



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
KENYA REGISTERED COMMUNITY HEALTH NURSING  
END OF SEMESTER SEPTEMBER-DECEMBER 2022 EXAMINATIONS**

**DNS 115: PSYCHOLOGY, GROWTH AND DEVELOPMENT**

**DATE: 7<sup>TH</sup> DECEMBER 2022**

Duration: 2 HOURS

Start: 2:00 P.M.

Finish: 4 P.M.

**INSTRUCTIONS**

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section A: Multiple Choice Questions (20 marks) Section B: Short Answer Questions (30 marks) and Section C: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

**SECTION A: MULTIPLE CHOICE QUESTIONS (30 MARKS)**

1. Psychology is the scientific study of: -
  - a) Behavior, mental processes
  - b) Mental illness, Mental health
  - c) Physical states, mental states
  - d) None of the above
  
2. The following was most closely associated with the structuralism school of psychology: -
  - a) Titchener
  - b) James
  - c) Descartes
  - d) Watson
  
3. The psychology school that believes it is impossible to objectively study the mind is: -
  - a) functionalism
  - b) Behaviorism
  - c) Humanism
  - d) Socialism
  
4. Watson and Skinner contributed to the following school of psychology: -
  - a) functionalism
  - b) cognitive
  - c) Social-cultural
  - d) behaviorism
  
5. Someone who feels as though they are “not living up to expectations” is described by Adler as: -
  - a) low self-realization
  - b) an Adlerian complex
  - c) an inferiority complex
  - d) low actualization
  
6. The approach founded by Freud regarding understanding of human behavior is: -
  - a) Palliative
  - b) Psychodynamic
  - c) Patronymic
  - d) Psychedelic

7. The following characteristic best describes self-actualization as per Abraham Maslow: -
- a) creativity
  - b) confidence
  - c) spontaneity
  - d) all of the above
8. The following principle best describes the Id: -
- a) aggressive
  - b) sexual
  - c) pleasure
  - d) reality
9. The Greek philosopher who believed that knowledge is acquired through learning and experience is: -
- a) Aristotle
  - b) Plato
  - c) Archimedes
  - d) None of the above
10. Another term for reinforcement is: -
- a) Reward
  - b) Condition
  - c) Response
  - d) None of the above
11. The branch of psychology concerned with the study of animal behavior: -
- a) Comparative psychology
  - b) Differential psychology
  - c) Social psychology
  - d) Abnormal psychology
12. The branch of psychology related to the diagnosis and treatment of mental diseases: -
- a) Clinical psychology
  - b) Educational psychology
  - c) Comparative Psychology
  - d) Applied psychology
13. The study of psychology is of great importance to a student nurse, as: -
- a) Psychology helps to understand themselves and other people
  - b) Psychology helps to understand human relationships and rapport formation
  - c) Psychology helps to shape the attitude and behavior of a patient.
  - d) All of the above

14. Classical conditioning theory of learning was proposed by: -
- a) Thorndike
  - b) Ivan Pavlov
  - c) Watson
  - d) Freud
15. In Maslow's needs hierarchy model, the need that precedes safety need is: -
- a) Self-actualization
  - b) Belonging
  - c) Esteem needs
  - d) Physiological needs
16. When a person gets stressed in his office, after reaching home he beats his wife and children to release his tension, he is using the following defense mechanism: -
- a) Rationalization
  - b) Repression
  - c) Displacement
  - d) Projection
17. Regression means: -
- a) To behave in a balanced manner
  - b) To interrupt the thinking process
  - c) Revert to a childish level of behavior
  - d) To behave in a mature way
18. World's first psychology laboratory was established by: -
- a) Sigmund Freud
  - b) Albert Adler
  - c) Wilhelm Wundt
  - d) Albert Bandura
19. The conflict faced during middle adulthood: -
- a) Autonomy vs. Shame and Doubt
  - b) Identity vs. Role Confusion
  - c) Integrity vs. Despair
  - d) Generativity vs. Stagnation

20. In Pavlov's work dogs salivated naturally in response to being given meat powder. In this situation, salivation is: -

- a) UCR
- b) UCS
- c) CS
- d) CR

21. Industry versus inferiority stage of psychosocial development occur at: -

- a) Adolescence
- b) Young adulthood
- c) 6 to 11 years
- d) Middle adulthood

22. Basic trust versus mistrust stage of psychosocial development occur at: -

- a) 1 to 3 years
- b) 3 to 6 years
- c) Birth to 1 year
- d) 6 to 11 years

23. The process of using psychological methods by a trained psychologist for helping people with psychological problems is called as: -

- a) Psychoanalysis
- b) Psychotherapy
- c) Psychiatry
- d) None of the above

24. According to Freud a fixation or complex is: -

- a) Unacceptable
- b) An unresolved unconscious conflict
- c) A cigar
- d) A swirling in the unconscious

25. Successful counseling and psychotherapy is determined by: -

- a) Large office
- b) comfortable couch
- c) Confidentiality
- d) A power differential

26. Undesirable behavior can be eliminated through: -
- a) Extinction
  - b) Modelling
  - c) Reinforcement
  - d) Counter conditioning
27. A client who reverts to old behavior patterns is said to be: -
- a) Regressing
  - b) Projecting
  - c) Compensating
  - d) Thinking
28. Two theorists who believed human beings are motivated by needs are: -
- a) Adler and Albert
  - b) Maslow and Rodgers
  - c) Murray and Maslow
  - d) Piaget and Jung
29. The following takes place when a client directs toward the counselor feelings that were once attached to a significant other: -
- a) Reflection
  - b) Trustworthiness
  - c) Trust
  - d) Transference
30. Empty chair is a counseling technique used in the following approach: -
- a) Behavioral
  - b) Psychoanalytic
  - c) Gestalt
  - d) Transactional analysis.

**SECTION B: SHORT ANSWER QUESTIONS (20 MARKS)**

1. Define the following terms
  - a) Psychology (1 marks)
  - b) Learning (1 marks)
2. List eight (8) branches of Psychology (4 marks)
3. Outline two (2) differences between Structuralism and Functionalism (4 marks)
4. Explain the Four (4) stages of psychosexual stages of development (8 Marks)
5. State two (2) stages of cognitive development (2 marks)

**SECTION C: LONG ANSWER QUESTIONS (20 MARKS)**

1. Explain the structure of personality (10 marks)
2. Describe Erickson's stages of psychosocial development. (10 marks)