FACULTY OF ALLIED HEALTH SCIENCES, UNIVERSITY OF RUHUNA
Department of Nursing
3rd End Semester Examination – 2026 - Old Curriculum
NUR 2161 -Psychology in Nursing - SEQ

Date: 10th of July 2026 Time: 9.30 a.m.-10.00 a.m. Duration: 30 minutes

Index Number: .....

Answer all questions using the given space.

1.

1.1. Students learn clinical skills by observing and working with nurses in the hospital.

1.1.1. Identify the learning theory that best explains this type of learning. (10 marks)

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1.1.2. State two (02) advantages of this learning theory. (10 marks)

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1.1.3. According to Bronfenbrenner's Ecological Systems Theory, name three (03) examples of interactions that belong to the **mesosystem.** (15 marks)

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1.1.4. Forgetting is a common phenomenon in everyday life. Draw and label the **Ebbinghaus forgetting curve.** (15 marks)

1.1.5. State three (03) factors that contribute to forgetting. (10 marks)

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1.2. Kasun has repeated five subjects in his examinations, and his smoking frequency has increased.

1.2.1. List five (05) defense mechanisms. (10 marks)

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1.2.2. Briefly explain any two (02) defense mechanisms you listed. (10 marks)

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1.2.3. Using the Stages of Change model with six steps, describe how you would help Kasun to quit smoking. (20 marks)

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