Scott Christian UNIVERSITY

SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

UNIT CODE/NAME: BCP 325: STRESS AND DEPRESSION MANAGEMENT

September- December 2019/2020 End Semester Exam - Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO questions.

QUESTION ONE

a) Define the term stress (2 Marks)
b) Identify and differentiate briefly three types of depression (6 Marks)
c) State the three levels of stress according GAS theory (3 Marks)
d) Outline the four main Types of stress (4 Marks)
e) Identify four behavioral symptoms of stress (2 Marks)
f) State four effects of moderate depression (4 Marks)
g) Name six characteristics of a Major Depressive Disorder (6 Marks)
h) Identify three differences between stress and depression (3 Marks)

QUESTION TWO

Discuss critically the Cognitive Appraisal Theory of stress (15 Marks)

QUESTION THREE

Describe briefly the key features of a well-adjusted person (15 Marks)

QUESTION FOUR

Evaluate how stress level is influenced by personality (15 Marks)

QUESTION FIVE

Critically analyze the main effects of depression to an adolescent (15 Marks)