

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DIPLOMA IN SOCIAL WORK

SOWK 0215: MENTAL HEALTH AND SOCIAL WORK

STREAMS:

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 19/4/2023

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- **QUESTION ONE IS COMPULSORY**
- **Answer any other two**
- **Do not write anything on the question paper**

1. a) Define the following terms. (10 marks)
 - i) Health
 - ii) Anxiety
 - iii) Mental wellbeing
 - iv) Depression
 - v) Eating disorder
- b) Discuss any five symptoms of anxiety. (10 marks)
- c) Mention any five forms of mental disorder addressed by psychotherapists. (10 marks)
2. a) Explain any three types of eating disorder. (10 marks)
- b) Discuss ways of treating eating disorder. (10 marks)
3. a) Discuss social model of mental illness highlighting its key assumptions. (10 marks)
- b) State ten symptoms of depressions. (10 marks)

4. a) Discuss any three psychosocial issues of mental health that can be addressed by psychotherapists in any society. (10 marks)
b) Explain any three causes of anxiety disorders and how to treat them for the well-being of individuals. (10 marks)
5. a) Giving relevant examples, highlight 3 types of depression. (10 marks)
b) Discuss any three legal issues in counseling. (10 marks)

[illegible]