



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN NURSING (BSN)
September-December 2024 TRIMESTER MAIN EXAMINATION**

COURSE CODE AND TITLE: BSN 218: Introduction In Psychology And Counselling

DATE:

TIME: 2 HOURS

START: 9:00AM

END: 11:00AM

Instructions

- 1) This exam is out of 70
- 2) This paper has three sections: Section I: Multiple choice Questions (MCQ) (20 marks), Section II: Short answer questions (SAQ) (30 marks) and Section III: Long answer question (LAQ) (20marks)
- 3) Answer **ALL** questions in Section I and Section II and III
- 4) Answer all the questions in the examination booklets provided
- 5) Any rough work to be done at the back of the answer booklet

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The term “behavior” has three aspects. Which one is the odd one out?
 - A. Cognitive processes
 - B. Emotional states
 - C. Actions
 - D. Intelligence
2. 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.
3. _____ is a characteristic of learned helplessness in children.
 - A. Self-esteem
 - B. De-motivation
 - C. Insomnia
 - D. Low expectations of success
4. 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
5. _____ 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
6. 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
7. 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
8. 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
9. Wechsler & Stanford-Binet Tests are examples of;

- A. Intelligence test
 - B. Neuropsychological test
 - C. Interest test
 - D. Aptitude test
10. 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
11. 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
12. _____ is a form of non-verbal communication.
- A. unconscious movements
 - B. Summarization
 - C. Questions
 - D. Reflection of feelings
13. 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
14. 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
15. Cognitive behavioral therapy was advanced by;
- A. Albert Ellis
 - B. Fritz Perls
 - C. Jean Freud
 - D. Aron Beck

16. Carl Rogers was an American psychologist who developed a theoretical model known as;
- Gestalt therapy
 - Cognitive behavioural therapy
 - Biomedical therapy
 - Person centred therapy
17. _____ is a stress coping strategy
- Gossips
 - Sitting alone
 - Enjoying a beer
 - Books
18. _____ is a verbal response to client emotion which requires a counsellor to listen to the verbal and unspoken;
- Summarisation
 - Question
 - Confrontation
 - Reflection of feelings
19. _____ accurately explains the purpose of a paraphrase.
- To start and end a session
 - To pace a session
 - Managing feelings
 - Encourage the client to elaborate
20. Stress is both a psychological and physiological response to:
- Life
 - Environment
 - People
 - Change

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Identify SIX (6) components of the “six-stage model” of the counselling process (6 marks)
2. State EIGHT (8) attributes of a good counsellor and interviewer (8 Marks)
3. Outline FIVE (5) key features of non-projective tests (5 Marks)
4. Outline SIX (6) merits of open-ended questioning in counselling and psychotherapy (6 Marks)
5. Identify FIVE (5) advantages of studying Counselling and Psychology as a nursing professional (5 Marks)

SECTION III: LONG ESSAY QUESTION

(20 MARKS)

1. Students are expected to demonstrate competency in mental health
 - a) Write a speech which you would deliver on Mental Health Day before a group of nursing students at Amref International University **(12 Marks)**
 - b) Comment on the statement “all practicing nurses who work in Level 4 or Level 5 hospitals should be compelled to receive at least five (5) counselling sessions every year as a prerequisite to practice licence renewal” **(8 Marks)**

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