Varcarolis's Canadian Psychiatric Mental Health Nursing (Canadian) 3rd edition Pollard Test Bank

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Review Questions - Chapter 01

Q1: Two student nurses disagree on the accurate meaning of mental health. What is the nurse's best understanding of why the students do not agree on the meaning of mental health?

A. Mental health is an abstract concept (Correct)
B. Mental health comprises several concepts
C. More research is needed on mental heath
D. Neither student understands mental health

Rationale: Mental health is an abstract concept; it has different meaning to different people. Mental health is a concept; theories comprise several concepts to explain a phenomena. Although more research may be needed, this is not the cause of disagreement about meaning. As mental health is abstract, it is expected that nurses will have differing understandings of this concept. Cognitive Level: Application Nursing Process: Analysis NCLEX: Safe and Effective Care Environment

Q2: According to the DSM-5, there is evidence that symptoms and causes of mental illness are influenced by which of the following?

A. Cultural and ethnic factors (Correct)
B. Occupation and status
C. Birth order
D. Sexual preference

Rationale: The DSM-5 states there is evidence to suggest that mental illness is influenced by cultural and ethnic factors. The DSM-5 does not state that there is evidence that occupation, birth order, or sexual preference affects mental illness. Cognitive Level: Understand (Comprehension) Nursing Process: Diagnosis NCLEX: Psychosocial Integrity

Q3: The nurse focuses on respecting individual contexts, wishes, dignity, and self-determination. The nurse is demonstrating what type of nursing care approach?

A. Client centred
B. Recovery (Correct)
C. Health promotion
D. Self-help

Rationale: Recovery approaches challenge traditional notions of professional power and expertise by helping to break down the conventional notions of expertise that privileges professional expertise over lived experience (of patients and families). A client centred approach may still position the health-care professional in an expert role. A health promotion approach is the process of enabling people to increase control over, and to improve their health Self-help movement is used by groups of people with mental illnesses—or mental health patients—began to advocate for their rights and the rights of others with mental illness and to fight stigma, discrimination, and forced treatment. Cognitive Level: Application Nursing Process: Implementation NCLEX: Psychosocial Integrity

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Q4: Which of the following is a characteristic of mental health that allows people to adapt to tragedies, trauma, and loss?

A. Dependence

B. Resilience (Correct)

C. Pessimism

D. Altruism

Rationale: Resilience is a characteristic that helps individuals cope with loss and trauma that may occur in life. Dependence is described as being reliant on others for decision making and care. Pessimism is a life philosophy that things are more likely to go wrong than right. Altruism is described as putting others before yourself. Cognitive Level: Understand (Comprehension) Nursing Process: Assessment NCLEX: Psychosocial Integrity

Q5: A nurse who is active in local consumer mental health groups and in local and provincial mental health associations and who keeps aware of provincial legislation and national strategy affecting mental illness treatment may positively affect the climate for treatment by doing which of the following?

A. Becoming active in politics, leading to a potential political career

B. Reducing the stigma of mental illness, promoting recovery, and advocating for equality in the strategic directions of mental health in Canada (Correct)

C. Encouraging laws that would make the involuntary long-term commitment process easier and faster for caregivers of mentally ill persons

D. Advocating for reduced mental health insurance benefits to discourage abuse of the system by inappropriate psychiatric admissions

Rationale: Nurses who are aware of policy and legal concerns and who are active in organizations that promote mental health awareness, recovery initiatives, and appropriate and equal treatment for mental illness help achieve the goal of parity, or equality of treatment for mentally ill individuals. Becoming active in politics may be a personal goal but does not directly or necessarily reduce stigma or encourage treatment equality. The other options are undesirable outcomes. Cognitive Level: Analyze (Analysis) Nursing Process: Implementation NCLEX: Safe and Effective Care Environment

Q6: You are caring for Kylie, a 29-year-old female patient who is being admitted following a suicide attempt. Which of the following illustrates the concept of patient advocacy and coordination of care?

A. "Dr. Rea, I notice you ordered Prozac for Kylie. She has stated to me that she does not want to take Prozac because she had adverse effects when it was previously prescribed." (Correct)

B. "Dr. Rea, during her admissions interview, Kylie stated that she has had three other suicide attempts in the past."

C. "Kylie, can you tell me more about your depression and your suicide attempt?"

D. "Kylie, I will take you on a tour of the unit and orient you to the rules."

Rationale: By letting the provider know that the patient does not want the treatment the provider is prescribing, you have advocated for the patient and her right to make decisions regarding her treatment and assisted in the coordination of care. The other selections do not describe patient advocacy and coordination of care. Cognitive Level: Analyze (Analysis) Nursing Process: Implementation NCLEX: Safe and Effective Care Environment

Q7: You have graduated with your bachelor's degree in nursing and have taken your first job on a psychiatric unit after becoming a licensed Registered Nurse (RN). You are providing teaching to a newly admitted patient on the psychiatric unit, regarding his daily schedule. Which of the following would not be an appropriate teaching statement?

A. "You will participate in unit activities and groups daily."
B. "You will be given a schedule daily of the groups we would like you to attend."
C. "You will attend a psychotherapy group that I lead." (Correct)
D. "You will see your provider daily in a one-to-one session."

Rationale: Basic level RNs cannot perform psychotherapy. The other options are all appropriate expectations of a patient's schedule on a psychiatric unit. Cognitive Level: Analyze (Analysis) Nursing Process: Planning NCLEX: Safe and Effective Care Environment

Q8: A nurse is caring for a patient with mental illness. There has been little change in the severity of psychiatric symptoms over the last 3 weeks. What areas should the nurse focus on reassesssing? (Select all that apply.) *(Select all that apply.)*

A. Available support systems (Correct)
B. Cultural and ethnic factors (Correct)
C. New treatment modalities
D. Health practices and beliefs (Correct)

Rationale: Many factors can affect the severity and progression of a mental illness, as well as the mental health of a person who does not have a mental illness (Figure 1.3). If possible, these influences need to be evaluated and factored into an individual's plan of care. In fact, the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5), classifies around 350 mental disorders with evidence that suggests the symptoms and causes of a number of them are influenced by cultural and ethnic factors. Exploring new treatment modalities would not be the focus of the reassessment. It is more important to understand why the current treatment in not as effective as expected. Cognitive Level: Application Nursing Process: Evaluation NCLEX: Psychosocial integrity

Test Bank - Chapter 01

Q1: A staff nurse completes orientation to a psychiatric unit. Which of the following would the nurse expect as an advanced practice intervention?

A. Conduct mental health assessments
B. Prescribe psychotropic medication (Correct)
C. Establish therapeutic relationships
D. Individualize nursing care plans

Rationale: Prescriptive privileges are granted to master's-prepared nurse practitioners who have taken special courses on prescribing medication; thus it is an advanced-practice intervention. The nurse prepared at the basic level is permitted to perform mental health assessments, establish relationships, and provide individualized care planning.

Q2: When a nursing student expresses concerns about how mental health nurses "lose all their nursing skills," which of the following is the best response by the mental health nurse?

A. "Psychiatric nurses practise in safer environments than other specialties. Nurse-to-patient ratios must be better because of the nature of the patients' problems."
B. "Psychiatric nurses use complex communication skills as well as critical thinking to solve multidimensional problems. I am challenged by those situations." (Correct)
C. "That's a misconception. Psychiatric nurses frequently use high-technology monitoring equipment and manage complex intravenous therapies."
D. "Psychiatric nurses do not have to deal with as much pain and suffering as medical–surgical nurses do. That appeals to me."

Rationale: The practice of psychiatric nursing requires a different set of skills from medical–surgical nursing, though there is substantial overlap. Two domains relate specifically to psychiatric nursing: behavioural, including communication, coping, and education; and safety, covering crisis and risk management. Basic psychosocial nursing concepts are central to psychiatric nursing practice and increase your competency as a practitioner in all clinical settings. Whatever setting you choose to work in, you will have the opportunity to improve the lives of people who are experiencing mental illness as an additional challenge to their health. Your experience in the mental health nursing rotation can help you gain insight into yourself and greatly increase your insight into the experiences of others. This part of nursing education can provide guidelines for and the opportunity to learn new skills for dealing with a variety of challenging behaviours. Psychosocial pain and suffering are as real as physical pain and suffering.

Q3: When a new bill introduced in Parliament reduces funding for care of people with mental illness, a group of people with mild mental illness write letters to their elected representatives in opposition to the legislation for all people with mental illness. Which role does this action portray?

A. Recovery
B. Self-care
C. Advocacy (Correct)

D. Social action

Rationale: An advocate defends or asserts another's cause, particularly when the other person lacks the ability to do that for himself or herself. On a community scale, advocacy includes political activity, public speaking, and publication in the interest of improving the human condition. Since funding is necessary to deliver quality programming for people with mental illness, the letter-writing campaign advocates for the cause for all people with mental illness.

Q4: Which of the following has been identified as a significant trend that will affect the future of psychiatric mental health nursing in Canada?

A. Decrease in the aging population
B. Increase in cultural diversity (Correct)
C. Role of the advanced-practice nurse
D. Shortage of physicians in rural and urban areas

Rationale: Four significant trends have been identified that will affect the future of psychiatric mental health nursing in Canada; these include an aging population, an increase in cultural diversity, expanding technology, and an increased awareness of the impact of the determinants of health on mental illness.

Q5: Which assessment finding most clearly indicates that a patient may be experiencing a mental illness?

A. The patient reports occasional sleeplessness and anxiety.
B. The patient reports a consistently sad, discouraged, and hopeless mood. (Correct)
C. The patient is able to describe the difference between "as if" and "for real."
D. The patient perceives difficulty making a decision about whether to change jobs.

Rationale: The correct response describes a mood alteration, which reflects mental illness. Alterations in cognition, mood, or behaviour that are coupled with significant distress and impaired functioning characterize mental illness. The distracters describe behaviours that are mentally healthy or within the usual scope of human experience.

Q6: Which finding best indicates that the goal "Demonstrates mentally healthy behaviour" was achieved?

A. A patient sees self as capable of achieving ideals and meeting demands. (Correct)
B. A patient behaves without considering the consequences of personal actions.
C. A patient aggressively meets own needs without considering the rights of others.
D. A patient seeks help from others when assuming responsibility for major areas of own life.

Rationale: The correct response describes an adaptive, healthy behaviour. The WHO defines mental health as "a state of well-being in which each individual is able to realize his or her own potential, cope with the normal stresses of life, work productively and fruitfully, and make a contribution to the community" (World Health Organization, 2010). The distracters describe maladaptive behaviours.

Q7: A nurse encounters an unfamiliar psychiatric disorder on a new patient's admission form. Which resource should the nurse consult to determine criteria used to establish this diagnosis?

A. International Statistical Classification of Diseases and Related Health Problems (ICD-10)
B. Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (Correct)
C. A behavioural health reference manual
D. NurseOne online

Rationale: The DSM-5 gives the criteria used to diagnose each mental disorder. The distracters may not contain diagnostic criteria for a psychiatric illness.

Q8: A nurse wants to find a description of diagnostic criteria for anxiety disorders. Which resource would have the most complete information?

A. Nursing Outcomes Classification (NOC)
B. Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (Correct)
C. The ANA's Psychiatric–Mental Health Nursing Scope and Standards of Practice
D. International Statistical Classification of Diseases and Related Health Problems (ICD-10)

Rationale: The DSM-5 details the diagnostic criteria for psychiatric clinical conditions and is the official guide for diagnosing psychiatric disorders. The other references are good resources but do not define the diagnostic criteria.

Q9: Which individual is demonstrating the highest level of resilience?

A. One who is able to repress stressors.
B. One who becomes depressed after the death of a spouse.
C. One who lives in a shelter for 2 years after his or her home is destroyed by fire.
D. One who is able to connect with their support systems and secure the resources they need to be well. (Correct)

Rationale: Resilience is closely associated with the process of adapting and helps people facing tragedies, loss, trauma, and severe stress. It is a process and outcome of complex cultural systems rather than simply an individual's ability to overcome adversity. Repression and depression are unhealthy. Living in a shelter for 2 years shows a failure to move forward after a tragedy. See related audience response question.

Q10: Complete this analogy. NANDA: clinical judgement; NIC: _____

A. Patient outcomes
B. Nursing actions (Correct)
C. Diagnoses
D. Symptoms

Rationale: Analogies show parallel relationships. NANDA, the North American Nursing Diagnosis Association, identifies diagnostic statements regarding human responses to actual or potential health problems. These statements represent clinical judgements. NIC (Nursing Interventions Classification) identifies actions provided by nurses that enhance patient outcomes. Nursing care

activities may be direct or indirect.

Q11: A college student said, “Most of the time I’m happy and feel good about myself. I have learned that what I get out of something is proportional to the effort I put into it.” According to the Epp classification, which quadrant outcome should the nurse select?

A. Optimal mental health with mental illness
B. Poor mental health with mental illness
C. Optimal mental health without mental illness (Correct)
D. Poor mental health without mental illness

Rationale: The student is happy and has an adequate self-concept. The student is reality-oriented, works effectively, and has control over his or her own behaviour. Mental health does not mean that a person is always happy.

Q12: Which disorder is a culture-bound syndrome?

A. Epilepsy
B. Schizophrenia
C. Running amok (Correct)
D. Major depression

Rationale: Culture-bound syndromes occur in specific sociocultural contexts and are easily recognized by people in those cultures. A syndrome recognized in parts of Southeast Asia is running amok, in which a person (usually a male) runs around engaging in furious, almost indiscriminate violent behaviour.

Q13: The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) classifies which of the following?

A. Deviant behaviours
B. Present disability or distress
C. People with mental disorders
D. Mental disorders people have (Correct)

Rationale: The DSM-5 classifies disorders people have rather than people themselves. The terminology of the tool reflects this distinction by referring to individuals with a disorder rather than as a “schizophrenic” or “alcoholic,” for example. Deviant behaviour is not generally considered a mental disorder. Present disability or distress is only one aspect of the diagnosis.

Q14: A visitor at a community health fair asks the nurse, “What is the most prevalent mental disorder in Canada?” Select the nurse’s best response.

A. Schizophrenia
B. Bipolar disorder
C. Generalized anxiety disorder
D. Major depression (Correct)

Rationale: The prevalence of major depressive disorder is 47%, and approximately 11.3% of adults will experience major depression at some time in their lives. The prevalence of schizophrenia is 1.3% per year. The prevalence of bipolar disorder is 1.5%. The prevalence for generalized anxiety disorder is about 2.6% annually.

Q15: Which of the following represents an outcome domain of the Nursing Outcomes Classification (NOS)?

A. Mental health
B. Perceived health (Correct)
C. Chronic illness
D. Mental illness

Rationale: One of the seven outcome domains is perceived health; the other six are functional health, physiologic health, psychosocial health, health knowledge, family health, and community health.

Q16: A patient's relationships are intense and unstable. The patient initially idealizes the significant other and then devalues him or her, resulting in frequent feelings of emptiness. This patient will benefit from interventions to develop which aspect of mental health?

A. Effectiveness in work
B. Communication skills
C. Productive activities
D. Fulfilling relationships (Correct)

Rationale: The information provided centres on relationships with others that are described as intense and unstable. The relationships of mentally healthy individuals are stable, satisfying, and socially integrated. They have rich social relationships. Data are not present to describe work effectiveness, communication skills, or activities.

Q17: Which belief will best support a nurse's efforts to provide patient advocacy during a multidisciplinary patient care planning session?

A. All mental illnesses are culturally determined.
B. Schizophrenia and bipolar disorder are cross-cultural disorders.
C. Symptoms of mental disorders are unchanged from culture to culture.
D. Assessment findings in mental disorders reflect a person's cultural patterns. (Correct)

Rationale: A nurse who understands that a patient's symptoms are influenced by culture will be able to advocate for the patient to a greater degree than a nurse who believes that culture is of little relevance. The distracters are untrue statements.

Q18: A nurse is part of a multidisciplinary team working with groups of depressed patients. Half the patients receive supportive interventions and antidepressant medication. The other half receives only medication. The team measures outcomes for each group. Which type of study is evident?

A. Incidence
B. Prevalence
C. Comorbidity
D. Clinical epidemiology (Correct)

Rationale: Clinical epidemiology is a broad field that addresses studies of the natural history (or what happens if there is no treatment and the problem is left to run its course) of an illness, studies of diagnostic screening tests, and observational and experimental studies of interventions used to treat people with the illness or symptoms. Prevalence refers to numbers of new cases. Comorbidity refers to having more than one mental disorder at a time. Incidence refers to the number of new cases of mental disorders in a healthy population within a given period.

Q19: The spouse of a patient diagnosed with schizophrenia says, "I don't understand how events from childhood have anything to do with this disabling illness." Which response by the nurse will best help the spouse understand the cause of this disorder?

A. "Psychological stress is the basis of most mental disorders."
B. "This illness results from developmental factors rather than stress."
C. "Research suggests that this condition more likely has a biological basis." (Correct)
D. "It must be frustrating for you that your spouse is sick so much of the time."

Rationale: Many of the most prevalent and disabling mental disorders have strong biological influences. Genetics is only one part of biological factors. Empathy does not address increasing the spouse's level of knowledge about the cause of the disorder. The other distracters are not established facts.

Q20: A category 5 tornado occurred in a community of 400 people, resulting in the destruction of many homes and businesses. In the 2 years after this disaster, 140 individuals were diagnosed with post-traumatic stress disorder (PTSD). Which term best applies to these newly diagnosed cases?

A. Prevalence
B. Comorbidity
C. Incidence (Correct)
D. Clinical epidemiology

Rationale: Incidence refers to the number of new cases of mental disorders in a healthy population within a given period of time. Prevalence describes the total number of cases, new and existing, in a given population during a specific period of time, regardless of when they became ill. Clinical epidemiology is a broad field that addresses what happens after people with illnesses are seen by clinical care providers. Comorbidity refers to having more than one mental disorder at a time.

Q21: Most psychiatric disorders are the result of which of the following?

A. Childhood trauma
B. Adverse life events
C. Multiple defective genes (Correct)

D. Chronic medical conditions

Rationale: Most psychiatric disorders are the result of multiple mutated or defective genes, each of which in combination may contribute to the disorder. Although disorders may be caused by childhood trauma, adverse live events, and chronic medical conditions, they are not the cause of the majority of psychiatric disorders.

Q22: Select the best response for the nurse who receives a question from another health professional seeking to understand the difference between a Diagnostic and Statistical Manual of Mental Disorders (DSM-5) diagnosis and a nursing diagnosis.

A. "There is no functional difference between the two. Both identify human disorders."

B. "The DSM-5 diagnosis disregards culture, whereas the nursing diagnosis takes culture into account."

C. "The DSM-5 diagnosis describes causes of disorders, whereas a nursing diagnosis does not explore etiology."

D. "The DSM-5 diagnosis guides medical treatment, whereas the nursing diagnosis offers a framework for identifying interventions for issues a patient is experiencing." (Correct)

Rationale: The medical diagnosis is concerned with the patient's disease state, causes, and cures, whereas the nursing diagnosis focuses on the patient's response to stress and possible caring interventions. Both tools consider culture. The DSM-5 is multiaxial. Nursing diagnoses also consider potential problems.

Q23: Which nursing intervention below is part of the scope of an advanced-practice psychiatric mental health nurse only?

A. Coordination of care

B. Health teaching

C. Milieu therapy

D. Psychotherapy (Correct)

Rationale: Psychotherapy is part of the scope of practice of an advanced-practice nurse. The distracters are within a staff nurse's scope of practice.

Q24: An experienced nurse says to a new graduate, "When you've practiced as long as I have, you instantly know how to take care of psychotic patients." What information should the new graduate consider when analyzing this comment? (Select all that apply.) *(Select all that apply.)*

A. The experienced nurse may need to be reminded of the importance of standardized classifications. (Correct)

B. New research findings should be integrated continuously into a nurse's practice to provide the most effective care. (Correct)

C. Experience provides mental health nurses with the essential tools and skills needed for effective professional practice.

D. Experienced psychiatric nurses have learned the best ways to care for mentally ill patients through trial and error.

E. An intuitive sense of patients' needs guides effective psychiatric nurses.

Rationale: Evidence-informed practice involves using research findings and standards of care to provide the most effective nursing care. Evidence is continuously emerging, so nurses cannot rely solely on experience. The effective nurse also maintains respect for each patient as an individual. Overgeneralization compromises that perspective. Intuition and trial and error are unsystematic approaches to care.

Q25: Which findings are signs of a person who is mentally healthy? (Select all that apply.) *(Select all that apply.)*

A. Says, "I have some weaknesses, but I feel I'm important to my family and friends." (Correct)

B. Adheres strictly to religious beliefs of parents and family of origin

C. Spends all holidays alone watching old movies on television

D. Considers past experiences when deciding about the future (Correct)

E. Experiences feelings of conflict related to changing jobs (Correct)

Rationale: Mental health is a state of well-being in which each individual is able to realize his or her own potential, cope with the normal stresses of life, work productively, and make a contribution to the community. Mental health provides people with the capacity for rational thinking, communication skills, learning, emotional growth, resilience, and self-esteem.

Q26: A patient in the emergency department says, "Voices say someone is stalking me. They want to kill me because I developed a cure for cancer. I have a knife and will stab anyone who is a threat." Which aspects of the patient's mental health have the greatest and most immediate concern to the nurse? (Select all that apply.) *(Select all that apply.)*

A. Happiness

B. Appraisal of reality (Correct)

C. Control over behaviour (Correct)

D. Effectiveness in work

E. Healthy self-concept (Correct)

Rationale: The aspects of mental health of greatest concern are the patient's appraisal of and control over behaviour. Their appraisal of reality is inaccurate. There are auditory hallucinations, delusions of persecution, and delusions of grandeur. In addition, the patient's control over behaviour is tenuous, as evidenced by the plan to stab anyone who seems threatening. A healthy self-concept is lacking, as evidenced by the delusions of grandeur. Data are not present to suggest that the other aspects of mental health (happiness and effectiveness in work) are of immediate concern.

Post-Tests - Chapter 01

Q1: Which field of epidemiology is the nurse involved in when seeking outcomes for patients whose depression was treated with electroconvulsive therapy (ECT)?

A. Experimental
B. Descriptive
C. Clinical (Correct)
D. Analytic

Rationale: Clinical epidemiology represents a broad field that addresses what happens to people with illnesses who are seen by providers of clinical care. Studies use traditional epidemiological methods and are conducted in groups that are usually defined by illness or symptoms or by diagnostic procedures or treatments given for the illness or symptoms.

Q2: A patient tells the mental health nurse, “I am terribly frightened! I hear whispering that someone is going to kill me.” Which criterion of mental health can the nurse assess as lacking?

A. Control over behaviour
B. Accurate appraisal of reality (Correct)
C. Effectiveness in work
D. Healthy self-concept

Rationale: The appraisal of reality is lacking for this patient. The patient does not have a picture of what is happening around himself or herself.

Q3: A 14-year-old belongs to a gang that bullies and punishes other teens, engages in sexually promiscuous behaviour, attends school infrequently, and argues with her parents, claiming they are just old-fashioned and don’t understand her. What does the assessment data support about the patient?

A. That she is exhibiting problems related to conduct and behaviour (Correct)
B. That she cannot accurately appraise reality
C. That she is seriously and persistently mentally ill
D. That she should be considered for group home placement

Rationale: This patient is demonstrating disturbed conduct and behaviour. This patient demonstrates undersocialized, aggressive behaviour, such as a repetitive and persistent pattern of aggressive conduct in which the basic rights of others are violated.

Q4: The nurse planning care for a mentally ill patient bases interventions for recovery on which of the following concepts?

A. That the patient has areas of strength on which to build (Correct)
B. That the patient has rights that must be respected
C. That the patient comes with experiences that contribute to his or her problem

D. That the patient shares fears that are similar to those of all mentally healthy individuals

Rationale: Nurses support recovery by evaluating patients with mental health issues for their strengths and their areas of high functioning. It is important to build on and encourage the strengths and many attributes of mental health in patients with mental health issues.

Q5: An individual is found to consistently wear only a bathrobe and to neglect the cleanliness of his apartment. When neighbours ask him to stop his frequent outbursts of operatic arias, he acts outraged and tells them he must sing daily and will not promise to be quieter. What does this behaviour support about him?

A. That he is demonstrating symptoms of bipolar disorder
B. That he is socially deviant
C. That he is egocentric
D. That he is not demonstrating any definitive signs of mental illness (Correct)

Rationale: One myth about mental illness is that to be mentally ill is to be different and odd. Another misconception is that to be healthy, a person must be logical and rational. Everyone dreams "irrational" dreams at night, and "irrational" emotions are universal human experiences and are essential to a fulfilling life. Some people who show extremely abnormal behaviour and are characterized as mentally ill are far more like the rest of us than different from us. No obvious and consistent line between mental illness and mental health exists.

Q6: A nursing diagnosis for a patient with a psychiatric disorder serves which of the following purposes?

A. It justifies the use of certain psychotropic medication.
B. It provides data essential for insurance reimbursement.
C. It provides a framework for selecting appropriate interventions. (Correct)
D. It completes the medical diagnostic statement.

Rationale: Nursing diagnoses provide the framework for identifying appropriate nursing interventions for dealing with the phenomena experienced by a patient with a mental health disorder.

Q7: The mental health status of a particular patient can best be assessed by considering which of the following?

A. The degree of conformity of the individual to society's norms
B. The degree to which an individual is logical and rational
C. Placement on a continuum from health to illness (Correct)
D. The rate of intellectual and emotional growth

Rationale: Many (but not all) of the most prevalent and disabling mental disorders have been found to have strong biological influences. Therefore these disorders can be regarded as "diseases." Visualizing these disorders along the mental health continuum is helpful.

Q8: Having more than one mental illness is described by which of the following terms?

A. Co-morbidity (Correct)

B. Serious on the continuum

C. A consequence of severe mental illness

D. Biomedical

Rationale: Many individuals have more than one mental disorder at a time; this state is known as a co-morbid condition.

Q9: What do we currently know about the biological and genetic explanations for psychiatric illness?

A. The psychological causes of psychiatric illness are better understood.

B. Cultural differences have resulted in varied prevalence rates.

C. Psychiatric illness is a result of multiple genetic relationships. (Correct)

D. Significant trauma can result in the development of a mental illness.

Rationale: Although researchers have begun to identify some genetic links to mental illness and gene–environment interactions, it will be some time before we understand the exact nature of genetic influences on mental illness. What we do know is that most psychiatric disorders are the result of multiple mutated or defective genes, each of which in combination may contribute to the disorder.

Q10: What type of intervention is being delivered when the nurse provides structures and maintains a safe and therapeutic environment?

A. Coordination of care

B. Health maintenance

C. Integrative therapy

D. Milieu therapy (Correct)

Rationale: Coordination of care coordinates implementation of the nursing care plan and documents coordination of care. Health teaching and health maintenance provides individualized anticipatory guidance to prevent or reduce mental illness or enhance mental health (e.g., community screenings, parenting classes, stress management). Pharmacological, biological, and integrative therapy applies current knowledge to assessing patients' responses to medication, provides medication teaching, and communicates observations to other members of the health care team. Milieu therapy provides, structures, and maintains a safe and therapeutic environment in collaboration with patients, families, and other health care clinicians.

Pre-Tests - Chapter 01

Q1: The quantitative study of the distribution of mental disorders in human populations is called which of the following?

A. Mortality
B. Prevalence
C. Epidemiology (Correct)
D. Clinical epidemiology

Rationale: Epidemiology is the quantitative study of the distribution of mental disorders in human populations. Mortality refers to deaths. Prevalence refers to the proportion of a population with a mental disorder at a given time. Clinical epidemiology deals with what happens to people with illnesses who are seen by providers of care.

Q2: Which statement best describes the DSM-5?

A. It is a medical psychiatric assessment system. (Correct)
B. It is a compendium of treatment modalities.
C. It offers a complete list of nursing diagnoses.
D. It suggests common interventions for mental disorders.

Rationale: The DSM-5 is a classification of mental disorders that includes descriptions and criteria of diagnoses. Published by the American Psychiatric Association, its purpose was to provide clinicians, educators, and researchers with a common framework to understand and communicate about mental disorders. With a common understanding about mental disorders, researchers and clinicians could work together in their attempts to improve care for people with mental illness. The Nursing Diagnoses: Definitions and Classification 2012–2014 of the North American Nursing Diagnosis Association International (NANDA-I) (Herdman & Kamitsuru, 2014) provides 235 standardized diagnoses, more than 40% of which are related to psychosocial and psychiatric nursing care. These diagnoses provide a common language to aid in the selection of nursing interventions and ultimately lead to positive outcome achievement. The Nursing Interventions Classification (NIC) is another tool used to standardize, define, and measure nursing care.

Q3: Current information suggests that the most disabling mental disorders are the result of which of the following?

A. Biological influences (Correct)
B. Psychological trauma
C. Learned ways of behaving
D. Faulty patterns of early nurturance

Rationale: The biologically influenced illnesses include schizophrenia, bipolar disorder, major depression, obsessive–compulsive and panic disorders, post-traumatic stress disorder, and autism. Therefore, many (but not all) of the most prevalent and disabling mental disorders have been found to have strong biological influences. Psychological trauma, learned behaviours, and faulty patterns of nurturance may contribute to some forms of mental illness, but they are not major factors in most

disabling mental disorders.

Q4: A nurse's identification badge includes the term, Psychiatric Mental Health Nurse. A patient with a history of paranoia asks, "What does that title mean?" The nurse responds best by answering with which of the following?

A. "Don't be afraid; it means I'm here to help, not hurt, you."
B. "Psychiatric mental health nurses care for people with mental illnesses."
C. "We have the specialized skills needed to care for people with mental illnesses." (Correct)
D. "The nurses who work in mental health facilities have that title."

Rationale: A psychiatric mental health nurse has specialized nursing skills and implements the nursing process to manage and deliver nursing care to mentally ill people. The remaining options either do not effectively answer the patient's question or assume that the question is the result of the patient's paranoia.

Q5: Which statement about diagnosis of a mental disorder is true?

A. The symptoms of each disorder are common among all cultures.
B. Culture may cause variations in symptoms for each clinical disorder. (Correct)
C. All mental disorders listed in the DSM-5 are seen in all cultures.
D. Psychiatric diagnoses are listed separately from other physical disorders in a five-axis system.

Rationale: Every society has its own view of health and illness and the types of behaviour categorized as mental illness. Culture also influences the symptoms of a particular disorder. For example, individuals of certain cultures are more likely to express depression through somatic symptoms than through affect and feeling tone. The five-axis system was abandoned in this edition of the DSM-5.

Q6: The prevalence rate for major depressive disorder over a 12-month period is which of the following?

A. Lower than the prevalence rate for panic disorder
B. Greater than the prevalence rate for suicidal behaviour
C. Equal to the prevalence rate for schizophrenia
D. Greater than the prevalence rate for generalized anxiety (Correct)

Rationale: The prevalence rate over a 12-month period is 4.1%–4.6% for major depressive disorder, 0.7% for panic disorder, 11.5% for suicidal behaviour, 1% for schizophrenia, and 1.1% for generalized anxiety.

Q7: Which of the following severe mental illnesses are recognized across cultures?

A. Antisocial and borderline personality disorders
B. Schizophrenia and bipolar disorder (Correct)
C. Bulimia and anorexia nervosa

D. Amok and social phobia

Rationale: Worldwide studies indicate that both schizophrenia and bipolar disorder are recognized cross-culturally.

Q8: What is the primary reason that nurses require knowledge about mental illness?

A. Nurses will care for people during stressful times.
B. Nurses must have knowledge in all areas of health.
C. It increases a nurse's competency as a practitioner in all clinical settings. (Correct)
D. It gives insight into the experiences of self and others.

Rationale: Although every nurse will care for individuals during stressful times, stress does not necessarily mean that a patient will display symptoms of a mental illness. However, with the prevalence rate of any mental illness (including substance use disorder) at 10.1%, nurses will work with individuals experiencing a mental illness in all clinical settings. Basic psychosocial nursing concepts are central to the practice of nursing and increase the nurse's competency as a practitioner in all clinical settings. Whatever setting a nurse chooses to work in, they will have the opportunity to improve the lives of people who are experiencing mental illness as an additional challenge to their health.

Q9: What is the term that is used to describe care that is based on the collection, interpretation, and applicable patient-reported, clinician-observed and research-derived information?

A. Evidence-informed practice (Correct)
B. Clinical practice guideline
C. Nursing outcome classification
D. Nursing intervention classification

Rationale: The nursing diagnosis classification systems mentioned have been researched extensively by nurses across a variety of treatment settings. They form a foundation for the novice or experienced nurse to participate in evidence-informed practice—that is, care based on the collection, interpretation, and integration of valid, important, and applicable patient-reported, clinician-observed, and research-derived evidence.

Q10: What is a basic level of mental health nursing intervention?

A. Pharmacological, biological, and integrative therapies (Correct)
B. Medication prescription and treatment
C. Psychotherapy
D. Consultation

Rationale: Pharmacological, biological, and integrative therapies apply current knowledge to assessing patients' responses to medication, provide medication teaching, and communicate observations to other members of the health care team. Medication prescription and treatment prescribes psychotropic medications, with appropriate use of diagnostic tests; has hospital admitting privileges. Psychotherapy provides individual, couple, group, or family therapy using evidence-informed therapeutic frameworks. Consultation shares clinical expertise with nurses or

those in other disciplines to enhance their treatment of patients or address systems issues.