



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE MASTER OF ARTS IN
COUNSELING PSYCHOLOGY
SEPTEMBER- DECEMBER 2025**

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 604

COURSE TITLE: ADDICTIONS AND SUBSTANCE ABUSE DISORDERS

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before answering.
- Write your **student number** on the space provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – ANSWER ALL QUESTIONS (20 MARKS)

QUESTION ONE

A) Read the narrative below and answer the questions that follow

Michelle a 20 year old lady, grew up with her grandmother who is a staunch Christian. Brought up with a strong work ethic and a deep faith in God, Michelle became a young woman everyone admired. She did well in both her primary and high school education and was recently admitted to study law at a reputable university. During the long break her grandmother noticed that Michelle's behavior had changed significantly. She was elusive and walked around like someone carrying a heavy burden. Her academic grades had also dropped drastically. On investigation, the grandmother found that Michelle had been abusing multiple substances.

- i). Describe any two reasons that may have led to Michelle's decision to start abusing substances. (4marks)
- ii). Discuss any two parts of the brain that may have been involved in Michelle's addiction. (4 marks)
- iii) Given her upbringing, analyze two ways you would address Michelle's issues from a Christian standpoint. (4 marks)

B) Differentiate between the following terms as used in addictions and substance use disorders.

- i) Substance addiction and substance dependence.(4 marks)
- ii) Substance abuse and substance use disorders.(4marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

QUESTION TWO

Adam, an IT specialist started taking alcohol for fun during his college days. After graduation, he got a well-paying job and started drinking over the weekends. Over time, Adam increased the frequency and quantity of his drinking to a point where he needed several bottles in the morning to be functional at work and several others to be able to sleep. After receiving two warning letters and a doctor's report that his liver was severely damaged, Adam made several unsuccessful attempts to stop drinking. It is at this point that he sought therapy

- a) Examine any two impacts Adam's drinking might have on him. (4 marks)
- b) Analyze any three stages Adam went through before he got to this point in his drinking. (6 marks)

QUESTION THREE

"The fact that you do not drink or use any substances does not negate the fact that you are a pathetic addict" Gilbert yelled at his wife who was busy on her phone. "See who is talking, you will not see the log in your own eye but you can clearly see the speck in my eye. So now being on the phone compares with your reckless drinking and smoking?" the wife retorted.

- a) Using two examples justify Gilbert's sentiments. (4 Marks)
- b) Discuss any three philosophical models that could explain Gilbert's drinking and smoking problem. (6 Marks)

QUESTION FOUR

- a) As a counseling psychologist in practice, articulate two symptoms that you would look for to know that a client is developing tolerance for a substance. (4 Marks)
- b) The 11 diagnostic criteria for substance use disorders in the DSM-V, can be summarized into four categories. Describe any three of these categories. (6 Marks)

QUESTION FIVE

Daisy was diagnosed with ADHD at an early age. She began to take Adderall to manage the condition but she unfortunately got addicted to the drug. When she cannot find the drug she takes cocaine as a substitute. Realizing that she is destroying her life, the parents get her admitted in the rehab you are interning. She comes to you complaining bitterly that she cannot cope with how she feels now that she has stopped taking her substances of choice.

- a) Describe any two criteria for the diagnoses of Daisy's feeling. (4marks)
- b) Demonstrate how you would use any three treatment approaches to help Daisy deal with her addiction. (6 marks)