

UNIVERSITY OF KWAZULU-NATAL
SCHOOL OF AGRICULTURAL, EARTH & ENVIRONMENTAL SCIENCES
DIETETICS & HUMAN NUTRITION
EXAMINATION: NOVEMBER/DECEMBER 2014
SUBJECT, COURSE & CODE: DIET 351
BEHAVIOURAL SCIENCE FOR DIETETICS P2

DURATION: 2 HOURS

TOTAL MARKS: 100

External Examiner: Ms Julia Braine
Internal Examiner: Mrs Linda Nel

NOTE: THIS PAPERS CONSISTS OF THREE (3) PAGES, PLEASE SEE THAT YOU HAVE THEM ALL.

SECTION A. ANSWER ALL THE QUESTIONS 50 MARKS

QUESTION 1.

Empathy is the experience of understanding another person's condition from their perspective.

Describe the six (6) steps to empathy according to Ciaramicoli and Ketcham. (12)

QUESTION 2.

Differentiate between the following:

2.1. Non-directive counselling
 Directive counselling (4)

2.2. Transference
 Countertransference (4)

QUESTION 3.

Discuss the following qualities of an effective counsellor:

3.1. Unconditional acceptance and positive regard. (4)

3.2. Respect and honesty. (4)

QUESTION 4.

Explain the following defence mechanisms, and supply a relevant dietetics example for each:

4.1. Denial
4.2. Compensation
4.3. Rationalisation
4.4. Projection
4.5. Regression (10)

QUESTION 5.

Mrs Noma Radebe has opted to follow a low GI diet, as she is overweight. Goal setting is an important part of changing her eating behaviour.

5.1. Prepare some relevant goals with Mrs Radebe, bearing in mind all the important aspects of goal setting. (10)

5.2. How could you encourage Mrs Radebe to commit to her goals? (2)

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SECTION B.

50 MARKS

ANSWER QUESTION 6; THEN ANSWER QUESTION 7 OR 8.

QUESTION 6.

Read the following case study:

Mrs Minnie (Mrs M) is married and in her late twenties. She and her husband both work and neither of them is very careful about what they eat. They usually skip breakfast, or if there is time Mrs Minnie will fry some food left over from the night before together with a fried egg. For lunch Mrs Minnie will usually buy a take-away meal such as a hamburger and chips or a hot dog. Occasionally she will take sandwiches and a fruit to work if she has no money for a take-away. Since Mr Minnie works late, Mrs Minnie eats her dinner alone in front of the TV. Very often her dinner is a combination of snack foods (for example viennas, polony, fried chicken or a pie) and a bought salad. Lately Mrs M has been experiencing a lot of heart burn and tiredness. She visited her GP who took bloods and found that she has high HDL and LDL levels. He has referred her to you for dietary advice in order to normalise her cholesterol levels and reduce her heartburn. Mrs M is more concerned about her appearance than her health. She cannot understand, for example, why she is 10kg overweight when 'she does not eat that much'. She tells you that most of the women in her family are thin and that, maybe she can 'eventually shed the 10kg'. She says she tried dieting before, but found it too hard to do it on her own. Mrs M does no exercise, and you also learn that several of her female relatives had various cancers, including breast cancer. Her husband is also overweight, but recently joined a gym to try and lose some of his excess kilos.

- 6.1. Identify the stage of change that Mrs M is in. Motivate your answer. (2)
- 6.2. Prepare three (3) open-ended questions you would like to ask Mrs M in order to support her stage of change. (3)
- 6.3. Discuss the five (5) basic principles of motivational interviewing, and apply them to Mrs. M's situation. (15)

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Question 7.

Read the following case study:

Marcel, 33, comes to see you referred by his doctor. At a BMI of 32 he is dangerously obese and showing signs of hypertension and diabetes. He tells you he began to gain weight at the age of 12 which was the onset of puberty for him. He tells you that his family was a very troubled one. His mother remarried four times and had children with several men. He describes his care as a child as being inconsistent and 'pretty chaotic'. Marcel was sexually abused by one of his stepfathers and after this episode he started to binge eat. This habit has endured. He says he is able to eat reasonably for days at a time, but when he gets stressed he goes into episodes of bingeing in which he eats excessively. He says he 'stuffs his face until he feels like bursting'. He feels ashamed about having no 'self-control', and has not told anyone about his problem. During the session with you Marcel is very tearful. He says he has no energy, no longer enjoys life and often has thoughts about dying.

- 7.1. List the DSM 5 criteria for diagnosing Marcel's eating disorder. (10)
- 7.2. Marcel is also suffering from a Major Depressive episode. Identify the signs and symptoms of depression. (10)
- 7.3. You know of a depression support group which exists in your area and you would like to encourage Marcel to join it. Explain to him the benefits of joining such a group. (10)

OR

Question 8.

Read the following case study:

Julie is 18 years old and in grade 12. She is gaunt and pale, her height is 176 cm and her weight is 43 kg. 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 her 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 at school work and in her extracurricular pursuits. Her mother bought her exercise DVDs but when she started working out three times a day her parents said she was doing too much. She now exercises at times of the day when no-one is around as she fears gaining the weight she feels she has worked so hard to lose.

- 8.1. List the DSM 5 criteria for diagnosing Julie's illness. (10)
 - 8.2. Briefly discuss the common psychological features one could expect to find in a person at risk of developing such an eating disorder. (10)
 - 8.3. Explain how you could build rapport with Julie in order to gain her trust. (10)
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