



NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2025_2 EXAMINATIONS

COURSE TITLE: Stress and Coping Measures in Public Health (PHS820)

COURSE UNITS: 2 Units

TIME ALLOWED: 2 Hours

TOTAL MARKS: 70%

INSTRUCTION: Answer all the Questions

1. (20 marks)

- (a) Briefly explain the three main classifications of stress. (12 marks)
- (b) Discuss how episodic acute stress can affect a person's interpersonal relationships and workplace performance. (4 marks)
- (c) Explain two signs and symptoms of chronic stress and how they affect overall health. (4 marks)

2. (25 marks)

- (a) Define emotional intelligence and list its five core components. (8 marks)
- (b) Discuss the role of emotional intelligence in coping with occupational stress. (5 marks)
- (c) How can self-awareness, as a component of emotional intelligence, help in managing stress effectively? (12 marks)

3. (25 marks)

- (a) Discuss the different steps involved in cognitive-behavioral therapy (CBT) for stress management. (12 marks)
- (b) Explain how cognitive restructuring in CBT helps in reducing stress. (5 marks)
- (c) Highlight two benefits of CBT for people experiencing chronic stress. (8 marks)