Mental Health in Nursing 5th edition Foster Test Bank

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Chapter 2: Nursing and mental health in context

Foster et al: Mental Health in Nursing, 5th Edition

Test Bank

Multiple-choice questions

1. Social determinants of mental health include:
   a. Ethnicity
   b. Gender
   c. Food security
   d. All of the above

   ANS: D

2. It is important to acknowledge gender identity in mental health care because:
   a. Gender identity is an inherent aspect of individual identity.
   b. Gender identity is fixed from birth.
   c. Most consumers want to discuss their gender identity.
   d. Gender identity is biological in origin.

   ANS: A

3. Personal recovery from mental illness means the person:
   a. No longer has symptoms of mental illness
   b. Has gained insight into their need for treatment
   c. Regards their mental health as a personal development journey
   d. No longer needs the support of mental health professionals

   ANS: C

4. Trauma-informed care involves:
   a. Preventing any trauma in the consumer's life
   b. Avoiding any discussion of emotionally painful experiences
   c. Discussing your own experiences of trauma with consumers
   d. Supporting consumers so they feel safe when receiving care

   ANS: D

5. Therapeutic relationships have been described as:
   a. An equal partnership between a nurse and consumer
   b. Something that happens automatically between a nurse and consumer
   c. Something that develops once the nurse has a long-term relationship with the consumer

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d. Only possible for nurses with advanced training and experience

ANS: A

True/false

1. Many people have a non-religious worldview while still maintaining spiritual beliefs and values.

   ANS: True

2. Hope can be described as the act by which the temptation to despair is actively overcome.

   ANS: True

3. Maintaining professional boundaries in clinical practice is always the responsibility of the nurse.

   ANS: True

4. Self-disclosure should never occur in a professional relationship.

   ANS: False

5. The concept of neuroplasticity refers to the brain's ability to develop new pathways even after experiencing trauma.

   ANS: True

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