



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: APRIL 2025
TIME: 2 HOURS
DATE: APRIL 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. Highlight the differences between stimulus-based and response-based views of stress. (10 marks)
- b. Discuss five benefits of Eustress. (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. Using examples, highlight the history and impact of the Holmes and Rahe stress scale. (10 marks)
- b. Highlight the drawbacks of stress measuring tools. (10 marks)

QUESTION THREE

- a. Discuss asthma as a major physiological disorder that may be occasioned and/ or worsened by unhealthy stress responses. (10 marks)
- b. Highlight five different types of biofeedback mechanisms that are used to monitor different body functions for individuals that may be going through the effects of distress. (10 marks)

QUESTION FOUR

- a) Explain the body mechanisms that occasion the manifestation of stress as neck and shoulder pains. (10 marks).
- b) Discuss the management of neurotic tendencies as a measure of reducing stress levels among vulnerable individuals. (10 marks)

QUESTION FIVE

- a. Highlight five clinical/medical conditions associated with chronic stress. (10 marks)
- b. Explain the clinical techniques/treatment modalities you may employ to help a client who is experiencing stress induced dreams. (10 marks)