

UNIVERSITY OF KWAZULU NATAL
SCHOOL OF AGRICULTURAL SCIENCE
DISCIPLINE OF DIETETICS AND HUMAN NUTRITION
COURSE CODE: DIETETICS 351

DATE: NOVEMBER 2010
LECTURER: Mrs L B Nel

TIME: 2 hours
TOTAL: 100

PLEASE READ INSTRUCTIONS FOR EACH SECTION CAREFULLY.

SECTION A. 50 MARKS
INSTRUCTIONS: ANSWER ALL THE QUESTIONS IN SECTIONA.

QUESTION 1.

Albert Ellis believed that human beings are born with potential for rational and irrational thinking. The irrational thoughts acquired through interactions with significant others are described in his A-B-C theory of personality.

- 1.1. Briefly explain his theory, and supply a relevant example. (6)
 1.2. Apply a cognitive restructuring technique, to your example, to elicit a more rational response. (6)
 [12]

QUESTION 2.

- 2.1. Differentiate between the following concepts:
 Transference
 Countertransference (4)
 2.2. Provide six (6) examples of how a client may demonstrate resistance in a counselling session. (6)
 [10]

QUESTION 3.

Nomfundo has end-stage renal failure. Her doctor has informed her family that she is dying.

- 3.1. Discuss how you could help this family to understand the psychological stages of dying. [10]

QUESTION 4.

David is a 32 year old single man recently diagnosed with HIV. His CD4 count is 350. David has known about his status for some time, and his sister has recently heard that his HIV can be controlled through eating certain foods. She has urged him to see you. You notice that David is severely depressed.

- 4.1. List the signs and symptoms of major depression. (9)
 4.2. Briefly discuss how you would apply Stage Three of Egan's model to David's situation. (9)
 [18]

SECTION B.**50 MARKS****INSTRUCTIONS: ANSWER QUESTION 5, THEN QUESTION 6 OR 7.****QUESTION 5.**

John Steyn, an engineer aged 49 years, was referred to you with hyperlipidaemia. He is 180cm tall and weighed 150kg at his first visit. He has a family history of heart disease, having lost both parents to it. John is married with two children aged 14 and 17. His wife does not work. At his second visit he had lost 5kg. This is John's third visit to you and his weight is 152kg. John states: "This diet you put me on is just too hard to follow. I get discouraged when the weight doesn't come off fast enough. I can't keep going. The other problem is that my wife and I entertain a lot and we can't be feeding our guests on diet food!"

- 5.1. Identify the stage of change John is in, and motivate your answer. (4)
 5.2 Why is the stage of change important to know when counselling a client? (1)
 5.2. Explain the five (5) basic principles of motivational interviewing, and relate how you would apply them to John's situation. (15)
 [20]

QUESTION 6.

Julie is 18 years old and in grade 12. She is gaunt and pale, her height is 176cm and she weighs 43kg. She has been referred to you by a psychiatrist. Two years previously Julie was overweight. Her mother, a well-meaning but overbearing and demanding woman, nagged Julie relentlessly about her weight. Julie started dieting and after several weeks of a strict diet she noticed the weight beginning to come off. She experienced a feeling of control and mastery that she had never known before. She stopped menstruating six months ago. Despite her friends telling her she is "way too skinny" Julie thinks she looks fine. She continues to excel in her school work and in her extracurricular pursuits. Her parents bought her exercise tapes but when she started working out three times a day they said she was doing too much. She now exercises at times of day when no one is around as she fears gaining the weight she has worked so hard to lose.

- 6.1. List the DSM IV criteria for diagnosing Julie's illness. (10)
 6.2. Briefly discuss the common psychological features one could expect to find in a person at risk of developing an eating disorder such as Julie's. (10)
 6.3. Briefly discuss how you could build rapport with Julie in order to gain her trust (Stage One, Step 1A of Egan's Model). (10)
 [30]

QUESTION 7.

Thandeka Dlamini, is a newly qualified dietician. She is planning a series of supportive meetings for her clients who are parents of children with type I 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.

7.1. What suggestions would you like to give her for the first meeting of her group? (10)

7.2. Discuss ten (10) curative factors that are the 'primary agents of change' in a supportive setting. (20)

[30]

TOTAL: 100
