



AMREF INTERNATIONAL UNIVERSITY

**University Examinations
School of Medical Sciences**

**Department of Nursing and Midwifery Sciences
End of May-August 2023 Semester Examination**

Student's Registration Number _____

Course Code: BSN 218

Course Title: Introduction to Psychology & Counseling

Date: 7TH AUGUST 2023

Time: 2 Hours: 9.00 a.m. to 11.00 a.m.

INSTRUCTIONS

1. This exam is marked out of 70 marks
2. This Examination comprises Section A and Section B
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0702761850 and or the Course Coordinator on Tel 0715541323
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke
12. All questions are compulsory

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

1. Counseling is defined as:
 - a) Advising and guiding by a professional
 - b) Expecting or encouraging a client to behave in a way in which the counsellor may have behaved when confronted with a similar problem in their own life
 - c) The process of getting emotionally involved with the client
 - d) The process that occurs when a client and a counsellor set aside time in order to explore difficulties which may include the stressful or emotional feelings of the client.
2. The term “behavior” has three aspects. Which one is the odd one out?
 - a) Cognitive processes
 - b) Emotional states
 - c) Actions
 - d) Intelligence
3. _____ is one of the goals of psychology that focuses on observing behavior and 3. describing in minute details what was observed as objectively as possible.
 - a) Describing
 - b) Explaining
 - c) Predicting
 - d) Controlling
4. Physical diseases can lead to mental health issues including:
 - a) Depression
 - b) Paranoia
 - c) Narcissist personality disorder
 - d) Anti-social personality disorder
5. The 5 stages model of the counseling process in hierarchical order include:
 - a) Relationship building, assessment, goal setting, initiating intervention, termination
 - b) Relationship building, assessment, goal setting, initiating intervention, research
 - c) Rapport building, goal setting, assessment, initiating intervention, termination
 - d) Relationship building, assessment, treatment, initiating intervention, termination
6. _____ information is hardly routinely gathered in counseling.
 - a) Recent events, physical conditions, and presenting problem
 - b) Drugs and alcohol use
 - c) Personal and family history of psychological disorders
 - d) Cognitive dysfunction through administration of mental status exam

7. _____ is one of the common reasons for neuropsychological testing.
- Narcistic personality disorder
 - Paranoid personality disorder
 - Alcohol use disorder
 - Attention-deficit/hyperactivity disorder
8. Graduate Record Exam (GRE) for entrance to a graduate program is an example of atest
- Intelligence test
 - Neuropsychological test
 - Interest test
 - Aptitude test
9. Defense mechanism model of understanding how individuals protect themselves from anxiety arising from unacceptable feelings and thoughts was advanced by: -
- Albert Ellis and Laura Ellis
 - Fritz Perls and Laura Perls
 - Sigmund Freud and Anna Freud
 - Martin Seligman and Steven Maier
10. Wechsler & Stanford-Binet Tests are examples of:
- Intelligence test
 - Neuropsychological test
 - Interest test
 - Aptitude test
11. Reliability refers to _____
- The consistency or accuracy of a test score
 - The extent to which tests actually measure what they purport
 - The simplicity and accuracy of the test
 - The soundness of the test
12. Standardization largely depends on the _____ for administration found in the instructional manual that typically accompanies a test.
- Directions
 - Urgency
 - Proximity
 - Consistency
13. Covert behavior includes the following apart from _____
- Frowning
 - Thinking
 - Motives
 - Feelings
14. _____ is a form of non-verbal communication.
- unconscious movements
 - Summarization
 - Questions
 - Reflection of feelings

15. Physical stress excludes:
- Humans
 - Trauma including injury, infection, surgery
 - Intense physical labor/over-exertion
 - Environmental pollution such as pesticides, herbicides, toxins, heavy metals, inadequate light, radiation
16. Key qualities of an effective counsellor are;
- Congruence, non-judgmental and empathic attitude
 - Keeping records and appointment
 - Reflection of meaning
 - Paraphrasing
17. The three key ingredients for a therapeutic relationship are:
- Congruence, unconditional positive regard and empathy
 - Congruence, genuineness, and honesty
 - Congruence, non-judgmental, and listening
 - Congruent, empathy, and listening
18. Carl Rogers believed that the cause of distress is:
- Unsupportive environment
 - Negative thoughts
 - Negative feelings
 - Negative actions
19. The main theorist associated with REBT is:
- Albert Ellis
 - Fritz Perls
 - Jean Freud
 - Aron Beck
20. _____ is the founder of cognitive therapy
- Albert Ellis
 - Fritz Perls
 - Jean Freud
 - Aron Beck
21. Cognitive behavioral therapy was advanced by;
- Albert Ellis
 - Fritz Perls
 - Jean Freud
 - Aron Beck
22. Carl Rogers was an American psychologist who developed a theoretical model known as;
- Gestalt therapy
 - Cognitive behavioural therapy
 - Biomedical therapy
 - Person centred therapy

23. The following state occurs when functioning is impaired;
- a) Stress
 - b) Physical illness
 - c) Imbalance
 - d) Crises
24. The following is a behavioural reaction to a crisis and disaster;
- a) Numbness
 - b) Fatigue
 - c) Difficulty in concentrating
 - d) Sleep disturbance
25. _____ is a stress coping strategy
- a) Gossips
 - b) Sitting alone
 - c) Enjoying a beer
 - d) Books
26. The following is a verbal response to client emotion which requires a counsellor to listen to the verbal and unspoken;
- a) Summarisation
 - b) Question
 - c) Confrontation
 - d) Reflection of feelings
27. _____ accurately explains the purpose of a paraphrase.
- a) To start and end a session
 - b) To pace a session
 - c) Managing feelings
 - d) Encourage the client to elaborate
28. A summary can be used for the following purpose:
- a) Provide a check on the accuracy of your perceptions
 - a) Reflect meaning of what the client said
 - b) Highlight incongruities that are observed in the client
 - c) Simplifying, focusing and crystallizing what the client said
29. Stress is both a psychological and physiological response to:
- a) Life
 - b) Environment
 - c) People
 - d) Change
30. Psychology as a science can be best explained by the following statement:
- a) It emphasizes systematic search for knowledge supported by universal principles
 - b) It focuses on systematic exploration of risk factors for mental illnesses
 - c) It is both subjective and objective in application of universal principles and laws
 - d) It underlines causality and does not believe in hearsay, stereotypes or superstition

SECTION B: COMPULSORY LONG ESSAY QUESTIONS

(40 Marks)

1. a) Describe the six-stage model of the counselling process **(12 marks)**
- b). Explain five (5) attributes of a good counsellor and interviewer **(10 Marks)**
2. a) Examine four (4) purposes of conducting psychological assessment **(8 Marks)**
- b). Discuss the relevance of psychology and counselling for health care professionals including nurses **(10 Marks)**

End!