



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATIONS FOR:

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

HCP 4106: PSYCHOLOGY OF COMMUNITY HEALTH

SERIES: JULY 2025

TIME: 2 HOURS

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) Evaluate the concept of predisposing factors in relation to community health diagnosis (5 marks)
- b) Describe the three types of prevention found in community health (15 marks)
- c) Explain the current challenges confronting community and public health (10 marks)

Question TWO

- a) Discuss FIVE building blocks of the health belief model (10 marks)
- b) Critically examine FIVE challenges facing the health care system in Kenya (10 marks)

Question THREE

- a) Describe the stages of change and the processes of change of the transtheoretical model (10 marks)
- b) Suicide is the second leading cause of death in ages 10-14 and third leading cause of death for 15-24 years old. Using the health belief model, explain how it can be applied to prevent suicide cases. (10 marks)

Question FOUR

Differentiate the following models of health promotion about community health

- a) The building blocks of initiating a behaviour change (10 marks)
- b) The components of sustaining a behaviour change using a multi-theory model of health behaviour change (10 marks)

Question FIVE

Imagine you have been identified as a community health psychologist to support a local community organization that want to advocate to the school board of governance that mental health well-being should be made an integral component for their adolescent's students.

- a) Describe the mental health disorders and psychosocial issues that are likely to affect the students (10 marks)

- b) Discuss the process you will adopt in implementing the request using the community planning models (10 marks)