



**FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PUBLIC HEALTH SCIENCES  
NATIONAL OPEN UNIVERSITY OF NIGERIA  
2024 1 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. Describe Conative Differences (4 Marks)
  - b. How can you employ the elements of Emotional Intelligence in working as Public Health Officer (12 Marks)
  - c. Discuss the psychobiological effects of stress (10 Marks)
2.
  - a. As a Healthcare Specialist, explain the concept of Emotional Intelligence (8 Marks)
  - b. As part of coping mechanism, nutrition is a vital component in combating stress, discuss (8 Marks)
  - c. Describe the Benefits of CBT Therapy for Stress (6 Marks)
3.
  - a. As a Public Health Officer, how can you relate stress to illness (9 Marks)
  - b. Suggest any three ways Emotional Intelligence can be employed to deal with Stress (5 Marks)
  - c. An extremely busy bank manager complained of a strained relationship with his spouse, relate his complaint with the nature of his work. (8 Marks)