



**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/604

COURSE TITLE: ADDICTION AND DRUG USE DISORDER

EXAM DATE:

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*

SECTION A: (Compulsory) ANSWER ALL QUESTIONS 20 MARKS

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) Distinguish between physical addiction and behavioral addiction (4marks)

c) State any 3 characteristics of a good theory (6marks)

SECTION B: ANSWER ANY TWO QUESTIONS 20 MARKS

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

Describe the five stages of the client readiness to change according to the transtheoretical model (10 marks).

QUESTION 4

- a) Define the concept motivational interviewing (2marks)**

Motivational interviewing is a style of patient-centred counselling developed to facilitate change in health-related behaviors. The core principle of the approach is negotiation rather than conflict. Motivational interviewing is a directive, patient centered counselling style that aims to help patients explore and resolve their ambivalence about behavior change. It combines elements of style (warmth and empathy) with technique. (e.g. focused reflective listening and the development of discrepancy).

- b) Explain the four central principles of motivational interviewing (8marks)**

QUESTION 5

Discuss any 5 risk factors for drug and alcohol abuse (10)