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| **جامعــــة الملك سعود** | | **King Saud University** | | |
| **كلية التمريض** | | **College of Nursing** | | |
| **وكالة الكلية للشؤون الأكاديمية** | | **Vice Dean for Academic Affairs** | | |
|  | **ورقة الامتحــان** | |  |
| **Examination sheet** | |

**القسم الأول : PART 1 : -معلومات - Mid Term II**

**A: Information**

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| --- | --- |
| **اسم الطالب :** | **Student Name :** |
| **الرقم الجامعي للطالب :** | **Student No**: |
| **اسم مدرس المقرر: د. عصمت جميعي،** | **Instructor name: Dr. , Dr. Essmat Geamey** |
| **السنة الدراسية :1434-1435** | **Academic year: 1434-1435** |
| **الفصل الدراسي :الاول** | **Semester: FIRST** |
| **اسم ورقم المقرر : مفاهيم التمريض النفسي الاجتماعي**  **(474 تمض)** | **Module No. & Title: Concepts of Psychosocial Nursing (NUR 474)** |
| **اليوم والتاريخ** | **Day & Date: Wednesday** |
| **الوقت : ساعة** | **Time: 1 Hours** |

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| **درجة الامتحــــان : (20)** | **Examination Mark: (20)** |

**ب- إرشادات B -Guidelines**

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| **- الامتحان يتكون من ثلاث فئات من الأسئلة ومجموع العلامات ( 20)**  **- العلامة مكتوبة إزاء كل سؤال.**  **- يجب كتابة الإجابة بوضوح وتحديد رقم السؤال المتعلق بالإجابة.**  **. - يمنع منعاً باتاً الالتفات/ أو الكلام**  **-الغش خلال الامتحان تحت طائلة العقاب** | **-The exam consist of three categories and the total mark is (20 )**  **- Each question has its own mark beside it.**  **-The answer must be written clearly and writ the question number relevant to the answer.**  **- Student must not talk or cheat during the exam or He will be subject to penalty** |

**جـ - ملاحظات الطالب حول الأسئلة ( إن وجد ) C- Student comments about the questions ( If any )**

|  |  |
| --- | --- |
| **1.**  **2.** | **1.**  **2.** |

**Part-I: Read the following statements and choose the best answer: (12 marks)**

**1-** **Exhaustion Stage of stress is characterized by one of the following**

1. Depleted body resources.
2. Body attempt to adapt.
3. Cortisone works to mobilize energy.
4. Constriction of coronary arteries occurs.

**2- Rationalization is defined as:**

a) Acting out unacceptable impulses.

b) Supplying a logical reason as opposed to the real one.

c) Returning to previous stage of development.

d) Pulling thoughts into the unconscious.

**3- General adaptation syndrome includes:**

a) Exhaustion.

b) Regression.

c) Inertia.

d) Repression.

**4-Which body system causes the physiologic reaction to stress as high blood pressure and heart diseases:**

1. Sympathetic.
2. Para sympathetic.
3. Neurological.
4. Intestinal

**5**  **-One of the following are not symptoms of stress** .

a) Nervousness.

b) Inertia.

c) Insomnia.

d) Exhaustion.

**Match the correct answer in the table:**

|  |  |  |
| --- | --- | --- |
| No. | Statement | Answer (Insert the answer letter) |
| 6. | Eustress |  |
| 7. | Distress |  |
| 8. | Stressors |  |

a) Demands, events and situations cause stress.

b) Good stress-beneficial to life and goals.

c) Destructive to physical, mental and emotional health.

d) Is the reaction people have to excessive pressures

**9-One of the following is characteristic of resistance stage of stress response:**

1. Constriction of coronary artery.
2. Death may occur.
3. Depleted body resources.
4. Stress response is activated.

**10-Among theories of psychological factors that trigger stress:**

1. Personality disorder.
2. Lack of coordination.
3. Personality type A.
4. Growth and development.

**11- Stress management strategies include**

1. Play, massage &exercise.
2. Dream, laugher& sympathy.
3. Long journey and massage.
4. Orientation, insight& modification.

**12-Which of the following is an example of repression?**

1. Stopping yourself from behaving the way you want to.
2. Suppressing bad memories or current thoughts that cause anxiety.
3. Suppressing your natural instincts.
4. Stopping others from behaving inappropriately.

**13-Placing unacceptable impulse in yourself onto someone else is:**

1. Identification.
2. Reaction formation.
3. Projection.
4. Rationalization.

**14- A patient with an alcohol addiction says, “My drinking is all my wife’s fault. She makes me so crazy I just have to have a drink.” This is an example of:**

1. Rationalization.
2. Denial.
3. Intellectualization.
4. Projection

**15 Denial is defined as:**

a) Taking out impulses on a less threatening target.

b) Denying the existence of the anxiety provoking stimuli.

c) Converting unconscious wishes.

d) Involuntary pulling thoughts into unconscious.

**16-When discussing their father's behavior during a family counseling session, a brother says to his sister, "Sure, Dad was rough, but not as bad as Grandma. Don't you remember Grandma? She was much worse. If it weren't for her, he would have been OK." The defense mechanism the brother is using is:**

1. Rationalization.
2. Compensation.
3. Intellectualization.
4. Projection.

17- **Which body system causes the physiologic reaction to stress as high blood pressure and heart diseases:**

1. Sympathetic.
2. Para sympathetic.
3. Neurological.
4. Intestinal

**18-All are of the following factors influencing stress response except:**

1. Intensity of the stimulus.
2. Activity of stimulus.
3. Duration of stimulus.
4. Perception of control over the stimulus

**19-All of the following are symptoms of stress except:**

a) Nervousness.

b) Inertia.

c) Insomnia.

d) Exhaustion.

20- **Among theories of psychological factors that trigger stress:**

1. Personality disorder.
2. Lack of coordination.
3. Personality type A.
4. Growth and development.

**Match the correct answer in the table:**

|  |  |  |
| --- | --- | --- |
| No | Statement | Answer (Insert the answer letter) |
| 21. | Inflammatory, localized reaction to injury, reaction similar to GAS. |  |
| 22. | Alarm, resistance and exhaustion stages |  |
| 23. | Sympathetic and Para-sympathetic responses. |  |

a) General adaptation syndrome.

b) Local adaptation syndrome.

c) Fight-or-flight response.

d)Arousal response.

24-- **Mental symptoms of stress include:**

1. Appetite changes.
2. Difficulty in making decision.
3. Hypochondria.
4. Palpitations

**Part II-Put (T) for the true statement and (F) for the false one and correct the false statement (4 Marks)**

|  |  |  |  |
| --- | --- | --- | --- |
| Eustress is destructive type of stress.  ------------------------------------------------------------------------ | F | T | 1- |
| Distress can't improve coping pattern.  ------------------------------------------------------------------------ | F | T | 2- |
| Ego defenses are necessarily unhealthy  ----------------------------------------------------------------------- | F | T | 3- |
| Increased ventilation is among symptoms of stress fight or Flight. ----------------------------------------------------------------------- | F | T | 4- |
| There is no single level of stress that is best for all people.  ----------------------------------------------------------------------- | F | T | 5- |
| Arousal happens for non-physical stressors.  ------------------------------------------------------------------------ | F | T | 6- |
| Idealization means underestimation of the desirable qualities  ------------------------------------------------------------------------ | F | T | 7- |
| The stressor is identified as resistance stage of stress.  --------------------------------------------------------------------- | F | T | 8- |

**Part IV-Answer the following questions: (4 marks)**

**1- Four nursing assessment data for stress are: (2 marks)**

1----------------------------------------------------------------------------------------------

2----------------------------------------------------------------------------------------------

3----------------------------------------------------------------------------------------------4----------------------------------------------------------------------------------------------

**2- The primary functions of defense mechanisms are:** **(2 marks)**

1---------------------------------------------------------------------------------------------

2---------------------------------------------------------------------------------------------

3----------------------------------------------------------------------------------------------

4----------------------------------------------------------------------------------------------

***Good Luck***