



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF PUBLIC HEALTH
BACHELOR OF SCIENCE IN MIDWIFERY
MAIN EXAMINATION AUGUST 2026

UNIT CODE AND UNIT NAME: BSM 218 Psychology and Counselling

DATE: 3RD August 2026

TIME: 2PM-4PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises **THREE** Sections. Section I: Multiple Choice Questions (20 marks) **Section II**: Short Answer Questions (30 marks) and **Section III**: Long Answer Questions (20 marks)
3. Answer **ALL** Questions.
4. Do **Not** write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Best definition of psychology: -
 - a) study of the soul
 - b) study of human behavior and mental processes
 - c) study of diseases and their treatment
 - d) study of social institutions
2. Which stage of human development is characterized by rapid physical growth and identity exploration?
 - a) Childhood
 - b) Adulthood
 - c) Adolescence
 - d) Old age
3. According to Erikson, the major conflict during adolescence is:
 - a) Autonomy vs. Shame
 - b) Trust vs. Mistrust
 - c) Identity vs. Role Confusion
 - d) Intimacy vs. Isolation
4. Which of the following is a secondary motive according to motivation theory?
 - a) Hunger
 - b) Thirst
 - c) Need for achievement
 - d) Sleep
5. Maslow's highest level of need in the hierarchy is:
 - a) Safety needs
 - b) Esteem needs
 - c) Love and belongingness
 - d) Self-actualization

6. The term "learned helplessness" refers to:
 - a) An inherited mental disorder
 - b) Giving up due to repeated failure
 - c) A natural stage of development
 - d) Learning by observation
7. Which defense mechanism involves shifting emotions from the original source to a safer substitute?
 - a) Rationalization
 - b) Sublimation
 - c) Displacement
 - d) Repression
8. Which psychometric test is designed to measure intelligence?
 - a) Rorschach Inkblot Test
 - b) WAIS
 - c) Thematic Apperception Test
 - d) MMPI
9. In Freud's theory, the 'superego' represents:
 - a) Biological drives
 - b) Reality principle
 - c) Morality and conscience
 - d) Unconscious desires
10. Cognitive development theory is most associated with:
 - a) Freud
 - b) Erikson
 - c) Piaget
 - d) Maslow
11. Which of the following affects perception?
 - a) Motivation
 - b) Past experiences
 - c) Emotions
 - d) All of the above

12. Therapeutic communication aims to:
- a) Manipulate the patient's emotions
 - b) Build a strong personal friendship
 - c) Establish trust and promote healing
 - d) Share personal stories with patients
13. An example of a projective psychometric technique is:
- a) Intelligence Quotient Test
 - b) MMPI
 - c) TAT
 - d) Achievement test
14. Which theory emphasizes unconscious motivations and childhood experiences in personality development?
- a) Cognitive theory
 - b) Behaviorist theory
 - c) Psychoanalytic theory
 - d) Humanistic theory
15. The stage of old age is best characterized by the task of:
- a) Autonomy vs. Shame
 - b) Integrity vs. Despair
 - c) Intimacy vs. Isolation
 - d) Initiative vs. Guilt
16. The following is not a symptom of stress:
- a) Headaches
 - b) Relaxation
 - c) Irritability
 - d) Insomnia
17. The component that is part of the nurse-patient relationship: -
- a) Power struggle
 - b) Conflict resolution
 - c) Termination phase
 - d) None of the above

18. The primary goal of crisis intervention is to:
- a) Diagnose mental illness
 - b) Provide long-term therapy
 - c) Restore functioning to pre-crisis level
 - d) Eliminate all emotional pain
19. A type of learning associated with rewards and punishments:
- a) Observational learning
 - b) Cognitive learning
 - c) Classical conditioning
 - d) Operant conditioning
20. Conformity is best defined as:
- a) Creating new norms
 - b) Adjusting behavior to match others
 - c) Arguing against peer pressure
 - d) Acting independently

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Highlight any **Five** techniques used by Adlerian therapy (5 Marks)
2. Identify any **Five** basic principles of counseling and crisis management (5 Marks)
3. Highlight any **Six** psychometric testing (6 Mark)
4. Outline any **Seven** ego defense mechanisms employed by individuals. (7 Marks)
5. State any **Seven** factors that influence communication (7Marks)

SECTION III: LONG ANSWER QUESTIO (20 MARKS)

6. a) Discuss Freud's psychosexual development stages of development (10 Mark)
- b) outline **Eight** Erickson's psychosocial development stages (10 Marks)