



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN NURSING
END SEMESTER SEPTEMBER-DECEMBER 2022 EXAMINATION**

BSN 218 INTRODUCTION TO PSYCHOLOGY & COUNSELING

DATE: 09/12/2022

TIME: 2 Hours FROM: 9:00am-11:00am

INSTRUCTIONS TO CANDIDATES:

1. This exam is marked out of 70 marks
2. The exam has 2 sections: Section A and B
3. Do not write on the question paper

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. In adults, learned helplessness presents as:
 - a) A person not learning how to control their feelings
 - b) A person feels unable to sleep
 - c) A person tends to forget the present activities
 - d) A person not using or learning adaptive responses to difficult situations.
4. _____ is a characteristic of learned helplessness in children.
 - a) self-esteem
 - b) de-motivation
 - c) insomnia
 - d) low expectations of success
5. Erikson’s stages of lifespan development is divided into different stages that are based on:
 - a) Gender
 - b) Occupation
 - c) Socio-economic status
 - d) Age
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.
- a) Narcistic personality disorder
 - b) Paranoid personality disorder
 - c) Alcohol use disorder
 - d) Attention-deficit/hyperactivity disorder
8. Graduate Record Exam (GRE) for entrance to a graduate program is an example of atest
- a) Intelligence test
 - b) Neuropsychological test
 - c) Interest test
 - d) Aptitude test
9. The theory of Learned Helplessness was developed by: -
- a) Albert Ellis and Laura Ellis
 - b) Fritz Perls and Laura Perls
 - c) Sigmund Freud and Anna Freud
 - d) Martin Seligman and Steven Maier
10. Wechsler & Stanford-Binet Tests are examples of;
- a) Intelligence test
 - b) Neuropsychological test
 - c) Interest test
 - d) Aptitude test
11. Reliability refers to _____
- a) The consistency or accuracy of a test score
 - b) The extent to which tests actually measure what they purport
 - c) The simplicity and accuracy of the test
 - d) The soundness of the test
12. Standardization largely depends on the _____ for administration found in the instructional manual that typically accompanies a test.
- a) Directions
 - b) Urgency
 - c) Proximity
 - d) Consistency
13. Covert behavior includes the following apart from _____
- a) Frowning
 - b) Thinking
 - c) Motives
 - d) Feelings

14. _____ is a form of non-verbal communication.
- a) unconscious movements
 - b) Summarization
 - c) Questions
 - d) Reflection of feelings
15. Physical stress excludes:
- a) Humans
 - b) Trauma including injury, infection, surgery
 - c) Intense physical labor/over-exertion
 - d) Environmental pollution such as pesticides, herbicides, toxins, heavy metals, inadequate light, radiation
16. Key qualities of an effective counsellor are;
- a) Congruence, non-judgmental and empathic attitude
 - b) Keeping records and appointment
 - c) Reflection of meaning
 - d) Paraphrasing
17. The three key ingredients for a therapeutic relationship are:
- a) Congruence, unconditional positive regard and empathy
 - b) Congruence, genuineness, and honesty
 - c) Congruence, non-judgmental, and listening
 - d) Congruent, empathy, and listening
18. Carl Rogers believed that the cause of distress is:
- a. Unsupportive environment
 - b. Negative thoughts
 - c. Negative feelings
 - d. Negative actions
19. The main theorist associated with REBT is:
- a) Albert Ellis
 - b) Fritz Perls
 - c) Jean Freud
 - d) Aron Beck
20. _____ is the founder of cognitive therapy
- a) Albert Ellis
 - b) Fritz Perls
 - c) Jean Freud
 - d) 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;
- Stress
 - Physical illness
 - Imbalance
 - Crises
24. The following is a behavioural reaction to a crisis and disaster;
- Numbness
 - Fatigue
 - Difficulty in concentrating
 - Sleep disturbance
25. _____ is a stress coping strategy
- Gossips
 - Sitting alone
 - Enjoying a beer
 - Books
26. The following is a verbal response to client emotion which requires a counsellor to listen to the verbal and unspoken;
- Summarisation
 - Question
 - Confrontation
 - Reflection of feelings
27. _____ accurately explains the purpose of a paraphrase.
- To start and end a session
 - To pace a session
 - Managing feelings
 - Encourage the client to elaborate
28. A summary can be used for the following purpose:
- Provide a check on the accuracy of your perceptions
 - Reflect meaning of what the client said
 - Highlight incongruities that are observed in the client
 - 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. _____ is not a symptom for clinical depression.

- (a) Concentration problems
- (b) Insomnia
- (c) Nightmares
- (d) Unexplained aches and pains

SECTION B: ESSAY QUESTIONS (40 MARKS)

Instructions: Compulsory

1. a) Describe the six-stage model of the counselling process **(12 Marks)**
b). Explain four (4) attributes of a good counsellor and interviewer **(8 Marks)**
2. a) Examine FIVE differences between projective tests and non-projective tests **(10 Marks)**
b). Discuss the purpose for use of questioning technique in counselling **(10 Marks)**

End!