



UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN
NURSING & HEALTH RECORDS AND INFORMATION MANAGEMENT

NURS 133: PSYCHOLOGY

STREAMS: B.Sc (NURSING & HEALTH RECORDS) Y1S2

TIME: 2 HOURS

DAY/DATE: TUESDAY 30/03/2021

2.30 P.M – 4.30 P.M

INSTRUCTIONS:

- Answer **ALL** questions
- Do not write anything on the question paper
- This is a **closed book exam**, no reference materials are allowed in the examination room
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

SECTION A: MULTIPLE CHOICE QUESTIONS [ONE MARK EACH] [20 MARKS]

1. Psychology is a science primarily because
 - A. It attempts to understand mental and behavioral processes.
 - B. It utilizes the scientific method to study mental and behavioral processes.
 - C. Its intellectual roots are in philosophy.
 - D. Its research findings are understood only by intelligent people.
2. Dr. Mwangi is studying the effects of entering puberty earlier or later than one's peers on adolescent self-esteem. Dr. Mwangi is most likely a (n) _____ psychologist?
 - A. Educational
 - B. Behavioral

- C. Developmental
 - D. Clinical
3. Which approach to the study of psychology focuses on the active processing and transformation of information.
- A. Biological
 - B. Behavioral
 - C. Cognitive
 - D. Humanistic
4. A stage theory of development proposes that
- A. All individuals go through the same stages in the same order.
 - B. All individuals go through the same stages but can do so in differing orders.
 - C. Because the appearance of stages is due to maturation, the environment does not influence the speed with which individuals move through them.
 - D. Development is best characterized as smooth and continuous
5. According to Piaget, children's thinking is
- A. Qualitatively different at different stages.
 - B. Quantitatively different at different stages.
 - C. The result of observation and imitation of developmentally more advanced children
 - D. Not affected by their experiences.
6. The minimum amount of stimulation required to distinguish one stimulus from another is called?
- A. Absolute threshold
 - B. Psychophysical function
 - C. Difference threshold
 - D. Absolute difference

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7. Perception is defined as
- A. The stimulation of the senses by events in the external world
 - B. The integration of sensations into percepts of the objects
 - C. The conversion of physical energy into neural energy
 - D. Cognitive problem-solving about emotional events in the external world
8. When you see your lecturer in the supermarket, you have trouble recognizing him. What best explains this?
- A. Ambiguous stimuli are easiest to judge in familiar surroundings
 - B. A familiar stimulus in an unfamiliar context is difficult to recognize.
 - C. You have used bottom-up processing instead of top-down processing.
 - D. The relations between geons are contrary to your expectations.
9. Ivan Pavlov is important in psychology because he
- A. Discovered the principles of operant conditioning
 - B. Was the first to understand the implications of classical conditioning for drug tolerance
 - C. Discovered the principles of classical conditioning
 - D. Won a Nobel prize for his work in animal digestion
10. Stimuli which act as reinforcers because they are related to basic biological needs are called?
- A. Primary reinforcers
 - B. Secondary reinforcers
 - C. Conditioned reinforcers
 - D. Conditioned stimuli
11. Which of the following is a consequence which increases the likelihood that the preceding behavior will occur again?
- A. Discriminative stimulus
 - B. Punishment
 - C. Conditioned stimulus

D. Reinforcement

12. Which of the following is the best explanation for why you would be unable to remember the correct answers if you panic during an exam?
- A. Anxiety causes extraneous thoughts that interfere with retrieval.
 - B. The answers are actively blocked by the subconscious.
 - C. The capacity of your long-term memory has been reduced.
 - D. You have repressed them because the test anxiety was unbearable.
13. Memory span refers to the
- A. Duration of storage in working memory
 - B. Duration of storage in long-term memory
 - C. The capacity of working memory storage
 - D. The capacity of long-term memory storage
14. Bulimia is typically characterized by
- A. Disruption of sexual maturation.
 - B. Episodes of overeating followed by purging (vomiting or taking laxatives).
 - C. Substantial weight loss.
 - D. None of the above
15. Which of the following statements about cognitive appraisals of emotions is correct?
- A. They primarily result from unconscious processing.
 - B. They primarily result from conscious processing.
 - C. They result from conscious and unconscious processing.
 - D. None of the above is correct.
16. According to Freud, our values are internalized within the
- A. Id.
 - B. Ego.
 - C. Superego.
 - D. All of the above

17. Physical illness related to emotional stress are called?
- A. Psychogenetic illnesses
 - B. Psychophysiological illnesses
 - C. Parasympathetic illnesses
 - D. Visceral-somatic illnesses
18. Which of the following is a common correlate of post-traumatic stress disorder?
- A. Memory loss
 - B. Attentional problems
 - C. Narcolepsy
 - D. Interpersonal problems
19. Distortion of reality and disorganization of thought, perception, and emotion are characteristic of
- A. Personality disorders
 - B. Mania
 - C. Anorexia disorder
 - D. Schizophrenia.
20. The task of attempting to infer the causes of behavior is called
- A. Attribution
 - B. Implication detection
 - C. Detecting covariation
 - D. Schematic processing

SECTION B: SHORT ESSAY QUESTIONS [20 MARKS]

1. Explain the following concepts as used in psychology [4 marks]
- i. Classical conditioning
 - ii. Descriptive study

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2. Elucidate four (4) strategies of peer pressure resistance that can be adopted by an individual [4 marks]
3. Outline four (4) functions of ego as a controlling component of the human personality [4 marks]
4. Explain two (2) stages of the human memory process [4 marks]
5. Depression among patients is common. Enumerate four (4) behaviors associated with depression [4 marks]

SECTION C: LONG ESSAY QUESTIONS

[30 MARKS]

1. Discuss the ethical principles that should be observed during psychological research involving human subjects [10 marks]
 2. Describe six techniques that you can employ to improve the memory of your clients [10 marks]
 3. Discuss the application of psychological knowledge in the enhancement of patient/client care [10 marks]
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