



Year 2019-2020	Subject: psychiatric counseling SUPE605
3rd year\ first semester	Final exam
Date: 15 \1\ 2020	Total Marks: 25
Time Allowed: 2Hours	Dr. sohier Goda

1-Select the correct answer (10 grade)

1-is "an emotional state that varies in intensity from mild irritation to intense fury and rage"

- a .Stress
- b. Aggression
- c . Anger
- d. Depression

2- The primary goal of crisis intervention is:

- a. Assist the client to express her feelings
- b. Support the client to adaptive coping skills
- c. Help the client to return to pre-crisis level of functioning
- d. Help the client to identify her resources

3-A nurse tells the team leader, "I understand why you want me do to that, but I really would like to have my assignment changed." Which type of behavior is the nurse displaying?

- a. Aggressive
- b. Assertive
- c. Non-assertive
- d. Passive aggressive

4-A self-concept defined as -:

- a. High expectations for yourself.
- b. Known to self & not known to others
- c. Cope with the emotional confusion.
- d. All-encompassing awareness you had of yourself in the past ;present and future.

5 – Patient said :“I may be stupid but...” “I know I’m usually wrong but...” This statements reflecting in:

- a. High self –confidence.
- b. Low self- confidence .
- c. Low-self- awareness .
- d. High- self awareness.

6-Assertiveness means:

- a. Positive attitude towards yourself and others.
- b. An extremely powerful emotion.
- c. Positive force to solve problems and make decisions.
- d. A response to the specific behavior that is pleasurable or produces the desired results.

7 -In which stage of the general adaptation syndrome is resistance to stress lowered?

- a. The resistance stage
- b. The exhaustion stage
- c. The alarm stage
- d. The defensive stage

8-“You’re just stupid if you think that will work.” this is example of

- a. Passive Communication
- b. Aggressive Communication
- c. Passive- Aggressive Communication
- d. Assertive Communication

9- Which of the following is an example of a physical reaction initiated by the body in response to a stressor?

- a. Decreased heart rate
- b. Decreased blood flow
- c. Increased digestive action
- d. Increased sweating

10 - ----- is a serious difficulty requiring immediate action?

- a. Crisis
- b. Problem
- c. Emergency
- d. Anger

Q2. Read each statement carefully.

Circle "T" if the statement is true and circle "F" the statement is false (5 Grade)

- 1- **T F** Anger is a completely abnormal, and usually unhealthy human emotion.
- 2- **T F** Counseling is directed towards people experiencing life difficulties.
- 3- **T F** Sympathy is the ability to understand the view of another person
- 4- **T F**. Paraphrasing helps the provider clarify what the client is saying, and helps the client to feel that he or she has been heard.
- 5- **T F** Close ended question is one that is used in order to gather lots of information .
- 6- **T F** Manipulative behavior is a type of behavior demonstrating respect for your own and others wants and desires.
- 7- **T F** Aggression is a behavior that is intended to threaten or injure the victim’s security or self-esteem
- 8- **T F** If a situation can wait 24 to 72 hours for a response, without placing an individual or a family in threat; it is an emergency and not a crisis
- 9- **T F** Everyone has experiences that make them feel upset, disappointed, or fatigued.
- 10- **T F** Schizophrenia is the most common diagnosis associated with violence.

Q3:- Fill in the blanks:- (5 grade)

1-Stress management Strategies include:

- a.....b.....c.....d.....

2-Characteristics of a Crisis are:

- a.....b.....c.....

3- Consequences of self-esteem include:

- a.....b.....c.....

Q4 Differentiate Between Guidance and Counseling?(5 grade).

“Good Luck”

The answer

Q1 Select the correct answer(10) grade

- 1-c
- 2-c
- 3-b
- 4-d
- 5-b
- 6-a
- 7-b
- 8-b
- 9-d
- 10-c

Q2. Read each statement carefully.

Circle "T" if the statement is true and circle "F" the statement is false (5 Grade)

- 1-F
- 2-T
- 3-F
- 4-T
- 5-F
- 6-F
- 7-T
- 8-F
- 9-T
- 10-T

Q3:- Fill in the blanks:- (5 grade)

1-Stress management Strategies includes:

- A – alter it
- A – avoid it
- A – accept it
- b – building our resistance or
- c – changing our perception

2-Characteristics of a Crisis are:

- 1-A stressful situation,
- 2-difficulty in coping,
- 3- the timing of intervention

3-Consequence of self-esteem

- Good mental health (situations may seem less stressful)
- Favorable work attitudes and high performance.
- High self-esteem workers help company prosper.
- Possible negative consequences including undermining other.

Q4 Differentiate Between Guidance and Counseling?(5 grade)

Difference Between Guidance and Counseling

BASIS FOR COMPARISON	GUIDANCE	COUNSELING
Meaning	Guidance refers to an advice or a important part of information provided by a superior, to resolve a problem or overcome from difficulty.	Counseling refers to a professional advice given by a counselor to an individual to help him in overcoming from personal or psychological problems.
Nature	Preventive	Curative
Approach	Comprehensive and Extroverted	In-depth and Introverted
What it does?	It assists the person in choosing the best alternative.	It tends to change the perspective, to help him get the solution by himself or herself.
Deals with	Education and career related issues.	Personal and socio+ psychological issues.

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Provided by	Any person superior or expert	A person who possesses high level of skill and professional training.
Privacy	Open and less private.	Confidential
Mode	One to one or one to many	One to one
Decision making	By guide.	By the client.