



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

**A. M. E. C. E. A**

**REGINA PACIS INSTITUTE OF HEALTH SCIENCES**

**MAIN EXAMINATION**

**AUGUST – DECEMBER 2017 TRIMESTER**

**FACULTY OF SCIENCES**

**DEPARTMENT OF COMMUNITY HEALTH**

**REGULAR PROGRAMME**

**CHD 123: INTRODUCING TO PSYCHOLOGY AND COUNSELING**

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**Date: DECEMBER 2017**

**Duration: 2 Hours**

**INSTRUCTIONS: Answer ALL Questions**

## **SECTION A (20 MARKS) MULTIPLE CHOICE QUESTIONS: ANSWER ALL QUESTIONS**

- Q1. Which of the following is not an area of application of psychology
- Industrial psychology
  - Human psychology
  - Clinical psychology
  - Social psychology
- Q2. Identify the statement that best explain personality as a concept of psychology
- Personality is about the uniqueness of human being
  - Personality is entirely a product of nature
  - Personality influences our expectations, perceptions, values and attitudes
  - Our personality must be totally changed in the process of therapy
- Q3. One of the statements listed below is true about short term memory. Which one is it?
- Can only manipulate information at the short term memory
  - Short term memory is unlimited in terms of duration and capacity
  - Short term memory is the first level of information processing
  - Short term memory gets its content from sensation only

- Q4. Which one of the following is the correct list of components of social systems you have to consider when working with families or communities?
- a) Structure, boundaries, intrapersonal conflicts and rules
  - b) Adaptability, intrapersonal conflicts, cohesion and rules
  - c) Structure, rules, adaptability and cohesion
  - d) Cohesion, boundaries, feelings and roles.
- Q5. Identify the correct matching of the skill and its purpose
- a) Empathy: to reduce the intensity of client's feelings
  - b) Observation: to provoke deeper sharing
  - c) Immediacy: to salvage a weakening therapeutic relationship
  - d) Confrontation: to create trust towards the counselor
- Q6. Which of the following is not true about view of human behavior according to psychoanalytic theory of counseling?
- a) Behaviors are determined by intra-psychic instinctual drives
  - b) Childhood experiences in relationships with the significant others influence behaviors
  - c) Psychosexual stages of development determine our behaviors in adult life
  - d) Behaviors are determined by the reward and punishment dynamics in life experiences
- Q7. Relationship between the client and therapist is necessary for three of the following reasons except
- a) To reduce client's anxiety and break their resistance
  - b) To increase client's dependence on the counselor
  - c) To develop trust
  - d) To facilitate client's self-acceptance
- Q8. Identify the correct order of the first four stages of psychosocial development
- a) Trust vs mistrust, autonomy vs shame and doubt, initiative vs guilt, industry vs inferiority
  - b) Trust vs mistrust, initiative vs guilt, autonomy vs shame and doubt, industry vs inferiority
  - c) Trust vs mistrust, autonomy vs guilt, initiative vs shame and doubt and industry vs inferiority
  - d) Trust vs mistrust, industry vs inferiority, autonomy vs guilt and initiative vs shame and doubt
- Q9. Which of the following is not a psychoanalytic technique of counseling
- a) Free association

- b) Assertion training
- c) Dreams analysis and interpretation
- d) Analytic framework

Q10. Which of the following statements about intelligence is not true

- a) Fluid intelligence increases with age to old age
- b) Fluid intelligence increases with age but starts declining after middle adulthood
- c) Crystallized intelligence increases with age to old age
- d) Crystallized intelligence increases with age but the rate starts declining after middle adulthood

Q11. One of the following is not true about the mind

- a) The mind creates representation of the environment
- b) The mind is physical in nature
- c) The mind is omnipresent
- d) The mind determines mental abilities

Q12. To facilitate emotional intelligence one masters the following components of emotions except

- a) Emotional expression
- b) Emotional repression
- c) Emotional cognitive appraisal
- d) Emotional bodily symptoms

Q13. In facilitating a therapeutic relationship a counselor demonstrates one of the following relationship enhancers

- a) Personal power
- b) Humility
- c) Attractiveness
- d) Sympathy

Q14. Which of the following best explains the importance of stress in our lives

- a) Persistent stress may lead to negative health consequences
- b) Perception of stress is a risk to heart attack
- c) Some levels of stress keeps us alert and initiate gathering of stress resources
- d) In stressful situations some body functions such as digestion and immune system slows down

Q15. One of the following is an indicator of pathological grief. Which one is it?

- a) Wailing uncontrollably during funeral
- b) Dreaming with the deceased shortly after death
- c) Persistence yearning or longing for the person who died after at least six months and for a duration of one month.
- d) Feeling empty and empty after burial

Q16. Which of the following is true about states of consciousness

- a) The unconscious of the client accounts for their maladaptive behaviors only
- b) The subconscious level enables clients to deal with many tasks concurrently and with speed
- c) We can manipulate information in all the states of consciousness
- d) Conscious level is unlimited in capacity

Q17. The following are stages of perception except

- a) The neural activity
- b) The percept
- c) The distal object
- c) The proximity

Q18. Which of the following list of skills is either supportive or challenging alone

- a) Empathy, active listening, confrontation and minimal prompts
- b) Immediacy, concreteness, advanced level empathy and confrontation
- c) Confrontation, congruence, immediacy and minimal prompts
- d) Silence, unconditional positive regard, concreteness and confrontation

Q19. Nature influences us in three of the following ways except

- a) Determines the optimal limit of traits
- b) Determines how proteins are processed in our bodies
- c) Impacts on some traits more than others
- d) All the genetically inherited traits are expressed from birth

Q20. Which of the following is not a psychosexual stage of development

- a) Phallic
- d) Genital
- e) Latency
- f) Ego

**SECTION B (40 MARKS) SHORT STRUCTURED QUESTIONS: ANSWER ALL QUESTIONS**

- Q1. Give a comprehensive definition of counseling. **(4 marks)**
- Q2. Explain three importance of learning psychology as a health professional. **(6marks)**
- Q3. Explain any three main components of counseling **(6 marks)**
- Q4. Explain two main basic assumptions of humanistic theories of counseling. **(6marks)**
- Q5. State three principles of counseling **(3 marks)**
- Q6. Explain three measurable dimensions of behavior. **(6 marks)**
- Q7. State three roles of emotions in our lives **(3 marks)**
- Q8. Briefly explain the following concepts from theories of counseling **(6 marks)**
- i) Self-actualizing tendency
  - ii) Operant conditioning
  - iii) Defense mechanism

**SECTION C: (40 MARKS) ESSAY QUESTIONS: ANSWER THE TWO QUESTIONS**

- Q1. Discuss the application of counseling skills in the process of counseling. **(20 marks)**
- Q2. Using examples discuss the relationship between psychology, counseling and health professions. **(20 marks)**

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