Varcarolis Foundations of Psychiatric Mental Health Nursing 9th edition Halter Test Bank

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Chapter 02: Theories and Therapies
Halter: Varcarolis' Foundations of Psychiatric-Mental Health Nursing: A Clinical Approach, 9th Edition

MULTIPLE CHOICE

1. A parent says, "My 2-year-old child refuses toilet training and shouts *'No!'* when given directions. What do you think is wrong?" What is the nurse's best reply?
   a. "Your child needs firmer control. It is important to set limits now."
   b. "This is normal for your child's age. The child is striving for independence."
   c. "There may be developmental problems. Most children are toilet trained by age 2."
   d. "Some undesirable attitudes are developing. A child psychologist can help you develop a plan."

   ANS: B
   This behavior is conventional of a child around the age of 2 years, whose developmental task is to develop autonomy. The distracters indicate the child's behavior is abnormal.

   PTS: 1 DIF: Cognitive Level: Apply (Application)
   TOP: Nursing Process: Implementation MSC: Client Needs: Health Promotion and Maintenance

2. A nurse wants to find information on current evidence-based research, programs, and practices regarding mental illness and addictions. Which resource should the nurse consult?
   a. American Psychiatric Association
   b. American Psychological Association (APA)
   c. Clinician's Quick Guide to Interpersonal Psychotherapy
   d. Substance Abuse and Mental Health Services Administration (SAMHSA)

   ANS: D
   The SAMHSA maintains a National Registry of Evidence-based Practices and Programs. New therapies are entered into the database on a regular basis. The incorrect responses are resources but do not focus on evidence-based information.

   PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
   TOP: Nursing Process: Planning MSC: Client Needs: Management of Care

3. A 26-month-old displays negative behavior, refuses toilet training, and often says, "No!" Which psychosocial crisis is evident?
   a. Trust versus mistrust
   b. Initiative versus guilt
   c. Industry versus inferiority
   d. Autonomy versus shame and doubt

   ANS: D
   The crisis of autonomy versus shame and doubt relates to the developmental task of gaining control of self and environment, as exemplified by toilet training. This psychosocial crisis occurs during the period of early childhood. Trust versus mistrust is the crisis of the infant. Initiative versus guilt is the crisis of the preschool and early-school-aged child. Industry versus inferiority is the crisis of the 6- to 12-year-old child.

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PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

4. A 4-year-old grabs toys from other children and says, "I want that now!" From a psychoanalytic perspective, this behavior is a product of impulses originating in which system of the personality?
   a. Id
   b. Ego
   c. Superego
   d. Preconscious

   ANS: A
   The id operates on the pleasure principle, seeking immediate gratification of impulses. The ego acts as a mediator of behavior and weighs the consequences of the action, perhaps determining that taking the toy is not worth the mother's wrath. The superego would oppose the impulsive behavior as "not nice." The preconscious is a level of awareness rather than an aspect of personality.

   PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
   TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

5. The parent of a 4-year-old rewards and praises the child for helping a sibling, being polite, and using good manners. These qualities are likely to be internalized and become part of which system of the personality?
   a. Id
   b. Ego
   c. Superego
   d. Preconscious

   ANS: C
   The superego contains the "shoulds," or moral standards internalized from interactions with significant others. Praise fosters internalization of desirable behaviors. The id is the center of basic instinctual drives, and the ego is the mediator. The ego is the problem-solving and reality-testing portion of the personality that negotiates solutions with the outside world. The preconscious is a level of awareness from which material can be retrieved easily with conscious effort. This item relates to an audience response question.

   PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
   TOP: Nursing Process: Implementation MSC: Client Needs: Health Promotion and Maintenance

6. A nurse supports a parent for praising a child who behaves in helpful ways to others. When this child behaves with politeness and helpfulness in adulthood, which feeling will most likely result?
   a. Guilt
   b. Anxiety
   c. Humility
   d. Self-esteem

   ANS: D
   The individual will be living up to the ego ideal, which will result in positive feelings about self. The other options are incorrect because each represents a negative feeling.

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PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
TOP: Nursing Process: Implementation MSC: Client Needs: Health Promotion and Maintenance

7. An adult says, "I never know the answers," and "My opinion does not count." Which psychosocial crisis was unsuccessfully resolved for this adult?
   a. Initiative versus guilt
   b. Trust versus mistrust
   c. Autonomy versus shame and doubt
   d. Generativity versus self-absorption

   ANS: C
   These statements show severe self-doubt, indicating that the crisis of gaining control over the environment was not met successfully. Unsuccessful resolution of the crisis of initiative versus guilt results in feelings of guilt. Unsuccessful resolution of the crisis of trust versus mistrust results in poor interpersonal relationships and suspicion of others. Unsuccessful resolution of the crisis of generativity versus self-absorption results in self-absorption that limits the ability to grow as a person.

   PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
   TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

8. Which statement by a client would lead the nurse to suspect unsuccessful completion of the psychosocial developmental task of infancy?
   a. "I know how to do things right, so I prefer jobs where I work alone rather than on a team."
   b. "I do not allow other people to truly get to know me."
   c. "I depend on frequent praise from others to feel good about myself."
   d. "I usually need to do things several times before I get them right."

   ANS: B
   According to Erikson, the developmental task of infancy is the development of trust. The correct response is the only statement clearly showing lack of ability to trust others. An inability to work with others, coupled with a sense of superiority, suggests unsuccessful completion of the task of intimacy versus isolation. Relying on praise from others suggests unsuccessful completion of the task of identity versus role confusion. Shame suggests failure to resolve the crisis of initiative versus guilt.

   PTS: 1 DIF: Cognitive Level: Analyze (Analysis)
   TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

9. A client is suspicious and is frequently sarcastic toward others. To which psychosexual stage do these traits relate?
   a. Oral
   b. Anal
   c. Phallic
   d. Genital

   ANS: A

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The behaviors in the stem develop as the result of attitudes formed during the oral stage, when an infant first learns to relate to the environment. Anal-stage traits include stinginess, stubbornness, orderliness, or their opposites. Phallic-stage traits include flirtatiousness, pride, vanity, difficulty with authority figures, and difficulties with sexual identity. Genital-stage traits include the ability to form satisfying sexual and emotional relationships with members of the opposite sex, emancipation from parents, a strong sense of personal identity, or the opposites of these traits.

PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

10. A client expresses a desire to be cared for by others and often behaves in a helpless fashion. Which stage of psychosexual development is most relevant to the client's needs?
    a. Latency
    b. Phallic
    c. Anal
    d. Oral

    ANS: D
    Fixation at the oral stage sometimes produces dependent infantile behaviors in adults. Latency fixations often result in difficulty identifying with others and developing social skills, resulting in a sense of inadequacy and inferiority. Phallic fixations result in having difficulty with authority figures and poor sexual identity. Anal fixation sometimes results in retentiveness, rigidity, messiness, destructiveness, and cruelty. This item relates to an audience response question.

    PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
    TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

11. A nurse listens to a group of recent retirees. One says, "I volunteer with Meals on Wheels, coach teen sports, and do church visitation." Another laughs and says, "I'm too busy taking care of myself to volunteer to help others." Which psychosocial developmental task do these statements contrast?
    a. Trust and mistrust
    b. Intimacy and isolation
    c. Industry and inferiority
    d. Generativity and self-absorption

    ANS: D
    Both retirees are in middle adulthood, when the developmental crisis to be resolved is generativity versus self-absorption. One exemplifies generativity; the other embodies self-absorption. This developmental crisis would show a contrast between relating to others in a trusting fashion and being suspicious and lacking trust. Failure to negotiate this developmental crisis would result in a sense of inferiority or difficulty learning and working as opposed to the ability to work competently. Behaviors that would be contrasted would be emotional isolation and the ability to love and commit oneself.

    PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
    TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

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12. An adult dies in a tragic accident. Afterward, the siblings plan a funeral service. Which statement by a sibling best indicates a sense of self-actualization?
    a. "Of all of us, I am the most experienced with planning these types of events."
    b. "Funerals are supposed to be conducted quietly, respectfully, and according to a social protocol."
    c. "This death was unfair, but I hope we can plan a service that everyone feels is a celebration of life."
    d. "This death was probably the consequence of years of selfish and inconsiderate behavior by our sibling."

    ANS: C
    The correct response shows an accurate perception of reality as well as a focus on solving the problem in a way that involves others. These factors are characteristic of self-actualization. The incorrect responses demonstrate self-centeredness, rigidity, and blaming which are characteristic of a failure to achieve self-actualization.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Assessment MSC: Client Needs: Health Promotion and Maintenance

13. A student nurse says, "I don't need to interact with my clients. I learn what I need to know by observation." An instructor can best interpret the nursing implications of Sullivan's theory to this student by providing what response?
    a. "Interactions are required in order to help you develop therapeutic communication skills."
    b. "Nurses cannot be isolated. We must interact to provide clients with opportunities to practice interpersonal skills."
    c. "Observing client interactions will help you formulate priority nursing diagnoses and appropriate interventions."
    d. "It is important to pay attention to clients' behavioral changes, because these signify adjustments in personality."

    ANS: B
    The nurse's role includes educating clients and assisting them in developing effective interpersonal relationships. Mutuality, respect for the client, unconditional acceptance, and empathy are cornerstones of Sullivan's theory. The nurse who does not interact with the client cannot demonstrate these cornerstones. Observations provide only objective data. Priority nursing diagnoses usually cannot be accurately established without subjective data from the client. The other distracters relate to Maslow and behavioral theory. This item relates to an audience response question.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Implementation MSC: Client Needs: Health Promotion and Maintenance

14. A nurse consistently encourages client to do his or her own activities of daily living. If the client is unable to complete an activity, the nurse helps until the client is once again independent. This nurse's practice is most influenced by which theorist?
    a. Betty Neuman
    b. Patricia Benner
    c. Dorothea Orem
    d. Joyce Travelbee

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ANS: C
Orem emphasizes the role of the nurse in promoting self-care activities of the client; this has relevance to the seriously and persistently mentally ill client.

PTS: 1 DIF: Cognitive Level: Apply (Application)
TOP: Nursing Process: Evaluation MSC: Client Needs: Psychosocial Integrity

15. A nurse uses Maslow's hierarchy of needs to plan care for a client diagnosed with mental illness. Which problem will receive priority?
    a. Refusal to eat or bathe.
    b. Reporting feelings of alienation from family.
    c. Reluctance to participate in unit social activities.
    d. Being unaware of medication action and side effects.

ANS: A
The need for food and hygiene are physiological and therefore take priority over psychological or meta-needs in care planning.

PTS: 1 DIF: Cognitive Level: Analyze (Analysis)
TOP: Nursing Process: Planning | Nursing Process: Outcomes Identification
MSC: Client Needs: Safe, Effective Care Environment

16. Operant conditioning is part of the treatment plan to encourage speech in a child who is nearly mute. Which technique applies?
    a. Encourage the child to observe others talking.
    b. Include the child in small group activities.
    c. Give the child a small treat for speaking.
    d. Teach the child relaxation techniques.

ANS: C
Operant conditioning involves giving positive reinforcement for a desired behavior. Treats are rewards and reinforce speech through positive reinforcement.

PTS: 1 DIF: Cognitive Level: Apply (Application)
TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

17. The parent of a child diagnosed with schizophrenia tearfully asks the nurse, "What could I have done differently to prevent this illness?" What is the nurse's best response?
    a. "Although schizophrenia results from impaired family relationships, try not to feel guilty. No one can predict how a child will respond to parental guidance."
    b. "Schizophrenia is a biological illness resulting from changes in how the brain and nervous system function. You are not to blame for your child's illness."
    c. "There is still hope. Changing your parenting style can help your child learn to cope effectively with the environment."
    d. "Most mental illnesses result from genetic inheritance. Your genes are more at fault than your parenting."

ANS: B

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The parent's comment suggests feelings of guilt or inadequacy. The nurse's response should address these feelings as well as provide information. Clients and families need reassurance that the major mental disorders are biological in origin and are not the "fault" of parents. One distracter places the burden of having faulty genes on the shoulders of the parents. The other distracters are neither wholly accurate nor reassuring.

PTS: 1 DIF: Cognitive Level: Apply (Application)
TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

18. A nurse influenced by Peplau's interpersonal theory works with an anxious, withdrawn client. What principle will the interventions be focused on?
    a. Rewarding desired behaviors.
    b. Using assertive communication.
    c. Changing the client's self-concept.
    d. Administering medications to relieve anxiety.

    ANS: B
    The nurse–client relationship is structured to provide a model for adaptive interpersonal relationships that can be generalized to others. Helping the client learn to use assertive communication will improve the client's interpersonal relationships. The distracters apply to theories of cognitive, behavioral, and biological therapy.

    PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
    TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

19. A client participated in psychotherapy weekly for 5 months. The therapist used free association, dream analysis, and facilitated transference to help the client understand conflicts and foster change. What is the term that applies to this method?
    a. Rational-emotive behavior therapy
    b. Psychodynamic psychotherapy
    c. Cognitive-behavioral therapy
    d. Operant conditioning

    ANS: B
    The techniques are aspects of psychodynamic psychotherapy. The distracters use other techniques.

    PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
    TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

20. Consider this comment from a therapist: "The client is homosexual but has kept this preference secret. Severe anxiety and depression occur when the client anticipates family reactions to this sexual orientation." Which perspective is evident in the speaker?
    a. Theory of interpersonal relationships
    b. Classical conditioning theory
    c. Psychosexual theory
    d. Behaviorism theory

    ANS: A

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The theory of interpersonal relationships recognizes the anxiety and depression as resulting from unmet interpersonal security needs. Behaviorism and classical conditioning theories do not apply. A psychosexual formulation would focus on uncovering unconscious material that relates to the client problem.

PTS: 1 DIF: Cognitive Level: Apply (Application)
TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

21. A psychotherapist works with an anxious, dependent client. Which strategy is most consistent with psychoanalytic psychotherapy?
    a. Identifying the client's strengths and assets
    b. Praising the client for describing feelings of isolation
    c. Focusing on feelings developed by the client toward the therapist
    d. Providing psychoeducation and emphasizing medication adherence

    ANS: C
    Positive or negative feelings of the client toward the therapist indicate transference. Transference is a psychoanalytic concept that can be used to explore previously unresolved conflicts. The distracters relate to biological therapy and supportive psychotherapy. Use of psychoeducational materials is a common "homework" assignment used in cognitive therapy.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

22. A person says, "I was the only survivor in a small plane crash. Three business associates died. I got depressed and saw a counselor twice a week for 4 weeks. We talked about my feelings related to being a survivor, and I'm better now." Which type of therapy was used?
    a. Systematic desensitization
    b. Psychoanalysis
    c. Behavior modification
    d. Interpersonal psychotherapy

    ANS: D
    Interpersonal psychotherapy returned the client to his former level of functioning by helping him come to terms with the loss of friends and guilt over being a survivor. Systematic desensitization is a type of therapy aimed at extinguishing a specific behavior, such as the fear of flying. Psychoanalysis would call for a long period of exploration of unconscious material. Behavior modification would focus on changing a behavior rather than helping the client understand what is going on in his life.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

23. Which technique is most applicable to aversion therapy?
    a. Punishment
    b. Desensitization
    c. Role modeling
    d. Positive reinforcement

    ANS: A
    Aversion therapy is akin to punishment. Aversive techniques include pairing of a maladaptive behavior with a noxious stimulus, punishment, and avoidance training.

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PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
TOP: Nursing Process: Planning MSC: Client Needs: Psychosocial Integrity

24. A client says to the nurse, "My father has been dead for over 10 years but talking to you is almost as comforting as the talks he and I had when I was a child." Which term applies to the client's comment?
    a. Superego
    b. Transference
    c. Reality testing
    d. Countertransference

    ANS: B
    Transference refers to feelings a client has toward the health care workers that were originally held toward significant others in his or her life. Countertransference refers to unconscious feelings that the health care worker has toward the client. The superego represents the moral component of personality; it seeks perfection.

    PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
    TOP: Nursing Process: Evaluation MSC: Client Needs: Psychosocial Integrity

25. A college student received an invitation to attend the wedding of a close friend who lives across the country. The student is afraid of flying. Which type of therapy would be most helpful for this client?
    a. Psychoanalysis
    b. Aversion therapy
    c. Systematic desensitization
    d. Short-term dynamic therapy

    ANS: C
    Systematic desensitization is a type of therapy aimed at extinguishing a specific behavior, such as the fear of flying. Psychoanalysis and short-term dynamic therapy seek to uncover conflicts. Aversion therapy involves use of a noxious stimulus, punishment, and avoidance.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Planning MSC: Client Needs: Psychosocial Integrity

26. A client repeatedly stated, "I'm stupid." Which statement by that client would show progress resulting from cognitive-behavioral therapy?
    a. "Sometimes I do stupid things."
    b. "Things always go wrong for me."
    c. "I always fail when I try new things."
    d. "I'm disappointed in my lack of ability."

    ANS: A
    "I'm stupid" is a cognitive distortion. A more rational thought is "Sometimes I do stupid things." The latter thinking promotes emotional self-control. The distracters reflect irrational or distorted thinking. This item relates to an audience response question.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Evaluation MSC: Client Needs: Psychosocial Integrity

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27. A client says, “All my life I’ve been surrounded by stupidity. Everything I buy breaks because the entire American workforce is incompetent.” This client is experiencing what type of reaction?
    a. self-esteem deficit.
    b. cognitive distortion.
    c. deficit in motivation.
    d. deficit in love and belonging.

    ANS: B
    Automatic thoughts, or cognitive distortions, are irrational and lead to false assumptions and misinterpretations. See related audience response question.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

28. A client is fearful of riding on elevators. The therapist first rides an escalator with the client. The therapist and client then stand in an elevator with the door open for 5 minutes and later with the elevator door closed for 5 minutes. Which technique has the therapist used?
    a. Classic psychoanalytic therapy
    b. Systematic desensitization
    c. Rational emotive therapy
    d. Biofeedback

    ANS: B
    Systematic desensitization is a form of behavior modification therapy that involves the development of behavior tasks customized to the client’s specific fears. These tasks are presented to the client while using learned relaxation techniques. The client is incrementally exposed to the fear.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

29. A client says, “I always feel good when I wear a size 2 petite.” Which type of cognitive distortion is evident?
    a. Disqualifying the positive
    b. Overgeneralization
    c. Catastrophizing
    d. Personalization

    ANS: B
    Automatic thoughts, or cognitive distortions, are irrational and lead to false assumptions and misinterpretations. The stem offers an example of overgeneralization. See related audience response question.

    PTS: 1 DIF: Cognitive Level: Apply (Application)
    TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

30. Which comment best indicates a client is self-actualized?
    a. “I have succeeded despite a world filled with evil.”
    b. “I have a plan for my life. If I follow it, everything will be fine.”
    c. “I’m successful because I work hard. No one has ever given me anything.”
    d. “My favorite leisure is walking on the beach, hearing soft sounds of rolling

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waves."

ANS: D
The self-actualized personality is associated with high productivity and enjoyment of life. Self-actualized persons experience pleasure in being alone and an ability to reflect on events.

PTS: 1 DIF: Cognitive Level: Apply (Application)
TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

31. A nurse presents a community education program about mental illness. Which comment by a participant best demonstrates a correct understanding of mental illness from a biological perspective?
    a. "Some people experience life events so traumatic that they cannot be overcome."
    b. "Disturbed and conflicted family relationships are usually a starting place for mental illness."
    c. "My friend has had bipolar disorder for years and many problems have resulted. It's not her fault."
    d. "Mental illness is the result of developmental complications that cause a person not to grow to their full potential."

ANS: C
The correct response demonstrates an understanding that mental illness is physical in origin. The physical origins of mental illness are aspects of the biological model. The incorrect responses assign the origins of mental illness to interpersonal relationships and traumatic events.

PTS: 1 DIF: Cognitive Level: Apply (Application)
TOP: Nursing Process: Evaluation MSC: Client Needs: Physiological Integrity

32. Which client is the best candidate for brief psychodynamic therapy?
    a. An accountant with a loving family and successful career who was involved in a short extramarital affair
    b. An adult with a long history of major depression who was charged with driving under the influence
    c. A woman with a history of borderline personality disorder who recently cut both wrists
    d. An adult male recently diagnosed with anorexia nervosa

ANS: A
The best candidates for psychodynamic therapy are relatively healthy and well-functioning individuals, sometimes referred to as the "worried well," who have a clearly circumscribed area of difficulty and are intelligent, psychologically minded, and well-motivated for change. Clients with psychosis, severe depression, borderline personality disorders, and severe character disorders are not appropriate candidates for this type of treatment.

PTS: 1 DIF: Cognitive Level: Analyze (Analysis)
TOP: Nursing Process: Planning MSC: Client Needs: Psychosocial Integrity

MULTIPLE RESPONSE

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1. A client states, “I’m starting cognitive-behavioral therapy. What can I expect from the sessions?” Which responses by the nurse would be appropriate? (*Select all that apply.*)
   a. “The therapist will be active and questioning.”
   b. “You will be given some homework assignments.”
   c. “The therapist will ask you to describe your dreams.”
   d. “The therapist will help you look at your ideas and beliefs about yourself.”
   e. “The goal is to increase subjectivity about thoughts that govern your behavior.”

   ANS: A, B, D
   Cognitive therapists are active rather than passive during therapy sessions because they help client’s reality-test their thinking. Homework assignments are given and completed outside the therapy sessions. Homework is usually discussed at the next therapy session. The goal of cognitive therapy is to assist the client in identifying inaccurate cognitions and in reality-testing and formulating new, accurate cognitions. One distracter applies to psychoanalysis. Increasing subjectivity is not desirable.

   PTS: 1 DIF: Cognitive Level: Apply (Application)
   TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

2. Which comments by an elderly person best indicate successful completion of the individual’s psychosocial developmental task? (*Select all that apply.*)
   a. “I am proud of my children’s successes in life.”
   b. “I should have given to community charities more often.”
   c. “My relationship with my father made life more difficult for me.”
   d. “My experiences in the war helped me appreciate the meaning of life.”
   e. “I often wonder what would have happened if I had chosen a different career.”

   ANS: A, D
   The developmental crisis for an elderly person relates to integrity versus despair. Pride in one’s offspring indicates a sense of fulfillment. Recognition of the wisdom gained from difficult experiences (such as being in a war) indicates a sense of integrity. Blaming and regret indicate despair and unsuccessful resolution of the crisis.

   PTS: 1 DIF: Cognitive Level: Apply (Application)
   TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

3. Which comments by an adult best indicate self-actualization? (*Select all that apply.*)
   a. “I am content with a good book.”
   b. “I often wonder if I chose the right career.”
   c. “Sometimes I think about how my parents would have handled problems.”
   d. “It’s important for our country to provide basic health care services for everyone.”
   e. “When I was lost at sea for 2 days, I gained an understanding of what is important.”

   ANS: A, D, E
   Self-actualized persons enjoy privacy, have a sense of democracy, and show positive outcomes associated with peak experiences. Self-doubt, defensiveness, and blaming are not consistent with self-actualization.

   PTS: 1 DIF: Cognitive Level: Apply (Application)
   TOP: Nursing Process: Assessment MSC: Client Needs: Psychosocial Integrity

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4. Which activities represent the caring foundation of nursing? (*Select all that apply.*)
   a. Administering medications on time to a group of clients
   b. Listening to a new widow grieve her husband's death
   c. Helping a client obtain groceries from a food bank
   d. Teaching a client about a new medication
   e. Holding the hand of a frightened client

   ANS: B, C, E
   Patricia Benner described caring as the foundation professional nursing practice. Benner encourages nurses to provide caring and comforting interventions. She emphasizes the importance of the nurse-client relationship and the importance of teaching and coaching the client and bearing witness to suffering as the client deals with illness.

   PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
   TOP: Nursing Process: Implementation MSC: Client Needs: Psychosocial Integrity

5. Which therapies involve electrical brain stimulation for treatment of mental illness? (*Select all that apply.*)
   a. Aversion therapy
   b. Operant conditioning
   c. Systematic desensitization
   d. Electroconvulsive therapy (ECT)
   e. Transcranial magnetic stimulation (TMS)

   ANS: D, E
   ECT and TMS are therapies that use electrical stimulation of the brain as a form of treatment for mental illness. The incorrect responses are therapies that are interpersonal in nature.

   PTS: 1 DIF: Cognitive Level: Understand (Comprehension)
   TOP: Nursing Process: Implementation MSC: Client Needs: Physiological Integrity

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