



**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCES
NATIONAL OPEN UNIVERSITY OF NIGERIA
2024_2 EXAMINATION**

COURSE TITLE: INTRODUCTION TO STRESS MANAGEMENT

COURSE CODE: PHS820

COURSE UNITS: 2 Units

TIME ALLOWED: 1 ½ Hours

TOTAL MARKS: 70 %

INSTRUCTION: Answer ALL Question

1.
 - a. Outline the goals of Cognitive Behavioural Therapy (6 Marks)
 - b. Briefly describe the stages of human memory (6 Marks)
 - c. Discuss the concept of prevention in public health. (12 Marks)
2.
 - a. Briefly discuss Autogenic Relaxation (6 Marks)
 - b. Outline the elements of health promotion (6 Marks)
 - c. Discuss Selye and the General Adaptation Syndrome (12 Marks)
3.
 - a. Briefly highlight the Importance of a Balanced Diet (8 Marks)
 - b. Relate personality traits with stress (12 Marks)
 - c. Describe the benefit of Yoga (2 Marks)