



TECHNICAL UNIVERISTRY OF MOMBASA

Faculty of Applied & Health Sciences

DEPARTMENT OF ENVIRONMENTAL & HEALTH SCIENCES

DIPLOMA IN NUTRITION & HEALTH (DNH 12S)

ANH 2303: NUTRITION & HEALTH COUNSELLING

END OF SEMESTER EXAMINATION

SERIES: DECEMBER 2014

TIME: 2 HOURS

Instructions to Candidates:

You should have the following for this examination

- *Answer Booklet*

This paper consists of **FIVE** questions. Attempt question **ONE (Compulsory)** and any other **TWO** questions
Maximum marks for each part of a question are as shown

This paper consists of **TWO** printed pages

Question One (Compulsory)

- a) Distinguish between nutritional counseling and nutritional education. **(4 marks)**
- b) Outline the pattern followed in a counseling process **(4 marks)**
- c) Explain the use of open and closed question in counseling **(4 marks)**
- d) Give FOUR reasons for giving “tasks” and “homework” **(4 marks)**
- e) Explain the SAPO approach in counseling. **(4 marks)**
- f) Explain Repression, Displacement and Suppression defense mechanisms. **(3 marks)**
- g) Distinguish behavior characteristics of introverts and extroverts. **(4 marks)**
- h) Define ID, Ego and Superego. **(3 marks)**

Question Two

Discuss the stages in behavior change. **(15 marks)**

Question Three

Explain techniques that can be employed to build rapport in counseling process **(15 marks)**

Question Four

Discuss features of motivational interviewing counseling. **(15 marks)**

Question Five

Discuss the key elements in guided counseling. **(15 marks)**