



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2020/2021

DIGITAL SCHOOL OF VIRTUAL AND OPEN LEARNING (DSVOL)

SECOND TRIMESTER EXAMINATION FOR THE DEGREE OF BACHELORS OF ARTS IN COUNSELLING PSYCHOLOGY

APS 409/418: LIFESTYLE DISEASES AND REHABILITATION

DATE: Tuesday, 18th May 2021

TIME: 8.00a.m-10.00a.m

INSTRUCTIONS:

Answer Question ONE and any other TWO Questions from section B

Q1. Compulsory

- a) Explain the meaning of the following terms as used in lifestyle disease rehabilitation
 - i) Wellness [2 marks]
 - ii) Rehabilitation [2 marks]
 - iii) Lifestyle [2 marks]
 - iv) Diseases [2 marks]
- b) Distinguish between the following cardiovascular diseases
 - i) Ischemic stroke and hemorrhagic stroke [4 marks]
 - ii) Heart failure and heart attack [4 marks]
- c) Explain four lifestyle causes of increase in cardiovascular diseases among children in Kenya [8 marks]
- d) Explain three reasons why the Biopsychosocial Model is recommended in the rehabilitation of many lifestyle diseases. [6 marks]

- Q2.
- a) Explain four long term complications related to diabetes [12 marks]
 - b) Discuss four psychological effects on the complications of diabetes [8 marks]

- Q3. a) Explain the classification of the different types of cancer [12 marks]
b) Discuss four roles of a counselor in the palliative care of a cancer patient [8 marks]
- Q4. Discuss five components of each of the following dimensions of the wellness wheel
i) Social dimension [10 marks]
ii) Physical dimension [10 marks]
- Q5. a) Explain four distinguishing features of behavior therapy [12 marks]
b) Discuss four ways in which a counselor would help a client in adhering to a behavior therapy programme. [8 marks]