

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA & EMBU

SECOND YEAR EXAMINATION FOR THE AWARD OF DIPLOMA
INCRIMINOLOGY AND SECURITY STUDIES

CRSS 0221: REHABILITATION OF ADDICTION AND SUBSTANCE ABUSE

STREAMS: DIP. CRSS (Y2S2)

TIME: 2 HOURS

DAY/DATE: FRIDAY 26/03/2021

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- Answer question **ONE** and **TWO** other questions
- Do not write anything on the question paper
- This is a **closed book exam**, No reference materials are allowed in the examination room
- There will be **NO** use of mobile phones or any other unauthorized materials
- **NB:** (All answers should be in essay format)

1. (a) Write short notes on the following terms used in rehabilitation of addiction and substance abuse. (20 marks)
 - i. Rehabilitation
 - ii. Substance abuse
 - iii. Addiction
 - iv. Relapse
- (b) There are many things that can trigger relapse, discuss the triggers of relapse for a person who is recovering from substance abuse (10 marks)
- 2 (a) Discuss the various stages of recovery in addiction of substance abuse (10 marks)
- (b) Outline the physiological effects of commonly abused drugs. (10 marks)
3. (a) Evaluate the principles of relapse prevention. (10 marks)
- (b) Describe the consequences of substances abuse on the individual abusing the drug and the society (10 marks)

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4. Discuss and demonstrate the positive co-relation between exercise, nutrition, stress reduction and the recovery process of addiction and substance abuse. (20 marks)
 5. There are many theories that try to understand the concept of drug use and why people are addicted to drugs. Discuss the different models that explain drug use (20 marks)
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