



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

BScN DISTANC LEARNING/GLOBAL HEALTH AND TRAVEL MEDICINE

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

FIRST YEAR SECOND TIMESTER EXAMINATIONS

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN NURSING**

COURSE CODE: NCD 126/NCG 328

COURSE TITLE: PSYCHOLOGY AND COUNSELLING

MAIN EXAMINATION

DATE: TUESDAY 9TH APRIL, 2024

TIME: 11:30AM - 2:30PM

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. Self-disclosure involves
 - a. "war stories"
 - b. sharing self-knowledge with the group
 - c. dumping negative feelings on the group
 - d. "letting it all hang out"
2. The nurse cares for a middle-aged client with a below-the-knee amputation. Which statement indicates the need for further assessment of the client's body image?
 - a. "When I get my prosthesis, I want to learn to walk so I can participate in walk marathons."
 - b. "I hope to get skilled enough at using my prosthesis to help others like me adjust."
 - c. "Whenever I start to feel sorry for myself, I remember that my buddy died in that accident."
 - d. "I hope I can handle having a prosthesis, but I'm really wondering what my wife will think."
3. A client demonstrates moderate anxiety regarding a pending medical procedure. The nurse should do which of the following to minimize the client's anxiety about the procedure?
 - a. Assuring the client that pain is not associated with the procedure.
 - b. Providing a brief explanation and then doing the procedure quickly.
 - c. Giving a demonstration of what is to be done.
 - d. Indicating to the client that it is normal to feel anxious and fearful before such a procedure.
4. When developing appropriate short-term goals with clients who are inpatients, which of the following is most realistic?
 - a. The client will demonstrate a positive self-image.
 - b. The client will describe plans for how to get back into school.
 - c. The client will write a list of strengths and needs.
 - d. The client will practice assertiveness skills in confronting his mother.
5. When integrating the concepts underlying the cognitive-behavioral model into a client's plan of care, the nurse should focus on which of the following areas?
 - a. Substitution of rational beliefs for self-defeating thinking and behaving.
 - b. Insight into unconscious conflicts and processes.
 - c. Analysis of fears and barriers to growth.
 - d. Reduction of bodily tensions and stress management.
 - e. Teaching new skills becomes the most important aspect of the relationship phases.
6. Even when the client understands problems and is motivated to change, the client may have fears about failing. Which of the following interventions is most likely to facilitate change?
 - a. Reality testing about the need for change.
 - b. Asking the client about fears that need to be overcome.
 - c. Teaching new communication skills.

- d. Practicing new behaviors with the nurse.
- 7. The nurse incorporates the underlying premise of crisis intervention, about providing “the right kind of help at the right time,” to achieve which of the following goals initially?
 - a. Regaining emotional security and equilibrium.
 - b. Resolution of underlying emotional problems.
 - c. Development of insight and personal growth.
 - d. Formulation of more effective support systems.
- 8. Which of the following physiologic responses should the nurse expect as unlikely to occur when a client is angry?
 - a. Increased respiratory rate.
 - b. Decreased blood pressure.
 - c. Increased muscle tension.
 - d. Decreased peristalsis.
- 9. When a group member projects feelings deriving from past relationship onto the therapist, it is called
 - a. counter transference
 - b. transference
 - c. reframing
 - d. confrontation
- 10. Confidentiality may be breached by a counselor
 - a. when ordered by the court
 - b. when a member is no longer part of the group
 - c. to the parents or spouse of the group members
 - d. under no circumstances
- 11. Which guidance service suggests the importance for maintaining continuous effort of knowing the whereabouts of the graduates and drop outs?
 - a. Evaluation
 - b. Placement
 - c. Counseling
 - d. Follow-up
- 12. Which type of psychotherapy views the process of helping others as a form of teaching?
 - a. humanistic therapy
 - b. behavior therapy
 - c. psychoanalytic therapy
 - d. client-centered therapy
- 13. According to Freud, when the patient reacts to the therapist in ways that resemble how he or she would react to other authority figures, the process is called
 - a. resistance
 - b. catharsis
 - c. free association
 - d. transference
- 14. According to Rogers, the ability of the therapist to share the client's emotions is an important process called

- b. clients can interact in genuine relationships, which is more like real life than individual therapy.
 - c. it allows clients to not invest as much psychological energy as in individual therapy.
 - d. clients are more comfortable speaking in groups.
23. Psychology is defined as the scientific study of:
- a. People and things
 - b. Emotions and beliefs
 - c. Perception and religion
 - d. Mind and behaviour
24. In a class, there are children who usually get out of the social circle. The best description that describes these children is:
- a) Aggressive type
 - b) Friendly type
 - c) Quarrelsome type
 - d) Shy type
25. A measure that will help a counselor know an individual before the counseling process is:
- 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.
26. Some counseling techniques are appropriate for individual counseling, while others apply more to group counseling. Which of the following counselor skills applied to individual as well as group counseling?
- a. summarizing
 - b. consensus taking
 - c. moderating
 - d. linking
27. The counselor intervention that most closely follows client verbalizations is:
- a. reflection of feeling
 - b. confrontation
 - c. restatement of content
 - d. positive regard
28. Maslow believes that individuals are unable to reach self-actualization until they
- a. face reality
 - b. identify irrational beliefs
 - c. satisfy lower order needs
 - d. resolve transference issues
29. A 75-year-old client is newly diagnosed with diabetes. The nurse is instructing him about blood glucose testing. After the session, the client states, "I can't be expected to remember all this stuff." The nurse should recognize this response as most likely related to which of the following?
- a. Moderate to severe anxiety.

- b. Disinterest in the illness.
 - c. Early-onset dementia.
 - d. Normal reaction to learning a new skill.
30. As a client's level of anxiety increases to a debilitating degree, the nurse should expect which of the following as a psychomotor behavior indicating a panic level of anxiety?
- a. Suicide attempts or violence.
 - b. Desperation and rage.
 - c. Disorganized reasoning.
 - d. Loss of contact with reality.
31. When coping becomes dysfunctional enough to require the client to be admitted to the hospital, the nurse should assess the client for the ability to demonstrate which of the following?
- a. Objective and rational problem solving.
 - b. Tension reduction activities and then problem solving.
 - c. Anger management strategies with no problem solving.
 - d. Minimal functioning with new problems developing.
32. Which client statement indicates that the client has coped effectively with a relationship problem?
- a. "My wife will be happy to know that I can spend less time at work now."
 - b. "My wife and I are talking about our likes and dislikes in activities."
 - c. "I can understand how my wife and I see things differently."
 - d. "We are really listening to each other about our different views on issues."
33. Johari's window is a technique used to indicate differences in.
- a. cohesion
 - b. orientation
 - c. openness
 - d. behaviour
34. Brainstorming is a process used by groups for problem solving. Which of these is not a characteristic of brain storming?
- a. there is a time limit
 - b. ideas are critically evaluated
 - c. quantity of ideas is foremost
 - d. creativity overrides practicality
35. A person with a phobia of horses would likely benefit most from which type of therapy?
- a. systematic desensitization
 - b. group therapy
 - c. psychoanalysis
 - d. family therapy
36. This plays a significant role in equipping the student teacher for effectively guiding children and young people in their growth and development through learning:
- a. Child psychology
 - b. Clinical psychology
 - c. developmental psychology

- d. Educational psychology
37. Changes in the quantitative aspects fall in the domain of growth. Changes in the qualitative aspects fall in the domain of:
- a. evolution
 - b. involution
 - c. development
 - d. learning
38. Maturation and _____ go hand in hand in development.
- a. evolution
 - b. involution
 - c. development
 - d. learning
39. Warm, friendly understanding condition which is essential for an effective relationship between the client and the counsellor.
- a. Rapport
 - b. transference
 - c. attitude
 - d. relationship
40. Counseling psychology differs from clinical psychology in that
- a. it is more concerned with the treatment of inpatients
 - b. it is more concerned with severe behavior pathology.
 - c. it is more concerned with everyday problems in living.
 - d. all of the above
41. Saying whatever comes to mind, even if it seems senseless, painful, or embarrassing, is part of the Freudian technique known as
- a. unconditional regard.
 - b. non-directive therapy.
 - c. free association.
 - d. transactional analysis.
42. The ultimate aim of counseling for the individuals is to attain:
- a) Self-knowledge
 - b) Self-direction
 - c) Self-discovery
 - d) Self-understanding
43. 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.
44. 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.
45. Psychoanalysis explains
- a) Normal psychological functioning
 - b) Normal and abnormal psychological functioning.
 - c) Abnormal psychological functioning.
 - d) Childhood ideation
46. 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.
47. Id is:
- a) Part of the psyche that controls impulses.
 - b) Part of the psyche that reduces anxiety.
 - c) A description of innate instinctual needs.
 - d) Part of the psyche that controls our morals.
48. An Ego defence mechanism is:
- a) Part of the Ego state that prevents rational thinking.
 - b) Part of the unconscious that attempts to control unacceptable Id influences.
 - c) Part of the Ego state designed to reduce barriers.
 - d) Part of the Ego state that aids development.
49. Traits are defined as
- a) Physical characteristics that distinguish us from other people
 - b) Relatively enduring characteristics that influence our behavior across many situations
 - c) Unconscious tendencies to act in different ways according to the situation
 - d) Permanent personality tendencies that determine our behavior in any situation
50. Sigmund Freud was the pioneer of which of the following models of psychopathology?
- a) Behaviourist
 - b) Cognitive.
 - c) Psychodynamic.
 - d) Humanistic.
51. The acquisition of dog phobia can best be explained by the:
- a) Behavioural model.
 - b) Psychodynamic model.
 - c) Humanistic model.
 - d) Medical model.
52. Operant conditioning:
- a) Represents learning using autobiographical memory.
 - b) Represents learning of specific behaviour through reward and reinforcement.
 - c) Represents learning through pairing of stimulus and response.
 - d) Represents learning through using repetitive stimuli.

- a. reflection
 - b. empathy
 - c. catharsis
 - d. transference
15. The role of the client-centered therapist is to:
- a. interpret the client's unconscious conflicts
 - b. create a safe atmosphere for clients to express feelings
 - c. confront and challenge the client and point out inconsistencies
 - d. help the client unlearn abnormal ways of behaving
16. Behavior therapy teaches skills based on methods derived from
- a. classical conditioning
 - b. operant conditioning
 - c. information-processing theory
 - d. a and b above
17. Persuading clients to abandon their erroneous ways of thinking is a goal of
- a. aversive conditioning
 - b. cognitive therapy
 - c. systematic desensitization
 - d. social skills training
18. The therapy that would be most focused on exploring childhood relationships is:
- a. behavioral therapy
 - b. cognitive therapy
 - c. humanistic therapy
 - d. psychodynamic therapy
19. Alcoholics Anonymous (AA) is an example of
- a. group therapy.
 - b. a self-help group.
 - c. couples therapy.
 - d. dialectical behavioral therapy
20. Which of the following techniques would be consistent with a behavioral approach?
- a. exploring the messages a person received about food while growing up
 - b. challenging a person's all-or-none thinking about weight
 - c. encouraging someone to buy himself or herself a new pair of shoes for losing 15 pounds
 - d. discussing the meaning of weight in a person's self-image
21. Which of the following do cognitive therapists believe?
- a. uncovering childhood trauma is the goal of therapy
 - b. how we think is an important part of how we feel
 - c. altering one's unhealthy routines alone will lead to psychological well-being
 - d. certain medications are needed to help people maintain psychological health
22. Group therapy can be helpful for clients because
- a. it is more cost-effective than individual therapy.

53. An attempt to integrate values learned from parents and society is called:
- The Id.
 - Sublimation.
 - The Oral stage.
 - The Superego.
54. In which of the following situations can a client's confidentiality be breached legally?
- To answer a request from a client's spouse about the client's medication.
 - In a student nurse's clinical paper about a client.
 - When a client near discharge is threatening to harm an ex-partner.
 - When a client's employer requests the client's diagnosis to initiate medical claims.
55. Which of the following is a crucial goal of therapeutic communication when helping the client deal with personal issues and painful feelings?
- Communicating empathy through gentle touch.
 - Conveying client respect and acceptance even if not all of the client's behaviors are tolerated.
 - Mutual sharing of information, spontaneity, emotions, and intimacy.
 - Guaranteeing total confidentiality and anonymity for the client.
56. Which of the following questions or statements should the nurse use to encourage client evaluation of his or her own behavior?
- "I can hear that it's still hard for you to talk about this."
 - "So what does this all mean to you now?"
 - "What did you do differently with your coworker this time?"
 - "What will it take to carry out your new plans?"
57. With shorter lengths of stay becoming the norm, which statement is true of the stages of the nurse-client relationship?
- Different phases of the relationship involve emphasizing different processes and goals related to client needs.
 - Building trust is the most that can be accomplished during the relationship.
 - What can be achieved during the relationship is problem identification and referrals.
58. 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.
59. 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

60. The guidance service that's suggests the importance for maintaining continuous effort of knowing the whereabouts of the graduates and drop outs is:

- a) Evaluation
- b) Placement
- c) Counseling
- d) Follow-up

LONG ANSWER QUESTIONS (40 Mrks)

1. Using examples, discuss any five sources of stress among college students (20 marks)
2. Using a schematic diagram, illustrate and explain the elements and process of communication process (20 marks)