



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND
TECHNOLOGY SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR BACHELORS DEGREE IN
COMMUNITY HEALTH AND DEVELOPMENT
4TH YEAR 2ND SEMESTER 2023/2024 ACADEMIC YEAR
KISUMU**

COURSE CODE: HCB 2402

COURSE TITLE: MENTAL HEALTH

EXAM VENUE: STREAM: (BSc. Comm Hlth & Dev)

DATE: EXAM SESSION:

TIME: 1.30 HOURS

Instructions:

- 1. Answer all the questions in Section A and ANY other TWO questions in Section B.**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

Section A: Short Answer Questions (30 marks)

1. Define the term “mental health” (3 marks).
2. Name THREE biological factors that can contribute to mental health problems (3 marks).
3. State SIX early warning signs as potential to mental health problem (6 marks).
4. Identify FOUR elements of mental health services delivery (4 marks).
5. Name FIVE main barriers to mental health service delivery (5 marks).
6. Mention FIVE importance of having a mental health policy (5 marks).
7. Give FOUR effects of discrimination and stigma on an individual's mental well-being (4 marks)

Section B: Essay Questions (40 marks)

8. Examine the intersectionality of mental health, and their impact an individual's mental well-being. Discuss potential approaches to address disparities and promote mental health equity within diverse communities. (20 marks)
9. Analyze the role of resilience in maintaining positive mental health. Describe the strategies for building and enhancing resilience in individuals facing various challenges. (20 marks)
10. With THREE appropriate examples, examine the impact of technological advancements on mental healthcare. (20 marks)