



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF MEDICAL SCIENCES

DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES

END OF SEPTEMBER-DECEMBER SEMESTER EXAMINATION (INSERVICE)

COURSE CODE AND TITLE: BSN 218 INTRODUCTION TO PSYCHOLOGY & COUNSELING

DATE: 6-DECEMBER 2023

TIME: 2 HOURS: START: 2.00 P.M.

FINISH: 4.00 P.M.

Instructions

- 1.This exam is marked out of 70 marks
- 2.This Examination comprises TWO Sections
 - Section A:** MCQs (30 Marks)
 - Section B:** Long Answer Questions (40 Marks)
- 3.All questions in Section A and B are compulsory
- 4.This online exam shall take 2 Hours
- 5.Late submission of the answers will not be accepted
- 6.Ensure your web-camera is on at all times during the examination period
- 7.No movement is allowed during the examination
- 8.Idling of your machine for 5 min or more will lead to lock out from the exam
- 9.The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
- 10.Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
- 11.In case you have any questions call BSN218 lecturer at +254702761850
- 12.For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

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

1. 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
2. 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
3. DASH is one of the explicit goals of scientific psychology
 - A. To describe behavior
 - B. To promote behaviour
 - C. To explicate behaviour
 - D. To surmount behaviour
4. Counselling 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.
5. The term "behavior" has three aspects. DASH is the odd one out
 - A. Cognitive processes
 - B. Emotional states
 - C. Actions
 - D. Intelligence
6. 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.
7. DASH is a characteristic of learned helplessness in children.
 - A. self-esteem
 - B. de-motivation
 - C. insomnia
 - D. low expectations of success
8. DASH 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

9. DASH 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
10. Graduate Record Exam (GRE) for entrance to a graduate program is an example of a DASH test.
- A. Intelligence test
 - B. Neuropsychological test
 - C. Interest test
 - D. Aptitude test
11. The theory of Learned Helplessness was developed by DASH
- A. Albert Ellis and Laura Ellis
 - B. Fritz Perls and Laura Perls
 - C. Sigmund Freud and Anna Freud
 - D. Martin Seligman and Steven Maier
12. Wechsler & Stanford-Binet Tests are examples of
- A. Intelligence test
 - B. Neuropsychological test
 - C. Interest test
 - D. Aptitude test
13. Reliability refers to DASH
- 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
14. Standardization largely depends on the DASH for administration found in the instructional manual that typically accompanies a test.
- A. Directions
 - B. Urgency
 - C. Proximity
 - D. Consistency
15. Covert behavior includes the following apart from DASH
- A. Frowning
 - B. Thinking
 - C. Motives
 - D. Feelings
16. DASH is a form of non-verbal communication.
- A. unconscious movements
 - B. Summarization
 - C. Questions
 - D. Reflection of feelings

17. 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

18. 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

19. Carl Rogers believed that the cause of distress is:

- A. Unsupportive environment
- B. Negative thoughts
- C. Negative feelings
- D. Negative actions

20. The main theorist associated with REBT is:

- A. Albert Ellis
- B. Fritz Perls
- C. Jean Freud
- D. Aron Beck

21. DASH is the founder of cognitive therapy

- A. Albert Ellis
- B. Fritz Perls
- C. Jean Freud
- D. Aron Beck

22. Cognitive behavioral therapy was advanced by DASH

- A. Albert Ellis
- B. Fritz Perls
- C. Jean Freud
- D. Aron Beck

23. Carl Rogers was an American psychologist who developed a theoretical model known as;

- A. Gestalt therapy
- B. Cognitive behavioural therapy
- C. Biomedical therapy
- D. Person centred therapy

24. The following state occurs when functioning is impaired

- A. Stress
- B. Physical illness
- C. Imbalance
- D. Crises

25. The following is a behavioural reaction to a crisis and disaster;

- A. Numbness
- B. Fatigue
- C. Difficulty in concentrating
- D. Sleep disturbance

26.DASH is a stress coping strategy

- A. Gossips
- B. Sitting alone
- C. Enjoying a beer
- D. Books

27.DASH 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

28.DASH 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

29.A summary can be used for the following purpose:

- A. Provide a check on the accuracy of your perceptions
- B. Reflect meaning of what the client said
- C. Highlight incongruities that are observed in the client
- D. Simplifying, focusing and crystallizing what the client said

30.Stress is both a psychological and physiological response to:

- A. Life
- B. Environment
- C. People
- D. Change

SECTION B: LONG ESSAY QUESTIONS

(40 MARKS)

1. a) Describe the six-stage model of the counselling process **(12 marks)**
b) Discuss the relevance of psychology in the nursing profession **(8 Marks)**
2. a) Examine the Rogerian model of a good counsellor **(10 Marks)** b) Discuss the merits of open-ended questions in counselling and psychotherapy**(10 Marks)**

End!