



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: 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. Using examples, explain the main types of addictions and their effects. (10 marks)
- b. Discuss five signs and symptoms of addictions. (10 marks)
- c. Highlight five techniques that a college student may employ to avoid the trap of addictions. (10 marks)

QUESTION TWO

- a. Highlight five predisposing factors that may contribute to the development of addictions. (10 marks)
- b. Using examples, discuss five aspects of life that suffer adversely as a result of addictions. (10 marks)

QUESTION THREE

- a. Explain five advantages of rehabilitation for persons suffering from substance use disorders. (10 marks)
- b. Discuss the wheel of change as outlined in the trans-theoretical model. (10 marks)

QUESTION FOUR

- a. Highlight and justify the treatment options you would recommend for a drug addict who is in denial. (10 marks).
- b. Explain five long term psychological effects associated with the use of drugs and substances. (10 marks)

QUESTION FIVE

- a. Discuss the consequences of using medical drugs for recreational purposes. (10 marks)
- c. Discuss 'harm-reduction' as outlined in the World Health Organization (WHO) protocols concerning drugs and substance abuse. (10 marks)