



**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_1 EXAMINATION...**

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

- 1a.** Briefly explain the key terms that establish the agreement between the definition of public health by the University of Pittsburg and Gidey, Taju and Hagos (2005). (12 mks)
- 1b.** An albino rat was taken from its nest (temperature 33⁰C) and placed in a regulated environment with a temperature of 0⁰C, briefly explain the steps in the rat's experience. (13 mks)

- 2a.** Bola and Obi had a heated argument over the outcome of a football match that they both watch along with Abubakar. With Abubafkar taking side with Obi in the argument, briefly explain the kind of stress that Bola experience during and shortly after the argument. State the characteristics of this type of stress. (12mks).
- 2bi.** How does the immune system respond to stress? (5 mks)
- 2bii.** Differentiate between the immune response in acute and chronic stress, stating the implication of the responses. (8 mks)

- 3a.** Bearing in mind the impact of stress on cognitive emotional abilities and emotional intelligence of individuals, explain why an individual with a track record of been great in leadership suddenly make bad decisions. (12mks).
- 3b.** Discuss personality and stress. (8mks)