



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
BACHELOR OF SCIENCE IN NURSING (PRE-SERVICE AND UPGRADING)  
END OF TRIMESTER EXAMINATIONS AUGUST 2022**

**COURSE CODE: BSN 218**

**COURSE TITLE: INTRODUCTION TO PSYCHOLOGY & COUNSELING**

**DATE: 29<sup>TH</sup> JULY, 2022**

**TIME: 2 HOURS: 2.00 PM TO 4.00 PM**

**Instructions**

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. Read carefully additional instructions preceding each section

**SECTION A: MULTIPLE CHOICE QUESTIONS (MCQs) 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
4. 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.
5. \_\_\_\_\_ is a characteristic of learned helplessness in children.
- a) self-esteem
  - b) de-motivation
  - c) insomnia
  - d) low expectations of success
6. 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
7. \_\_\_\_\_ 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
8. .... 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
9. Graduate Record Exam (GRE) for entrance to a graduate program is an example of a .....test
- a) Intelligence test
  - b) Neuropsychological test
  - c) Interest test
  - d) Aptitude test
10. 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
11. Wechsler & Stanford-Binet Tests are examples of;
- a) Intelligence test
  - b) Neuropsychological test
  - c) Interest test
  - d) Aptitude test
12. 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
13. 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
14. Covert behavior includes the following apart from \_\_\_\_\_
- a) Frowning
  - b) Thinking
  - c) Motives
  - d) Feelings

15. \_\_\_\_\_ is a form of non-verbal communication.

- a) unconscious movements
- b) Summarization
- c) Questions
- d) Reflection of feelings

16. 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

17. 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

18. 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

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. \_\_\_\_\_ 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;
- Albert Ellis
  - Fritz Perls
  - Jean Freud
  - Aron Beck
23. Carl Rogers was an American psychologist who developed a theoretical model known as;
- Gestalt therapy
  - Cognitive behavioural therapy
  - Biomedical therapy
  - Person centred therapy
24. The following state occurs when functioning is impaired;
- Stress
  - Physical illness
  - Imbalance
  - Crises
25. The following is a behavioural reaction to a crisis and disaster;
- Numbness
  - Fatigue
  - Difficulty in concentrating
  - Sleep disturbance
26. \_\_\_\_\_ is a stress coping strategy
- Gossips
  - Sitting alone
  - Enjoying a beer
  - Books
27. 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
28. \_\_\_\_\_ accurately explains the purpose of a paraphrase.
- To start and end a session
  - To pace a session
  - Managing feelings
  - Encourage the client to elaborate
29. 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

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). Explain four (4) attributes of a good counsellor and interviewer **(8 Marks)**
2. a) Illustrate by use of a table five (5) differences between projective tests and non-projective tests **(10 Marks)**
- b). Discuss the merits of open-ended questions in counselling and psychotherapy **(10 Marks)**

**End!**