



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: JULY 2025
TIME: 2 HOURS
DATE: JULY 2025

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 environmental factors associated with substance use and addictions. (10 marks)
- b. Explain the benefits of in-patient treatment for persons struggling with addictions. (10 marks)
- c. Highlight the characteristics of the following eating disorders:
 - i) Anorexia nervosa. (5 marks)
 - ii) Rumination disorder. (5 marks)

QUESTION TWO

- a. Discuss the antecedents and characteristics of compulsive buying disorder/shopping addiction. (10 marks)
- b. Explain the therapeutic intervention measures for shopping addiction. (10 marks)

QUESTION THREE

- a) Discuss the addiction cycle as proposed by James Prochaska and Carlo DiClemente (1980). (10 marks)
- b) Shine Moja is a 17 year old girl who has been using 'speed' for about two years. She uses speed intravenously, having originally snorted it for the first 12 months. On assessment, Shine Moja tells you that she has been trying to cut down on her speed use and has even had a period of two weeks where she did not use it. She appears to be 'speeding' when you meet with her in therapy.
Q. Identify and justify Shine Moja's stage of change. (10 marks)

QUESTION FOUR

- a) Explain the developmental model of recovery as outlined by Terence T. Gorski (1982). (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. Outline the signs and symptoms of cyber-sex addiction. (10 marks)
- b. Explain the psychological and behavioural causes of pornography and sex addiction. (10 marks)