



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
End of Semester April 2026 Examinations**

COURSE CODE AND TITLE: AIU 114: Introduction to social psychology

DATE: 9TH APRIL 2026

PAPER 1

TIME: 2 HOURS

Start: 2:00PM

Finish: 4:00PM

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 A: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. According to Freud ID is focused on;
 - A. Gaining pleasure at any cost
 - B. Principle of right and wrong
 - C. Reality principle
 - D. Equality principle
2. Empathy refers to;
 - A. Behavior that is free from pretension
 - B. Freeness of a client
 - C. Ability to feel with the client
 - D. Feeling of pity
3. The founder of the Person centered theory is;
 - A. Carl Rogers
 - B. Sigmund Freud
 - C. Walters Mischel
 - D. Cannon Bard
4. Paraphilia is characterized by;
 - A. Behavior involving a prepubescent child
 - B. Behavior involving the act of being beaten, humiliated, and/or bound
 - C. Behaviors involving an inanimate object
 - D. Intense urge to expose oneself
5. Psychological arousal was an emotional theory by;
 - A. James-Lange theory
 - B. Lazarus theory
 - C. Cannon – Bard theory
 - D. Facial feedback theory
6. The hierarchy of needs theory was developed in;
 - A. 1977
 - B. 1996
 - C. 1984
 - D. 1970
7. The theory that promotes survival in terms of improved finances is;
 - A. Humanistic theory
 - B. Emotions theory
 - C. Arousal theory
 - D. Psychoanalytic theory

8. Events that can easily be brought to memory are stored in the:-
- A. Conscious mind
 - B. Pre-conscious mind
 - C. Unconscious mind
 - D. Working memory
9. The concept of conservation in cognitive development is ideally attained during:
- A. Sensorimotor stage
 - B. Concrete operational stage
 - C. Formal operational stage
 - D. Pre-operational stage
10. According to Freud's structural model of the mind the id:-
- A. Bases its desires on reality
 - B. contains innate aggressive instincts
 - C. Is located in the unconscious
 - D. Is replaced by ego as one grows up
11. Classical conditioning is concerned with:-
- A. Learning through association
 - B. Learning through reinforcement
 - C. Vicarious learning
 - D. Observational learning
12. The psychologist associated with operant conditioning is:-
- A. Freud
 - B. Skinner
 - C. Pavlov
 - D. Piaget
13. The correct order of the stages of cognitive development according to Jean Piaget is:-
- A. Preoperational, concrete operational, formal operational, sensorimotor
 - B. Sensorimotor, Preoperational, formal operational, concrete operational
 - C. Concrete operational, preoperational, formal operational, sensorimotor
 - D. Sensorimotor, preoperational, concrete operational, formal operational

13. One of the following is true about nurse-patient therapeutic relationship:
- A. The focus is on both client's and nurse's needs
 - B. The nurse should ensure that the client likes him/her
 - C. The relationship should be allowed to drift into more general form of social relationship
 - D. The relationship should remain focused on clients needs, feelings, experiences and ideas only
14. The following is not true about self-awareness:
- A. Self awareness is important in establishing a therapeutic relationship
 - B. Examining one strengths and weaknesses helps one to gain a strong sense of self understanding
 - C. Self awareness is a continuous discovery of self
 - D. Self awareness is an obvious and automatic occurrence which does not need extra effort.
15. The stage of counselling that involves making a concrete plan for carrying out a particular course of action is:
- A. Rapport building
 - B. Exploration
 - C. Decision making
 - D. Implementing a decision
16. Patients/clients bill of rights includes the following EXCEPT:
- A. Information
 - B. Recommended choice
 - C. Privacy and confidentiality
 - D. Continuity of care
17. According to the Humanistic Theory, human beings are primarily motivated to:
- A. Avoid punishment
 - B. Compete with others
 - C. Achieve their maximum potential
 - D. Accumulate wealth
18. One of the following statements best describes the behaviourist approach to personality
- A. Behaviour is mainly determined by unconscious conflicts
 - B. Behaviour is shaped primarily by environmental influences and learning experiences
 - C. Personality is inherited genetically and cannot be changed
 - D. Behaviour is controlled by self-actualization
18. According to Bandura, self-efficacy refers to:
- A. The ability to imitate other people's behavior
 - B. The belief that one is capable of performing actions required to achieve specific goals
 - C. The influence of rewards and punishments on behavior
 - D. The measurement of personality using projective tests

20. One of the following statements best differentiates Arousal Theory from Drive Reduction Theory

- A. Arousal theory focuses only on biological needs, while drive reduction focuses on emotions
- B. Drive reduction theory aims to increase tension, while arousal theory aims to eliminate it
- C. Drive reduction theory reduces internal tension, arousal theory maintaining optimal level of activity or stimulation
- D. Both theories explain behavior only through rewards and punishments

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

- 1. Explain the three (3) environmental pressures (6 Marks)
- 2. State the four (4) goals of psychology (4 Marks)
- 3. State five (5) major functions of perceptual system (5 Marks)
- 4. State five (5) achievements of a child in stage 2 of Psychosocial development (5 Marks)
- 5. State four (4) abilities that describe intelligence (4 Marks)
- 6. Explain the three theories of forgetting (6 Marks)

SECTION C: LONG ANSWER QUESTION (20 MARKS)

- 1. Discuss the five (5) distinct theories of motivation (10 Marks)
- 2. Describe the five levels of Maslow's Hierarchy of needs (10 Marks)