



**B.Sc (NURSING) 1ST YEAR
PSYCHOLOGY
2 MARKS**

1. Define stress and explain the general adaptation syndrome (GAS) model.
2. What is the difference between classical conditioning and operant conditioning?
3. Briefly describe the stages of cognitive development according to Jean Piaget.
4. Explain the concept of self-efficacy and its importance in healthcare settings.
5. Define and differentiate between the terms empathy and sympathy.
6. What are the major symptoms of major depressive disorder?
7. Describe the fight-or-flight response and its physiological effects on the body.
8. What is the role of social support in maintaining mental health?

9. Explain the concept of defense mechanisms and provide examples.
10. Define and differentiate between primary and secondary reinforcers.
11. Discuss the stages of sleep and their importance for maintaining overall well-being.
12. Explain the concept of operant conditioning and provide an example.
13. Discuss the role of neurotransmitters in the transmission of signals within the nervous system.
14. Define and provide examples of abnormal behavior in the context of psychological disorders.
15. Explain the process of memory encoding, storage, and retrieval.
16. Discuss the effects of long-term stress on physical health.
17. Define and differentiate between positive and negative reinforcement.
18. Discuss the stages of grief according to Kübler-Ross model.

19. Explain the concept of cognitive dissonance and its impact on decision-making.
20. Discuss the principles of effective communication in therapeutic relationships
21. Define and differentiate between nature and nurture in the context of human development.
22. Discuss the principles of behavior modification and provide an example.
23. Explain the concept of learned helplessness and its implications for mental health.
24. Discuss the relationship between stress and physical health, including the concept of psychosomatic disorders.
25. Define and differentiate between intrinsic and extrinsic motivation.
26. Discuss the impact of social media on mental health and well-being.
27. Explain the concept of cultural competence and its importance in healthcare practice.

28. Define and provide examples of cognitive biases that can affect decision-making.
29. Discuss the impact of sleep deprivation on cognitive functioning and overall health.
30. Explain the concept of cognitive-behavioral therapy (CBT) and its application in the treatment of psychological disorders.