



TECHNICAL UNIVERSITY OF MOMBASA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF SOCIAL SCIENCES
UNIVERSITY EXAMINATION FOR:
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
HCP 4311: STRESS AND STRESS MANAGEMENT
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 stress in the context of a threatening event or situation. (10 marks)
- b. Using examples, explain the Response Based Stress process. (10 marks)
- c. Personality type models categorize people into different groups based on common behavioral patterns. Based on this categorization, discuss four personality types and the resilience of each to the effects of stress. (10 marks)

QUESTION TWO

- a. Discuss in detail the categories of stimuli that trigger a stress process. (10 marks)
- b. Highlight five characteristics of stress induced dreams. (10 marks)

QUESTION THREE

- a. Explain the technique of biofeedback as employed in stress management. (10 marks)
- b. Highlight five different types of biofeedback mechanisms that are used to monitor different body functions for individuals going through the effects of distress. (10 marks)

QUESTION FOUR

- a) Critically discuss the link between neuroticism and the high risk of developing mental health issues. (10 marks).
- b) Discuss the strategies that can be employed to manage neurotic tendencies as a measure of reducing stress levels in vulnerable individuals. (10 marks)

QUESTION FIVE

- a. Explain the scientific link between anxiety disorders and increased risk of experiencing stress dreams. (10 marks)
- b. While working as a Psychologist for 'Nyumbani in The Floats,' a cruise ship used for holidaying in the Indian Ocean, Mr. Patel, a 60 year old male of Asian origin comes to you complaining of experiencing "excessive dreams onboard." Highlight the clinical techniques/treatment modalities you will employ to help Mr. Patel. (10 marks)