



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
End Semester April 2025 Examinations

COURSE CODE AND TITLE: DNS 115 Introduction to Psychology, Growth and Development

DATE:8-4-2025

TIME: 2 HOURS

Start: 2:00PM

Finish: 4:00PM

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. The stage of development of an 8 year old child , according to the Erick Erickson psychosocial development theory is:-
 - A. Identity vs role confusion
 - B. Latency stage
 - C. Industry vs inferiority
 - D. Phallic stage

2. The component of personality that motivates individuals to undertake actions for purposes of recognition and social acceptability is:-
 - A. Ego ideal principle
 - B. Punitive conscience
 - C. Reality principle
 - D. Delayed gratification

3. An ego defense mechanism where an individual justifies uncomfortable thoughts or irrational behaviour with seemingly logical reasons is:-
 - A. Displacement
 - B. Denial
 - C. Projection
 - D. Rationalization

4. According to the Tanner staging of sexual maturation ,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. Psychosocially, middle adulthood is characterized by:
 - A. Identity crisis
 - B. Peak physical performance
 - C. 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 was proposed by:-
 - A. John Watson
 - B. B.F. Skinner
 - C. Albert Bandura
 - D. Sigmund Freud
9. The cognitive avoidance is a strategy used to:-
 - A. Effectively solve problems
 - B. Suppress the processing distressing information
 - C. Increase cognitive focus and attention to threats
 - D. Enhance long-term memory
10. According to Maslow's hierarchy of needs ,the base of the hierarchy consists:-
 - A. Self-actualization
 - B. Love and belonging
 - C. Esteem
 - D. Physiological needs
11. Physiological motivation is primarily driven by:-
 - A. Social influences such as need for recognition and affiliation
 - 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. Need for achieving one's potential
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 is characterised by _____ and _____ pattern:-
- A. cephalocaudal, proximodistal
 - B. Random, unpredictable
 - C. Static ,unchanging
 - D. Circumferential, concentric

17. Malnutrition during early childhood primarily affects:-
- A. Social skills
 - B. Cognitive and physical development
 - C. Emotional intelligence
 - D. Attachment and bonding
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. In prenatal growth and development, the stage most vulnerable to teratogenic effects is :-
- A. At Conception
 - B. Week 2-8 of gestation
 - C. Week 12-24 of gestation
 - D. The third trimester
20. Adolescence is characterized by:
- A. Plateau of growth and temper tantrums
 - B. Rapid physical, emotional, and cognitive development
 - C. Establishing of authentic intimate relationships
 - D. Decline in physical capacity and agility

SECTION II: SHORT ANSWER QUESTIONS (30MARKS)

1. State Five (5) benefits of studying psychology to the professional nurse. (5Marks)
2. State Five (5) roles of motivation to a nurse. (5Marks)
3. State Four (4) Applications of Classical Conditioning in clinical nursing practice. (4Marks)
4. State Three (3) differences between the Id and the ego. (3Marks)
5. State five (5) application of behavioral Learning. (5Marks)
6. With the use of appropriate examples in each, describe the first four (4) stages of psychosexual development according to Sigmond Freud (8 Marks)

SECTION III: LONG ESSAY QUESTIONS (20MARKS)

1. The understanding of stress and its management is a significant component of nursing practice.
 - a) Define stress and coping. (2 Marks)
 - b) State the four (4) types of stress. (4 Marks)
 - c) State any five (5) sources of stress in clinical nursing practice. (5 Marks)
 - d) Explain the Six-Step Model of Crisis Intervention. (9 Marks)