



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
Faculty of Education
Department of Human Kinetics & Health Education
2024 1 EXAMINATION

COURSE CODE: HED 311

COURSE TITLE: MENTAL AND SOCIAL HEALTH

COURSE UNITS: 2C

TIME: 2HOURS

INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO.

- 1a. Define psychotherapy and explain briefly how it is used in managing stress.
- 1b. Differentiate between mental health promotion and mental health prevention in two (2) ways.
- 1c. Explain four (4) factors to consider when choosing a mental health screening and assessment tools.

2. Enumerate and discuss five (5) ways a health educator can help in creating a mentally healthy community.

3. Discuss any three (3) fundamental principles of mental health care a service provider must consider when performing duty, under the mental health act of 2014.

4. Itemize and explain with appropriate examples five (5) harmful effects of stigmatization.

5. Describe with relevant examples three (3) characteristics that can be used as criteria for optimal mental health.