling unit. He attended one session but left midway,

becoming defensive. A welfare officer found that John had a part-time job supplying small amounts of cash and that his social circle included older sellers and peers who normalized substance use around exams and parties. There was also stigma in his community about treatment—some family members feared public shame if John were labeled an addict. The university had recently run a campus awareness campaign, but students reported the campaign as “out of touch.” The counsellor is preparing an assessment and is considering safety planning, motivational interviewing, linkage to community treatment, and family engagement.

Required:

- a) Identify and list **four** discrete risk factors present in John’s history and environment that likely contributed to his substance use.
(4 marks)
- b) Explain how at least **four** early signs in John’s behaviour correspond to the course’s listed early predictors of later drug abuse. Use direct examples from the case.
(4 marks)
- c) Classify each substance or behaviour mentioned (alcohol, cannabis, stimulant “study pills,” online purchases, forged prescriptions) into the correct category (e.g., depressant, stimulant, hallucinogen, availability/illicit supply). For each classification give one brief applied reason from the case.
(4 marks)
- d) Explain any two psychological symptom of dependence.
(2 marks)
- e) The counsellor has a role in addiction recovery. Discuss
(2marks)
- f) Propose reasons why online drug sales increase availability.
(2 marks)
- g) Describe four major classes of commonly abused substances; for each class provide one typical effect and one drug example.
(2 marks)
- h) Using the case of a university student who is using alcohol, cannabis, and stimulant pills, explain how each substance could

affect academic performance, sleep and behaviour.

(4 marks)

- i) Assess the possible level of risk for the student in the case above by identifying two high-risk behaviours and two warning signs that suggest urgent intervention is needed.

(3 marks)

- j) Propose three community-based interventions to reduce availability and use in a low-income urban neighborhood, and explain why each would be effective.

(3 marks)

QUESTION TWO

- a) Analyse three mechanisms by which online drug sales, weak drug control policy, and corrupt practices interact to increase drug availability to students and youth. Provide concrete examples or pathways.

(6 marks)

- b) Recommend two policy or enforcement responses to curb online sales; for each, evaluate one likely implementation barrier and propose one practical mitigation.

(4

marks)

QUESTION THREE

- a) Outline five prevention strategies suitable for schools; for each give a one-sentence rationale grounded in behaviour change or public health principles.

(5

marks)

- b) Design a 60-minute talk for parents titled “Early signs and how to respond” with three clear learning objectives, a 3-part session plan

(time and activity), and one take-home resource.

(5 marks)

QUESTION FOUR

- a) Differentiate psychological dependence from physical dependence and list two clinical indicators for each. **(4 marks)**
- b) Discuss the relationship between drug and substance abuse and HIV transmissions **(6 marks)**

QUESTION FIVE

- a) Describe the essential components of a comprehensive assessment for suspected substance use disorder including social, medical, legal and risk elements; give at least one specific question or data point for each domain. **(5 marks)**
- b) Compare two treatment approaches (e.g., counselling/case management vs pharmacotherapy), stating strengths, limitations, and the most appropriate context or client profile for each approach. Conclude with a justified recommendation for John's likely initial pathway. **(5 marks)**

QUESTION SIX

A young employee has started coming to work late, avoiding colleagues, and making frequent mistakes after beginning to use alcohol and sleeping tablets.

- a) Identify three possible signs that suggest the employee may have a substance use problem. **(3 marks)**
- b) Explain two ways the workplace could respond to support the employee.

(4

marks)

- c)** Suggest one prevention strategy that could be used in the workplace to reduce similar cases.

(3 marks)