

Training and Education Department
Gaza Community Mental Health Programme,
Postgraduate Diploma in Community Mental Health,
Mental Health Education and Promotion
Final Exam, March 2002



First Part Time allowed 2 hours

Participant's name..... Code No.....

Answer all the following questions

I. The children Committee of the Gaza Community Mental Health Programme is planing to implement a project called "a non violent schools" for children aged between 4-12 years old by which students would be able to solve their problems in non-violent behaviours. The committee asked for your advice in the planning and the application of mental health promotion theories to modify children's behaviours towards violence and peaceful problem solving strategies. As a mental health promotion professional you need to clarify the following ideas that might help in both planning and implementation of the project by answering the following gquestions to the committee to enable them properly plan the project.

1. Why Bandura A (1970) theory is important for children's at that age? How this theory would help the committee in making the project fruitful?
2. Describe the individual barriers to health promotion and the barriers within the structure of medicine?
3. Behavioural change depends on some health beliefs. Describe how the Children Committee would be able to apply the components of health belief model and explain how useful it is in predicting and changing health behaviours
4. Explain the philosophy of Paulo Freire and critical awareness to health education?

II. *Mental health promotion is a multi-disciplinary endeavor, which by working with people throughout the different stages of life and their environment helps in the achievement and maintenance of the mental strengths people need to deal with life's problems. Chose only three questions out of the following:*

1. describe the advantages of the biopsychosocial model and its implications to mental health promotion.
2. Describe the component of the theory of reasoned action and the theory of planned behaviour. Compare and contrast the two theories, and explain how useful these theories are in predicting health behaviour.
3. Describe the basic principles of cognitive behaviour therapy.
4. Define classical conditioning, unconditioned response, conditional response, unconditioned stimulus, and conditioned stimulus. Describe the use of classical conditioning in cognitive behaviour therapy
5. Principles of convincing people through communicative information

III. In applying health promotional programmes, you need to force change. Some people might understand such approach as a dictatorial and influential approach one. How would you respond to such claim, give an example? Explaining the different approaches to health promotion.

