



TECHNICAL UNIVERSITY OF MOMBASA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF SOCIAL SCIENCES
UNIVERSITY EXAMINATION FOR:
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
HCP 4210: ADDICTIONS AND INTERVENTIONS II
SERIES: DECEMBER 2024
TIME: 2 HOURS
DATE: DECEMBER 2024

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of five questions. Attempt question ONE (Compulsory) and any other TWO questions.

Do not write on the question paper.

QUESTION ONE

- a) Discuss five common behavioural changes you may observe in a drug user who is in denial. (10 marks)
- b) Outline the continuum of drug use and addiction. (10 marks)
- c) Eating disorders are characterized by a persistent disturbance of eating patterns that leads to poor physical and/or psychological health.
 - i) Explain five major eating disorders. (5 marks)
 - ii) Outline five psychological causes of eating disorders. (5 marks)

QUESTION TWO

- a. Explain how environmental factors may contribute to drug use and eventual addiction. (10 marks)
- b. Give a critical evaluation of the link between distress, and, drugs and substance abuse. (10 marks)

QUESTION THREE

- a. Sebastian is a 40 year old father of three children aged 1, 3 and 7 years old. His wife walked out of the family three years ago with the children. He has been to rehab three times over the last 7 years for alcohol related problems. The last time he left rehab is two months ago. But Sebastian is still a heavy drinker. Highlight the possible reasons why Sebastian is unable to quit alcohol despite evident alcohol related problems in his life. (10 marks)
- b. Over the years, various psychological perspectives have played a key role in popularising counselling as a viable and effective intervention for persons struggling with addictions. Discuss how Sebastian, (*in question 'a' above*), can benefit from counselling and psychotherapy sessions. (10 marks)

QUESTION FOUR

- a. Explain Gorski's developmental model of recovery from addictions (10 marks)
- b. Persons struggling with addictions may relapse a number of times in their journey towards recovery and sober living. Discuss five major signs and symptoms of relapse in a recovering addict. (10 marks)

QUESTION FIVE

- a) Discuss the concept of addiction as a family disease. (10 marks)
- b) Explain the psychological and behavioural causes of pornography and sex addiction. (10 marks)