



**PAN AFRICA CHRISTIAN UNIVERSITY**

**BACHELOR OF ARTS IN COUNSELING**

**END OF TERM (SEPTEMBER - NOVEMBER 2015) EXAMINATION**

**CAMPUS: VALLEY ROAD**

**DEPARTMENT: COUNSELING**

**COURSE CODE: COU3223**

**COURSE TITLE: INTRODUCTION TO SUBSTANCE ABUSE**

**EXAM DATE: Tuesday 24<sup>th</sup> November 2015**

**TIME: 5.30Pm – 8.30pm**

**INSTRUCTIONS TO CANDIDATES:**

- Answer questions ONE and any other FOUR questions only.
- Write your student number on the answer booklet.
- Read all questions carefully before attempting.

- Q1. a) How would you tell if your child is abusing hard drugs? **(2mks)**
- b) Identify two psychological effects of heroin addiction. **(2mks)**
- c) The bible provides wisdom that can be applicable in various life situations including the problem of drug and substance abuse. Using relevant examples discuss various Biblical principles that can be useful in addressing challenges of drug and substance abuse in Kenya **(8mks)**
- Q2. a) Define the term “psychopharmacology” **(2mks)**
- b) Distinguish between positive and negative drugs. **(4mks)**
- c) Explain how carbon monoxide affects tobacco smokers. **(6mks)**
- Q3. a) Identify two reasons why young people in Kenya are vulnerable to drug abuse. **(2mks)**
- b) Briefly describe how khat (miraa) affects human reproductive system. **(4mks)**
- c) Justify three strategies you would recommend Musau a habitual smoker, to help him quit harmful habit of cigarette smoking. **(6mks)**
- Q4. a) Define the term “ethanol” **(2mks)**
- b) Demonstrate three psychological problems associated with Bhang smoking. **(6mks)**
- c) Support two practical strategies which can be used to minimize the risks associated with cigarette smoking. **(4mks)**

Q5. a) Identify two short term effects of bhang smoking. **(2mks)**

b) Summarize the relationship between HIV/ AIDS and alcohol. **(4mks)**

c) To many people substance abuse is a way of coping with stress and problems in life

Using relevant example, how would you help a young person who has just

started indulging in alcohol to stop. **(6mks)**

Q6. a) What do you understand by the term “Anabolic Steroids” **(2mks)**

b) Justify why psychoactive drugs act primary on the central nervous system. **(5mks)**

c) Compare and contrast moral and learning theory of drugs and substance abuse. **(5mks)**

Q7. a) Identify four long term effects of Bhang smoking. **(4mks)**

b) Justify two ways in which drugs and substance abuse might cause increase in crime in our society. **(2mks)**

c) To many young people, substance abuse is a way of coping with stress and problems of life. Using three relevant Biblical example how would you help a young person who has just started indulging in alcohol to stop. **(6mks)**