



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS

DNS 115: Introduction to Psychology, Growth & Development

DATE: THURSDAY 4TH DECEMBER 2025

TIME: 2 HOURS

Start: 0900 HOURS

Finish: 1100 HOURS

INSTRUCTIONS

1. This exam will be marked **out of 70 Marks**
2. ALL Questions are compulsory.
3. The Examination has Three Sections: Section A- Multiple Choice Questions, Section B: Short Answer Questions, Section C: Long Essay Questions
4. Answer all Questions in the ANSWER BOOKLET provided
5. Do not write anything on the question paper
6. Use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Events that can easily be brought to memory are stored in the:-
 - A. Conscious mind
 - B. Pre- conscious mind
 - C. Unconscious mind
 - D. Working memory
2. The principle in which a student who agrees to sweep the class because he wants to be recognized by the teacher is operating in is:-
 - A. Ego ideal principle
 - B. Punitive conscience
 - C. Reality principle
 - D. Delayed gratification
3. An ego defense mechanism where an individual justifies their irrational behaviour is:-
 - A. Displacement
 - B. Denial
 - C. Projection
 - D. Rationalization
4. Tanner Stage 1 in boys is characterized by:-
 - A. Full pubic hair growth
 - B. Enlarged testes and darkening of the scrotum
 - C. No pubic hair and prepubertal genitalia
 - D. Growth spurt
5. Middle adulthood is characterized by:-
 - A. Identity crisis
 - B. Peak physical performance
 - C. Focus on career, family, and generativity
 - D. Increased dependence on parents
6. In classical conditioning, the unconditioned stimulus (UCS) is:
 - A. A learned stimulus
 - B. A naturally occurring stimulus that elicits a response
 - C. A neutral stimulus that becomes conditioned
 - D. A stimulus that has no effect on behavior

7. Instrumental conditioning is also known as:
 - A. Classical conditioning
 - B. Observational learning
 - C. Operant conditioning
 - D. Cognitive learning
8. The theory of observational learning theory was proposed by:
 - A. John Watson
 - B. B.F. Skinner
 - C. Albert Bandura
 - D. Sigmund Freud
9. Cognitive avoidance is a strategy used to:
 - A. Solve problems effectively
 - B. Avoid processing distressing information
 - C. Increase attention to threats
 - D. Enhance long-term memory
10. Maslow's hierarchy of needs suggests that the most basic human need is:
 - A. Self-actualization
 - B. Love and belonging
 - C. Esteem
 - D. Physiological needs
11. Physiological motivation is primarily driven by:
 - A. Social influences
 - B. Biological needs such as hunger and thirst
 - C. Cultural norms
 - D. Personal values
12. Social motivation includes:
 - A. The need for affiliation and recognition
 - B. Hunger and thirst
 - C. The need for self-expression
 - D. Personal values only

13. Problem-focused coping involves:
- A. Avoiding stressful situations
 - B. Addressing the root cause of the stress
 - C. Using distraction techniques
 - D. Engaging in emotional suppression
14. A crisis is defined as:
- A. A minor daily hassle
 - B. A situation where usual coping mechanisms fail
 - C. A predictable life event
 - D. An ordinary emotional reaction
15. The psychological approach most useful for understanding patient behavior in a healthcare setting is: -
- A. Humanistic approach
 - B. Psychoanalytic approach
 - C. Behavioral approach
 - D. Evolutionary approach
16. Growth and development follow which pattern: -
- A. Proximodistal and cephalocaudal
 - B. Random and unpredictable
 - C. Static and unchanging
 - D. Only influenced by genetics
17. According to Freud's structural model of mind the id :-
- A. Bases its desires on reality
 - B. Contains innate aggressive instincts
 - C. Is located in the unconscious
 - D. Is replaced by ego as one grows
18. The sensorimotor stage in Piaget's theory occurs between:
- A. Birth to 2 years
 - B. 2 to 7 years
 - C. 7 to 11 years
 - D. 11 years and older

19. The prenatal stage of development begins at:
- A. Conception
 - B. Birth
 - C. 6 months of gestation
 - D. The third trimester
20. Adolescence is characterized by:
- A. Slowed growth and minimal changes
 - B. Rapid physical, emotional, and cognitive development
 - C. The beginning of primary school
 - D. A decrease in independence

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. State Five (5) benefits of studying psychology to the professional nurse. (5 Marks)
2. State Four (4) key characteristics of End-of-life stage. (4 Marks)
3. State Five (5) roles of motivation to a nurse. (5 Marks)
4. Explain Five (5) Applications of Classical Conditioning in Real Life. (5 Marks)
5. State five (5) applications of behavioral Learning. (5 Marks)
6. With the use of appropriate examples, explain the following defense mechanisms (6 Marks)
 - I. Repression:
 - II. Projection:
 - III. Sublimation

SECTION III: LONG ESSAY QUESTIONS (20 MARKS)

1. Stress is a common occurrence in the nursing profession
 - a) Describe the General Adaptation Syndrome (GAS) (6 Marks)
 - b) State any Four (4) sources of stress. (4 Marks)
 - c) Describe any Five (5) stress coping mechanisms that nurses can use. (10 Marks)