



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS  
2021/2022 ACADEMIC YEAR  
FIRST YEAR SECOND SEMESTER**

**SCHOOL OF ARTS, HUMANITIES SOCIAL  
SCIENCES AND CREATIVE INDUSTRIES  
DIPLOMA IN SOCIAL WORK AND COMMUNITY  
DEVELOPMENT**

**COURSE CODE: DSW 1209**

**COURSE TITLE: MENTAL HEALTH (ABNORMAL  
PSYCHOLOGY)**

**DATE: 31<sup>ST</sup> MARCH, 2022**

**TIME: 1100-1300**

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## **INSTRUCTIONS TO CANDIDATES**

- Answer Question ONE (Compulsory) and any other TWO Questions.
- Question one carries 30 marks
- All other questions carry 20 marks each

## **QUESTION ONE**

- a) Write short notes on the following terms
  - i. Abnormality (4 Marks)
  - ii. Normality (4 Marks)
  - iii. Altruism (4 Marks)
- b) With a clear illustration, discuss the biopsychosocial model of mental health and illness (18 Marks)

## **QUESTION TWO**

- a) Examine the socio-cultural factors influencing mental health (10 Marks)
- b) How is social work related to human behaviour? (10 Marks)

## **QUESTION THREE**

- a) What do you understand by the term defense mechanism as used in abnormal psychology (2 Marks)
- b) Discuss five defense mechanisms utilized by people suffering from mental disorders (10 Marks)
- c) Define the term abnormality and highlight its symptoms (8 Marks)

## **QUESTION FOUR**

Examine the challenges facing the management and treatment of mental health issues in Kenya (20 Marks)

## **QUESTION FIVE**

- a) "A good percentage of the Kenyan youth are silently suffering from mental issues." Point out some of the causes of mental issues among the young population (10 Marks)
- b) State and discuss the main therapies utilized in treatment and management of mental problems (10 Marks)

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