



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

P.O. Box 62157

00200 Nairobi - KENYA

Telephone: 891601-6

REGINA PACIS INSTITUTE OF HEALTH SCIENCES

MAIN EXAMINATION

SEPTEMBER – DECEMBER 2019 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF NURSING

REGULAR PROGRAMME

NUR 105/CHD 123: INTRODUCTION TO PSYCHOLOGY AND BASIC

COUNSELLING

Date: DECEMBER 2019

Duration: 3 Hours

INSTRUCTIONS: Answer ALL Questions

Section A (20 marks): Multiple choice questions

- Q1. Identify the right set of characteristics that describe behavior?
- a. Behavior is describable, uncontrollable and observable
 - b. Behavior is observable, describable and recordable
 - c. Behavior is recordable, non-observable and uncontrollable
 - d. Behavior is observable, describable and spontaneous
- Q2. Which one of the following statements is true about emergence of psychological theories?
- a. The first modern psychological theory to emerge was Person centered theory.
 - b. Behavior theory see human beings as products and producers of their environment
 - c. Psychoanalytic theory base their conceptualization of psychological problems on past experiences
 - d. Cognitive behavior theory is criticized for being unscientific

- Q3. Identify the true statement about content model of motivation?
- Content model of motivation includes Abraham Maslow's hierarchy of needs and Herzberg's two factor theory.
 - Content model of motivation focuses on the role of motivation in human life
 - Content model of motivation ignores human needs in the process of motivation
 - Content model of motivation classifies motivation into intrinsic and extrinsic motivation.
- Q4. As a psychological concept; learning is?
- An educational process that is achieved through teacher-student interaction
 - Non observable outcome of interacting with the environment
 - Unconscious process of acquiring knowledge, skills and attitudes
 - Relatively permanent change of behavior due to practice and experience
- Q5. The correct order of Piaget's theory of cognitive development is?
- Sensorimotor stage, preoperational stage, formal operational stage and concrete operational stage
 - Sensorimotor stage, formal operational stage, preoperational stage and concrete operational stage
 - Preoperational stage, formal operational stage, sensorimotor stage, and concrete operational stage
 - Sensorimotor stage, preoperational stage, concrete operational stage and formal operational stage
- Q6. Which of the following lists carries tools of psychological assessment only?
- Interview schedule, observation schedule, reinforcement schedule
 - Observation schedule, interview schedule, questionnaire
 - Reinforcement schedule, questionnaire, observation schedule
 - Interview schedule, discussion schedule, questionnaire
- Q7. The mind
- Is physical in nature
 - Creates representation of the world
 - Passes information from the environment
 - Comprises of our consciousness materials
- Q8. Identify the true statements about memory.
- Memories create consistency in a person's life.
 - All forms of memories are permanent.
 - Sensory input is the only determinant of long term memories
 - Short term memory gets its content from sensation only

- Q9. A perceptual set is:
- A flexible way of perceiving things
 - A threat to creative problem solving
 - Grouping close together stimuli as part of same object
 - A Predisposition to perceive things in a fixed way.
- Q10. Which of the following statements is true about sensory receptors?
- Smell sensory nerve cells use mechanoreceptors to receive smell stimulus from environment
 - Nociceptors receive extreme stimulation in form of pain.
 - Sight sensory nerves use thermo receptors to receive messages from the environment.
 - Mechanoreceptors are found in the skin sensory organ only.
- Q11. Relationship between the client and therapist is necessary for three of the following reasons except
- To reduce client's anxiety and break their resistance
 - To increase client's dependence on the counselor
 - To develop trust
 - To facilitate client's self-acceptance
- Q12. Which of the following is a list of qualities of an effective counselor?
- Acceptance, problem solving skills, Flexibility and controlled
 - Problem solving skills, controlled, Acceptance, and self-aware
 - Multi culturally competent, Acceptance, problem solving skills, and self-aware
 - Competitive, Acceptance, self-aware and problem solving skills
- Q13. Active listening as a counseling skill involves:
- Observing, probing and attending
 - Probing, observing and responding.
 - Responding, attending and confronting
 - Attending, observing and responding.
- Q14. Identify the component of a therapeutic alliance
- Influencing client
 - Goals consensus
 - Bailing out client from financial difficulties
 - Sympathizing with client

- Q15. According to cognitive theories of psychology?
- All human beings have capacity for rational cognitions only.
 - Cognitions are the only psychological processes in human beings.
 - To change maladaptive behaviors we dispute all our beliefs.
 - Feelings and behaviors are consequences of cognitions
- Q16. One of the following is an indicator of client progress in therapy?
- Crying
 - Smiling and show of happiness
 - Obeying accepted norms.
 - Acknowledging limitations
- Q17. When using psychoanalytic free association technique therapist:
- Interprets client's unconscious materials
 - Listens to client's without interrupting
 - Analyses client's dreams
 - Communicates empathy to the client
- Q18. During understanding stage of counseling therapist and clients:
- Orient themselves to each other and counseling process.
 - Implements an action plan.
 - Identify client's goals as well as strengths and limitations.
 - Terminates therapy.
- Q19. Identify the correct goal of humanistic theories of counseling
- To reawaken clients self-actualizing tendency
 - To bring client's unconscious mind to consciousness
 - To help client unlearn maladaptive behavior and learn new adaptive behaviour
 - To identify and change client's irrational beliefs to rational beliefs.
- Q20. Which of the following is correct about conflicts in a health related workplace
- Conflicts always yield to broken working relationships.
 - All conflicts have solutions
 - Conflict signify psychological ill health
 - Conflicts are unavoidable in workplace

Section B (40 marks) short Answer questions: Answer all questions

- Q21. Explain the three types of anxiety by Sigmund Freud in his psychoanalytic theory. **(6 marks)**
- Q22. Describe the following types of motivation. **(6 marks)**
- a. Pull motivation
 - b. Push motivation
- Q23. Explain the four components of emotions **(8 marks)**
- Q24. Differentiate between classical conditioning and operant conditioning with an example for each from a health setting. **(4 marks)**
- Q25. Explain how top-down and bottom-up perception theoretical views would influence a supervisor to interpret intern's unethical behavior. **(4 marks)**
- Q26. Explain any three components of counseling **(6 marks)**
- Q27. Identify six possible causes of stress to a nurse/community health worker **(6 marks)**

Section c (40 marks) Essay questions: Answer the two questions

- Q28. Discuss the following family characteristics in terms of facilitating ailing breadwinner's recovery process
- a. Family rules
 - b. Wholeness
 - c. Feedback loop
 - d. Family structure
- Q29. a) Using examples discuss expertness, attractiveness and trustworthiness as enhancers of effective relationship between a health practitioner and client. **(12 marks)**
- b) Explain the following theoretical techniques in reference to supporting an apprehensive client through a medical or a community health process.
- i. Disputing irrational beliefs **(4 marks)**

ii) Relaxation techniques

(4 marks)

END