



**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
MASTER OF ARTS IN COUNSELLING PSYCHOLOGY**

MAY – AUGUST 2025 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP/MCA 604

COURSE TITLE: ADDICTION AND SUBSTANCE USE DISORDER

EXAM DATE: 31st.JULY 2025

DURATION: 3 HOURS

TIME: 6:00 PM 9:00 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1:

- a) Define the following concepts as used in addiction and substance abuse disorder
 - i) Total abstinence
 - ii) Drug addiction
 - iii) Comorbidity
 - iv) Sedative
 - v) Detoxification

2x5 = 10marks
- b) By use of examples distinguish between physical addiction and behavioral addiction (4marks)
- c) State any 3 characteristics of a good theory (6marks)

SECTION 2: (20MARKS) ANSWER ANY 2 QUESTIONS

QUESTION 2: How do the following theories view addiction and drug abuse (10marks)

- a) Psychoanalytic theory
- b) Classical and operant conditioning
- c) Rational Emotive behavior therapy
- d) Person centered therapy

QUESTION 3

- a) Describe the five stages of the client readiness to change according to the transtheoretical model (5 marks).
- b) As a counselor how would you facilitate change in the five stages chosen? (5marks)

QUESTION 4

- a) Explain the four central principles of motivational interviewing (4marks)
- b) As a counselor how would you utilize any 3 strategies to help a counselee utilize motivational interviewing? (6marks)?

QUESTION 5

- a) Discuss any 5 risk factors for drug and alcohol abuse (5 marks)
- b) As a counselor how would you help a counselee to avoid the risk factors?
(5marks)