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**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 I**  
**SERIES: APRIL 2025**  
**TIME: 2 HOURS**  
**DATE: APRIL 2025**

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**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.**

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**QUESTION ONE**

- a. Discuss the disease model of addictions. (10 marks)
- b. Highlight five signs and symptoms of Substance Use Disorder. (10 marks)
- c. Using examples, explain the reactive effects of five major categories of psycho-active substances. (10 marks)

**QUESTION TWO**

- a. Explain five factors that contribute to the development of addictions. (10 marks)
- b. Discuss the challenges that persons struggling with addictions go through. (10 marks)

**QUESTION THREE**

- a. Discuss five advantages of in-patient treatment for persons struggling with addictions. (10 marks)
- b. Explain Gorski's developmental model of recovery from addictions. (10 marks)

**QUESTION FOUR**

- a. Njombili is a 24 year old college drop-out who is a pathological user of a wide variety of psycho-active substances. Njombili has been brought to you by his elder sister with complaints that he might have started stealing and selling household items belonging to the family. As an addiction counsellor, highlight and justify the treatment options you would recommend for Njombili. (10 marks)
- b. Explain five long term effects associated with marijuana and cannabinoids abuse. (10 marks)

**QUESTION FIVE**

- a. Highlight five measures that can be put in place to prevent drug misuse among children and teenagers. (10 marks)

- b. Discuss 'harm-reduction' measures as outlined in the World Health Organization (WHO) protocols concerning drugs and substance abuse. (10 marks)