



**TECHNICAL UNIVERSITY OF MOMBASA**  
**FACULTY OF APPLIED AND HEALTH SCIENCES**  
**DEPARTMENT OF MEDICAL SCIENCES**  
**UNIVERSITY EXAMINATION FOR:**  
**DIPLOMA IN PHARMACEUTICAL TECHNOLOGY**

APM 2102 : SAP II

**END OF SEMESTER EXAMINATION**

**SERIES: APRIL 2016**

**TIME: 2 HOURS**

**DATE:** Pick Date Select Month Pick Year

**Instructions to Candidates**

You should have the following for this examination

*-Answer Booklet, examination pass and student ID*

This paper consists of Choose No choose Sect/Quest. Attempt Choose instruction.

**Circle the correct answer in section A.**

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Section A

1. Which of the following is a risk factor for developing psychosocial complications during pregnancy

- a) Good socio economic status
- b) No family history of psychiatric illness
- c) Good marital relationships
- d) Being broke and fighting with the husband

2. A young lady , 22yrs of age presented with low mood , disturbed sleep and appetite, decreased self- care , and lack of interest in taking care of her new born child which she delivered 20 days back. No past history of any psychiatric illness or family history of any psychiatric morbidity. Most probable diagnosis

- a) Major depressive disorder
- b) Post partum confusion
- c) Puerperal psychosis

d) Postpartum depression

3. Which of the following psychosocial intervention is taken in case of a baby born with a handicap?

a) Providing as little information as possible to the family, so that family does not lose hope

b) Isolate the disabled child so that family is not stigmatized

c) Provide detailed information and a multidisciplinary approach involving doctor, nurse & social worker

d) Shift the child to special care center distant from home in order to reduce the burden of the family

4. A non fatal act in which an individual deliberately causes self injury or ingests substance in excess of any prescribed or generally therapeutic dose is called

a) Suicide

b) Deliberate self harm

c) Malingering

d) Attention seeking behaviour

5. Which of the following is not a protective factor of suicide

a) Being married

b) Having children

c) Economic security

d) Drug abuse

6. Following are part of coping with stress , except

a) managing the stressor

b) blaming others

c) managing own behaviour

d) relaxation

7. Which of the following is common reaction to trauma?

a) Excessive sleeping

b) Hanging out

c) Laughing

d) Feeling sad and socially withdrawn

8. Dreaming is a part of

- a) Stage 1
- b) Stage 2
- c) Stage 3
- d) REM sleep

9. What helps to improve sleep?

- a) Day time naps
- b) Heavy meals near bed time
- c) Comfortable sleeping conditions
- d) Caffeine drinks

10. Attribution of one's own unacceptable feeling and thoughts to other is

- a) Denial
- b) Displacement
- c) Projection
- d) Rationalization

11. All of the following are common stressors related to hospitalization, except

- a) Loss of privacy
- b) Loss of autonomy
- c) Threat of social dysfunction of family
- d) Pleasure in taking medicine

12. In addition effects of illness , patient also experiences the stress of illness in following ways , except

- a) Change of role
- b) Financial loss
- c) Stigmatization
- d) High self esteem

13. When a student struggling through graduate school thinks about a prestigious high paying job she wants, it is called

- a) Projection
- b) Fantasy
- c) Idealization
- d) Rationalization

14. If the health practitioner and patient have differing models of illness it may impact on

- a. communication
- b. adherence to medication
- c. appointment waiting time
- d. earnings of the doctor

15. A young female 21 yrs comes to you in a mental health facility and she is a known epileptic patient. Her mother says that we can't marry her because people will disgrace her in her in laws side. What is this phenomenon called

- a. stigma of disease
- b. sick role
- c. cultural unawareness
- d. patient phobia

16. Which of the following is a protective factor for good health?

- a. exercise
- b. low social class
- c. urbanization
- d. economic recession

17. It is an essential therapeutic strategy of a practicing doctor to

- a. To give patient money to buy medicines
- b. activate social support around a patient
- c. checking adherence to medicines on daily basis
- d. also to have regular religious practices

18. Reaction of the family of a Psychiatric patient is influenced by

- a. Previous experiences with Physician
- b. Family's view of Psychiatrist
- c. patient's cultural background
- d. Stigma about mental illness

19. Which of the following factor is an important risk factor for Disease?

- a. Autonomy
- b. Social Behaviour
- c. Racial discrimination
- d. Marital Harmony

20. Mr Tim is a final year MBBS student. He is Jealous of his very fast friend Danielle's Success but he is unaware of his feelings .Which type of defense mechanism it is?

- a. Dissociation
- b. Denial
- c. Repression
- d. intellectualization

21. When you are practicing in a pharmacy, you can fix the prescription charges by

- a. Patient's wealth
- b. Patient's nature and relationship
- c. Same for all
- d. Varies situation to situation

22. After the patient completely recovered from the treatment you gave and she was so happy and thankful that she brought you a watch, your response would be

- a. Ignore it
- b. Try to tell her that this is not right
- c. Try to accept the gift with reservation
- d. Kick her out of the room

23. Regarding classical conditioning the following principles are important EXCEPT

- a. Learning is inherent
- b. Instinctual
- c. Given by Ivan Pavlov
- d. Conditioned stimulus

24. Asif is a pharmacy student who developed a habit of taking long breaks when studying. Which of the following principles of operant conditioning will help?

- a. Punishment
- b. Reinforcement
- c. Extinction
- d. Aversion

25. The human memory is a complicated system of

- a. Encoding
- b. Storage
- c. Retrieval
- d. All the above

26. When the students are preparing for the examination and they want to remember how to dissect a mouse, what do they use?

- a. Encoding
- b. Long term memory
- c. Information processing
- d. Implicit/procedural memory

27. Methods to improving memory includes all the following EXCEPT

- a. Knowledge of results
- b. Attention
- c. Rehearsal
- d. Perception

28. A middle aged man presents to you with a problem and he discusses it secretly.

He describes you while lying in his room, when he is watching a T.V without the lights on, he sees monsters on the wall, what is this phenomenon?

- a. Hallucination
- b. Telepathy
- c. Pre-cognition
- d. Depth perception

29. Thinking may be defined as

- a. Mental process involving the manipulation of information from environment and symbols stored in long term memory
- b. It is a dreaming process with link from reality
- c. It is information processing without involvement of memory
- d. It is process not present in mentally retarded people

30. While delivering a lecture to the students the teacher was planning to deliver regarding common barriers to creative thinking. What do you think he should not include?

- a. Cultural barriers
- b. Emotional barriers
- c. Perceptual barriers
- d. No barriers

31. Emotions may be defined as

- a. Expression
- b. Psycho biological state and range of propensities to act
- c. Persistence at task
- d. Degree of verbal fluency

32. EI (Emotional Intelligence) is

- a. Ability of the individual
- b. Ability to recognize owns and others emotions and to put them under control
- c. Motives
- d. Expression of emotions

33. Every human being has certain biological motivational factors including all the following EXCEPT
- Wealth acquisition
  - Desire of sex
  - Pain avoidance
  - Emotions
34. The Maslow's pyramid of hierarchical needs has the extreme form of motivation which is called
- Safety
  - Esteem and recognition
  - Love and belonging
  - Self actualization
35. Freud proposed personality development throughout five stages which includes which of the following?
- Oral stage
  - Industry
  - Integrity
  - Formal operation
36. The anal stage of Freud's theory of development starts from 18 months till age 3 years. In this stage there is
- Pleasure seeking
  - fixation
  - independency
  - Child gains muscular control and fixation to this leads to obsessional symptom
37. The association of cardiac problems with personality can be best explained by type of personality which is
- Adult personality
  - Type A personality
  - Type B personality
  - Concrete personality
38. The study of anthropology provides us the information regarding
- Knowledge based from the sub part of environment



b. Holistic medicine

c. Understanding

d. Culture

39. Which of the following is not a defence mechanism

a) Denial

b) Fantasy

c) Sleep

d) Overeating

40. Which of the following is not a normal reaction of a person to illness and hospitalization?

a) Denial

b) Anger

c) Depression

d) Humour

Section B

41. Outline 4 important areas in human growth and development. 4 Marks

42. Explain the difference between psychology and sociology. 4 Marks

43. Outline 4 objectives of studying behavioral sciences. 4 Marks

44. There are 4 barriers to effective communication. Name them. 4 Marks

45. Name 4 things that contribute towards chemical abuse. 4 Marks

46. Outline 4 methods of satisfying personal needs. 4 Marks

47. Define Bulimia nervosa. 4 Marks

48. Explain the difference between behaviourism and cognitivism. 4 Marks

49. Name two important people in the History of psychology. 4 Marks

50. Define Behavioral Sciences. 4 Marks

Section C (for pharmacy only)

1. Draw and briefly explain Abraham Maslow Hierarchy of needs. 20 Marks
2. Explain briefly the 3 theories of learning. 20 Marks