

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
SCIENCE IN HUMAN NUTRITION AND DIETETICS**

HNDS 161: PSYCHOLOGY IN NUTRITION AND DIETETICS

STREAMS: HNDS (Y1S1)

TIME: 2 HOURS

DAY/DATE: TUESDAY 19/12/2023

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- Answer **ALL** questions
- Do not write anything on the question paper
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

SECTION A: MULTIPLE CHOICE QUESTIONS (25 Marks)

1. _____ is a process of explaining the purposes and methods of the research after a study has been completed.
 - A. Consenting
 - B. Reviewing
 - C. Controlling
 - D. Debriefing
2. Which of the following is a cognitive process?
 - A. Playing
 - B. Retrograde actions
 - C. Thinking
 - D. Running
3. In Pavlov's experiment, the bell acted as _____.
 - A. A conditioned stimulus.

- B. An unconditioned response.
 - C. An unconditioned stimulus.
 - D. A conditioned response
4. What is the correct term for a situation where a stimulus no longer evokes the conditioned response?
- A. Generalisation
 - B. Discrimination
 - C. Extinction
 - D. Acquisition
5. Psychology is defined as the scientific study of:
- A. People and things
 - B. Emotions and beliefs
 - C. Perception and religion
 - D. Mind and behaviour
6. Another term for reinforcement is:
- A. Stimulus
 - B. Reward
 - C. Response
 - D. Condition
7. In behavioural learning theories, _____ is assumed to be necessary in order to change behaviour.
- A. Memory processes
 - B. Environmental experiences
 - C. Genetics
 - D. None of the above
8. In operant conditioning, the reinforcer occurs _____ response, and in classical conditioning, it occurs_____.
- A. After, before
 - B. After, after
 - C. Before, before
 - D. Before, after

9. The word “psychology” comes from:
- A. Latin
 - B. Greek
 - C. Spanish
 - D. Italian
10. _____ is the initial stage of development of a child
- A. Infancy
 - B. Early childhood
 - C. Adolescence
 - D. Teenage
11. People who have a lot of dental problems often come to dislike even the smell of their dentist’s office. The smell represents a(n):
- A. US
 - B. UR
 - C. CS
 - D. CR
12. Psychoanalytic theory about human personality was proposed by:
- A. Carl Jung
 - B. Skinner
 - C. Sigmund Freud
 - D. Erik Erikson
13. At what age a child takes his first step in walking?
- A. 5 to 6 years
 - B. 10 to 12 years
 - C. 4 to 5 years
 - D. None of these
14. Which of the following conflicts did Erikson believe arises during the pre-school stage of development?
- A. Shame vs. doubt
 - B. Initiative vs. guilt
 - C. Industry vs. inferiority

- D. Intimacy vs. isolation
15. Role playing is an effective technique used in group counselling. Which of the following is not a benefit of role playing?
- A. Practicing new skills
 - B. Identifying effective and in effective behaviors
 - C. Escaping from being oneself
 - D. Preparing for real-life situations
16. Maturation changes occur in a fairly predictable sequence and continue until:
- A. Adolescence
 - B. Adulthood
 - C. Old age
 - D. None of these
17. For children in the age group 2-8 years old, the pattern of development include motor, social, emotional, cognitive and
- A. Adaptability skills
 - B. Communication skills
 - C. Language skills
 - D. Writing skills
18. The goal of correlational research is to:
- A. Assess the causal impact of one variable on another
 - B. Create a snapshot of what's happening
 - C. Assess relationships between variables
 - D. All of the above
19. The child begins to form concepts of physical and social reality, this is one of the characteristics of
- A. Physical development
 - B. Emotional development
 - C. Social development
 - D. Intellectual development
20. Which of the following statement is NOT correct?
- A. Development is a quantitative process

- B. Education is a goal oriented process
 - C. Learning is a process of behaviour change
 - D. Growth is a biological process
21. Which of the following presents an ethical problem in behavioral research?
- A. Deception
 - B. Self-fulfilling prophecies
 - C. The placebo effect
 - D. The correlation/causation problem
22. Noise would decrease student performance is a.
- A. Concept
 - B. Hypothesis
 - C. Idea
 - D. Research design
23. A study of the feeding behaviour of a group of wild monkeys in Kenya would be an example of:
- A. A survey
 - B. Naturalistic observation
 - C. A correlation
 - D. An experiment
24. Which field of psychology would be most likely to study the influence of over-crowding on conformity?
- A. Personality
 - B. Cognitive
 - C. Clinical
 - D. Social
25. A research design is.
- A. Idea
 - B. Plan
 - C. Phenomena
 - D. None of them

SECTION B: SHORT ANSWER QUESTIONS (25 MARKS)

1. Are there ever situations in which it is right to withhold information about a study from potential study participants? Justify your answer with a specific example. (2 marks)
2. What is the difference between quantity and quality in psychological measurement? Which of these is more important? (3 marks)
3. Differentiate between the principles of non-maleficence and beneficence and use suitable examples to illustrate the occurrence of each in psychology (4 marks)
4. Elaborate on the influence of nature vs nurture on human behaviour (2 marks)
5. Explain the driving forces according to Drive Reduction Theory that leads to one being motivated (4 marks)
6. Explain the difference between stress and stressors (2 marks)
7. Describe the ‘interference theory of forgetting (4 marks)
8. Outline four (4) physiological and cognitive elements of emotion (4 marks)

SECTION C: LONG ANSWER QUESTIONS (20 MARKS)

1. Describe the stages of development and one key feature in each stage as expounded by Jean Piaget in the cognitive theory of development (12 marks)
 2. Explain four (4) factors necessary for effective learning to take place (8 marks)
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