

**UNIVERSITY OF KWAZULU NATAL
SCHOOL OF AGRICULTURAL, EARTH & ENVIRONMENTAL SCIENCES
DIETETICS & HUMAN NUTRITION
EXAMINATION: NOVEMBER/DECEMBER 2012
SUBJECT COURSE AND CODE: DIET 351
BEHAVIOURAL SCIENCE FOR DIETETICS P2**

DURATION: 2 HOURS

TOTAL MARKS: 100

EXTERNAL EXAMINER: DENBIGH MAURER

INTERNAL EXAMINER: LINDA NEL

NOTE: THIS PAPER CONSISTS OF TWO SECTIONS (A & B), AND THREE PAGES.

SECTION A.

ANSWER ALL THE QUESTIONS

50 MARKS

QUESTION 1.

Match the theorist in Column A with the relevant concept in Column B. Write only the question number with the correct letter. For example, 1.6. f).

Column A	Column B	
1.1. Joseph Luft	a) Self concept	
1.2. Sigmund Freud	b) Self awareness	
1.3. Carl Rogers	c) Ego strengths	
1.4. Eric Berne	d) Superego	
1.5. Erik Eriksson	e) Ego states	(5)

QUESTION 2.

Differentiate between the following:

2.1. Internal frame of reference	
External frame of reference	(4)
2.2. Non-directive counselling	
Directive counselling	(4)
2.3. Transference	
Countertransference	(4)

QUESTION 3.

Empathy is both an attitude and a skill. It requires one to try to understand a person's circumstances and points of view.

3.1. Tabulate the differences between empathy and sympathy.	(8)
3.2. Describe the six (6) steps to empathy according to Ciaramicoli and Ketcham.	(12)

QUESTION 4.

- 4.1. Discuss the five (5) stages of change, according to the Transtheoretical Model of Change, and give relevant dietetics examples. (10)
- 4.2. Briefly mention three (3) anticipatory coping mechanisms you could encourage a client to use to help prevent a relapse on their dietary regimen. (3)

SECTION B.

50 MARKS

ANSWER QUESTION 5 AND 6, THEN QUESTION 6 OR 7.

QUESTION 5.

Pamela is a 38-year-old housewife with three children, aged 6, 9 and 14. Her husband, Paul, is a successful accountant. For years, their relationship has been stable, and no serious family problems existed. However, 6 months ago Pamela's father suffered a stroke and died. Her mother moved in with them, and has been coping well. She keeps herself busy with the grandchildren, and helping around the house. Paul and his mother-in-law get along well, but they have both noticed how unhappy and depressed Pamela has become. Her mother feels it is the grief over losing her father, but Paul says her mood just continues to deteriorate. Pamela's weight has ballooned to 105kg; she is always tired and has no energy. She wants to be left alone, and claims that life is meaningless. She cries a lot and feels guilty about her inability to take care of her children, be a wife and a good daughter to her mother. Pamela repeatedly says: "I am just a fat, ugly and useless human being." Paul is extremely concerned and makes an appointment for her to see you, the dietitian, as he feels that if Pamela could lose some weight she may feel better about herself again.

- 5.1. List the signs and symptoms of major depression. (10)
- 5.2. Briefly discuss how you could build rapport with Pamela in order to gain her trust (Stage One, Step 1A of Egan's Model). (10)

QUESTION 6.

Clara, a 16-year-old, is brought to see you by her parents. They claim they are 'at their wits end' over their daughter's eating and exercising habits. Apparently Clara has become excessively preoccupied with her weight and appearance over the last year. She no longer wants to eat with the family, and spends more and more time in her room. Her parents often hear her vomiting in the bathroom, and they have discovered a 'stash' of laxatives and diuretics under her bed. They also found huge amounts of biscuits, chocolates, chips and cereal bars in her cupboard. Clara 'confessed' to them that she binges on these foods every two to three days. She only stops eating when her stomach becomes too sore to carry on. She then spends hours doing 'star jumps' and skipping to burn the calories off. Despite her abnormal eating habits she is not overweight, has normal periods, and has a BMI of 22.

- 6.1. List the criteria for diagnosing Clara's illness. (10)

QUESTION 7.

Khaya Zondi, a 44-year-old, divorced, civil engineer, is recovering from bypass surgery after suffering a heart attack 10 days ago. He admits to you, the hospital dietitian, that for the past 4 to 5 years he has been eating mainly 'fast foods' and doing minimal exercise. He used to belong to a gym, which he quite enjoyed, but stopped going when he took on a new contract that involved a lot more travelling. His girlfriend has been trying to encourage him to slow down his hectic pace of living. Khaya feels he has been given a "second chance" at life and is determined to make changes to improve his lifestyle.

- 7.1. Identify the stage of change Mr Zondi is in, and motivate your answer (4)
- 7.2. Why is the stage of change important to know when counselling a client? (1)
- 7.3. Discuss the importance of goal setting with regards to helping Mr Zondi change his eating behaviour. (15)

QUESTION 8.

Thandeka Dlamini is a newly qualified dietitian. She is planning a series of supportive meetings for her clients who are parents of children with type 1 diabetes mellitus. Thandeka wants to plan for optimum group participation at the first session, which will be an hour long. She also wants to meet the needs of the group so that they will return for future sessions.

- 8.1. What suggestions would you like to give her regarding the first meeting of the group? (10)
- 8.2. Discuss ten (10) curative factors that are the 'primary agents of change' in a supportive setting. (10)

.....END.....

