



**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**DISTANC LEARNING/ GLOBAL HEALTH AND TRAVEL MEDICINE**

**UNIVERSITY EXAMINATIONS  
2021/2022 ACADEMIC YEAR**

**FIRST YEAR SECOND TIMESTER EXAMINATIONS**

**FOR THE DEGREE  
OF  
BACHELOR OF SCIENCE IN NURSING/ BACHELOR OF  
SCIENCE IN GLOBAL HEALTH AND TRACVEL MEDICINE**

**COURSE CODE: NCD 126/ NCG 328**

**COURSE TITLE: PSYCHOLOGY AND COUNSELLING**

**MAIN EXAMINATION**

**DATE: THURSDAY 21<sup>ST</sup> APRIL, 2022      TIME: 3-6 PM**

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**INSTRUCTIONS TO CANDIDATES**

Answer all Questions in all sections.

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

**MULTIPLE CHOICE QUESTIONS ( 20 Mrks)**

1. In a class, there are children who usually get out of the social circle. How do you describe these children?
  - a) Aggressive type
  - b) Friendly type
  - c) Quarrelsome type
  - d) Shy type
2. Which measure will help a counselor know an individual before the counseling process?
  - a) Conducting personality test.
  - b) Asking him to write an autobiography.
  - c) Interviewing the individual's parents and significant others.
  - d) Studying all available records.
3. What is the ultimate aim of counseling for the individuals to attain?
  - a) Self-knowledge
  - b) Self-direction
  - c) Self-discovery
  - d) Self-understanding
4. An example of classical conditioning is:
  - a) Rat presses lever for delivery of food.
  - b) Dog learns to salivate on hearing bell.
  - c) Pigeon pecks at key for food delivery.
  - d) Dogs learn helplessness from electric shocks.
5. Which of the following is an example of repression?
  - a) Stopping yourself from behaving the way you want to
  - b) Suppressing bad memories or current thoughts that cause anxiety.
  - c) Suppressing your natural instincts.
  - d) Stopping others from behaving inappropriately.
6. Defense mechanism is
  - a) Any form of martial arts.
  - b) A mechanism designed to reduce stress and conflict caused by specific experiences.
  - c) A method for negotiating a stage of development.
  - d) A mechanism designed to remove psychological barriers.
7. Psychoanalysis explains
  - a) Normal psychological functioning
  - b) Normal and abnormal psychological functioning.
  - c) Abnormal psychological functioning.
  - d) Childhood ideation
8. Behaviour modification is an example of which of the following treatment methods:
  - a) Enable the individual to unlearn maladaptive behaviours and emotions
  - b) Enable the individual to explore their childhood behaviours.
  - c) Enable the individual to analyse the behaviour of others.

- d) Enable the individual to modify the behaviour of others.
9. Id is:
- Part of the psyche that controls impulses.
  - Part of the psyche that reduces anxiety.
  - A description of innate instinctual needs.
  - Part of the psyche that controls our morals.
10. An Ego defence mechanism is:
- Part of the Ego state that prevents rational thinking.
  - Part of the unconscious that attempts to control unacceptable Id influences.
  - Part of the Ego state designed to reduce barriers.
  - Part of the Ego state that aids development.
11. One of the concepts of the humanistic-existential approach is:
- Rationalism.
  - Transference.
  - Deviation from the statistical norm.
  - Unconditional positive regard.
12. Which of the following of Freud's ideas is still important to psychopathology today?
- Those thoughts are the basis for behaviour.
  - Behaviour is learned from experience.
  - Psychopathology has origins in early experience rather than being a manifestation of biological dysfunction.
  - Dream analysis.
13. Traits are defined as
- Physical characteristics that distinguish us from other people
  - Relatively enduring characteristics that influence our behavior across many situations
  - Unconscious tendencies to act in different ways according to the situation
  - Permanent personality tendencies that determine our behavior in any situation
14. Sigmund Freud was the pioneer of which of the following models of psychopathology?
- Behaviourist
  - Cognitive.
  - Psychodynamic.
  - Humanistic.
15. The acquisition of dog phobia can best be explained by the:
- Behavioural model.
  - Psychodynamic model.
  - Humanistic model.
  - Medical model.
16. Operant conditioning:
- Represents learning using autobiographical memory.
  - Represents learning of specific behaviour through reward and reinforcement.
  - Represents learning through pairing of stimulus and response.
  - Represents learning through using repetitive stimuli.

17. According to the psychoanalytic approach, an attempt to integrate values learned from parents and society is called?
- The Id.
  - Sublimation.
  - The Oral stage.
  - The Superego.
18. Which program should be based upon understanding the needs and problems of the students, competence and interest of the guidance personnel?
- Guidance tools
  - Guidance principles
  - Guidance services
  - Guidance techniques
19. Which guidance service suggests the importance for maintaining continuous effort of knowing the whereabouts of the graduates and drop outs?
- Evaluation
  - Placement
  - Counseling
  - Follow-up
20. If counseling service is to gain understanding of oneself: Follow-up is to \_\_\_\_\_.
- Keep in constant touch with former student.
  - Indicate what program may be improved.
  - Help the student in achieving particular placement he desires.
  - Understand the world of work.

#### SHORT ANSWER QUESTIONS (40 Mrks)

1. Explain the stages of counseling ( 6 marks)
2. List the types of human memory ( 5 marks)
3. Explain the effects of divorce on children in adolescence (8 marks)
4. Discuss four common sources of stress among patients (8 marks)
5. Discuss the following principles of growth and development:
  - a. The cephalocaudal principle ( 3 marks)
  - b. The proximodistal principle ( 3 marks)
  - c. The orthogenetic principle. (3 marks)
6. Give four communication skills for effective counseling (4 marks)

#### LONG ANSWER QUESTIONS (40 Mrks)

1. Using examples, discuss any five principles of learning (20 mrks)
2. Discuss Erick Erickson's stages of Psychosocial Development (20 mrks)