



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**REGINA PACIS INSTITUTE OF HEALTH SCIENCES**

**MAIN EXAMINATION**

**JANUARY – APRIL 2019 TRIMESTER**

**FACULTY OF SCIENCES**

**DEPARTMENT OF NURSING**

**REGULAR PROGRAMME**

**NUR 105 / CHD 123: INTRODUCTION TO PSYCHOLOGY AND BASIC  
COUNSELING**

**Date: APRIL 2019**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer ALL Questions**

**Section a (20 marks) Multiple choice questions: Answer all questions**

Q1. Identify the rightfully matched theory and its founder?

- a) Operant conditioning: Abraham Maslow
- b) Psychoanalytic theory: Carl Rogers
- c) Social learning theory: Sigmund Freud
- d) Classical conditioning: Ivans Pavlov

Q2. Which one of the following is a concept of person centered theory.

- a) The Ego
- b) Conditions of worth
- c) Levels of consciousness
- d) Reinforcement

Q3. Which one of the following counseling skill is well matched with its purpose in the counseling process?

- a) Active listening: to reduce the intensity of client's feelings
- b) Minimal prompts: encouraging clients to share
- c) Immediacy: to control the client in the relationship
- d) Confrontation: forcing clients to tell the truth.

- Q4. Identify the statement that best describes psychology.
- a) Psychology helps in reading the mind of human beings.
  - b) Psychology forces people to change behaviour.
  - c) Psychology studies human behavior and mental processes.
  - d) Psychology is superior to other social sciences.
- Q5. Which of the following is not true about behavior?
- a) It is an action.
  - b) It is measurable
  - c) It has antecedents
  - d) Is independent from emotions
- Q6. 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
- Q7. Identify the correct order of the last four stages of psychosocial development
- a) Autonomy vs shame and doubt, generativity versus stagnation, industry vs inferiority
  - b) Trust vs mistrust, autonomy vs guilt, initiative vs shame and doubt and industry vs inferiority
  - c) Identity vs role confusion, intimacy vs isolation, generativityvs stagnation and integrity vs despair
  - d) Intimacy vs isolation, identity vs role confusion, generativityvs stagnation and integrity vs despair
- Q8. Identify the true statements about memory.
- a) Memories create consistency in a person's life.
  - b) All forms of memories are permanent.
  - c) Sensory input is the only determinant of long term memories
  - d) Short term memory gets its content from sensation only
- Q9. Which of the following is transition skill of counseling?
- a) Active listening
  - b) Summarization
  - c) Unconditional positive regard
  - d) Congruence

Q10. Which of the following statements differentiates intrinsic and extrinsic motivation

- a) Intrinsic motivation is intrapersonal while extrinsic motivation is environmental.
- b) Extrinsic motivation is better than intrinsic motivation.
- c) Intrinsic motivation energizes emotions while extrinsic motivation energizes behavior.
- d) Intrinsic motivation is cognitive while extrinsic motivation is affective.

Q11. The mind

- a) Is physical in nature
- b) Creates representation of the world
- c) Passes information from the environment
- d) Comprises of our consciousness materials

Q12. According to cognitive theories of psychology?

- a) All human beings have capacity for rational cognitions only.
- b) Cognitions are the only psychological processes in human beings.
- c) To change maladaptive behaviors we dispute all our beliefs.
- d) Feelings and behaviors are consequences of cognitions

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. As a sensory organ the ear:

- a) Balances the body
- b) The ear uses cones to differentiate colors from the environment.
- c) Uses chemoreceptors in its sensory function
- d) The ear maintains internal pressure through basilar structure .

Q15. 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

Q16. One of the following is an indicator of abnormal behaviour?

- a) Collecting papers
- b) Running up and down
- c) Significant deviation from accepted norms.
- d) Crying

Q17. Identify a type of learning among the following

- a) Learning by reading
- b) Learning by communicating
- c) Learning by insight
- d) Learning by concentrating

Q18. Which of the following statement is not true about intelligence?

- a) Intelligence is a product of nature and nurture.
- b) Intelligence has two main forms being fluid and crystalized intelligence.
- c) Fluid intelligence is achieved through education while fluid intelligence is achieved through life experiences.
- d) Intelligence comprises of all human abilities.

Q19. Which of the following is the correct order of stages of perception

- a) The neural activity, percept, distal object.
- b) The percept by, distal object, neural activity.
- c) The distal object, percept, neural activity
- d) The distal object, neural activity, percept

Q20. Which of the following is correct about conflicts

- a) Conflicts always yield to broken relationships.
- b) All conflicts have solutions
- c) Conflict signify ill health
- d) Conflicts are unavoidable in our lives

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

- Q21. Define perception. **2 marks**
- Q22. Explain four strategies of stress management. **8 marks**
- Q23. Briefly explain two differences between systemic and individual counseling. **6 marks**
- Q24. Explain any three qualities of good counselor. **6 marks**
- Q25. Identify three indicators of worsening professional relationship between a counselor nurse and the client. **3 marks**
- Q26. Explain the first two stages of the counseling process. **6 marks**
- Q27. State three roles of emotions in our lives **3 marks**
- Q28. Briefly explain the following concepts from theories of counseling **6 marks**
- I) conditions of worth
  - II) Moral anxiety
  - III) Stimulus

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

- Q29. Discuss the role of psychology in effective nursing **20 marks**
- Q30. Discuss the following concepts in reference to family health and ill health
- a) Family rules **5 marks**
  - b) Family roles **5 marks**
  - c) Family cohesion **5 marks**
  - d) Family adaptability **5 marks**

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