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Chapter 2. Mental Health and Mental Illness: Historical and Theoretical Concepts

MULTIPLE CHOICE

1. A nurse is assessing a client who is experiencing occasional feelings of sadness because of the recent death of a beloved pet. The client's appetite, sleep patterns, and daily routine have not changed. The nurse determines the client's behaviors:
1. Demonstrate typical variations in daily mood, not mental illness
2. Are clinically significant and indicate serious mental illness
3. Are incongruent with cultural norms and indicate mental illness
4. Show common symptoms of grief and do not indicate mental illness

ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 20
Heading: Grief
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Concept: Grief and Loss
Difficulty: Moderate

	Feedback
1.	This is incorrect. Feelings of sadness are not a typical aspect of daily mood variations.
2.	This is incorrect. These symptoms are not clinically significant from the perspective of mental illness. The client demonstrates a common grief response.
3.	This is incorrect. Feelings of sadness are expected and normal following the loss of a pet. The client does not exhibit signs of mental illness, as daily functioning is not impaired.
4.	This is correct. Feelings of sadness are expected and normal following the loss of a pet. This client does not demonstrate changes in daily function but does demonstrate common symptoms of grief.

CON: Grief and Loss

2. Which indicates a client is likely demonstrating a mental disorder?

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1. The client expresses mild anxiety and is eating more than usual before an examination.
2. The client displays an inability to concentrate, including reduced job performance.
3. The client describes engaging in fidgeting behavior consistently over a few days.
4. The client states an increase in smoking over a few days from 0.5 to 1 pack per day.

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page: 14
Heading: Mental Illness
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. The client is expressing normal behaviors related to mild anxiety appropriate to a situation, in this case an examination. Mild anxiety can be beneficial to improve performance.
2.	This is correct. The client is unable to concentrate, and job performance has been negatively impacted. This demonstrates a possible mental disorder.
3.	This is incorrect. Fidgeting behavior over a short-term period is a common psychological adaptive response to mild anxiety. This does not suggest a mental disorder.
4.	This is incorrect. Smoking or increasing smoking over a few days is a common response to stress and suggests mild anxiety, which does not suggest a mental disorder.

CON: Stress

3. A mental health nurse is speaking with parents who are concerned about their teenage children's responses to stress. One child becomes anxious and irritable and the other withdraws and cries. Which is the nurse's best response?
1. "Individual responses to stress are affected by many factors and can vary."
2. "Children from the same family should not react so differently to stress."
3. "Children should have similar dispositions and responses to stress."
4. "Environmental factors influence stress responses more than genetic factors."

ANS: 1
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

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Objective: Describe psychological adaptation responses to stress.
Page: 16
Heading: Psychological Adaptation to Stress
Integrated Processes: Nursing Process: Implementation
Client Need: Teaching and Learning
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is correct. Responses to stress are variable among individuals and may be influenced by perception, past experiences, environmental factors, and genetic factors.
2.	This is incorrect. Responses to stress vary among individuals; even those within the same family will have different stress responses.
3.	This is incorrect. Children, like adults, will demonstrate various responses to stress, depending on factors such as environment, past experiences, and perceptions.
4.	This is incorrect. Responses to stress depend on genetic factors, perception, past experiences, and environmental factors.

CON: Stress

4. The nurse is interviewing a client with a history of excessive drinking and multiple arrests for impaired driving. The client states, “I work hard to provide for my family. I don’t see why I can’t drink to relax.” Which defense mechanism is the client demonstrating?
1. Projection
2. Rationalization
3. Regression
4. Sublimation

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.
Page: 16
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Addiction and Behaviors
Difficulty: Easy

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	Feedback
1.	This is incorrect. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. Projection is attributing feelings or impulses unacceptable to one's self to another person.
2.	This is correct. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors.
3.	This is incorrect. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. Regression is characterized by retreating to an earlier level of development and the comfort measures associated with that level of functioning.
4.	This is incorrect. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. Sublimation is the rechanneling of drives or impulses that are personally or socially unacceptable into activities that are constructive.

CON: Addiction and Behaviors

5. Which best describes the impact that the National Mental Health Act of 1946 had on care for the mentally ill in the United States?
1. People were no longer perceived as demonized when displaying mental illness.
2. Mental health professionals were provided funding to increase their education.
3. A system of hospitals for the mentally ill was developed in communities.
4. The first hospital for just the mentally ill was opened and staffed by professionals.

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Discuss the history of psychiatric care.
Page: 13
Heading: Historical overview of psychiatric care
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is incorrect. Hippocrates work around 400 BC and work during the Middle Ages reduced the perception that those with mental illness were demonized.

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2.	This is correct. The National Mental Health Act of 1946 helped provide funding for educating mental health professionals who could provide care to the mentally ill.
3.	This is incorrect. A system of hospitals for the mentally ill was developed largely due to the work of Dorothea Dix during the19th century.
4.	This is incorrect. The first hospital for the mentally ill was opened in the mid-18th century.

CON: Stress

6. A new psychiatric-mental health nurse states, “This client’s use of defense mechanisms should be eliminated.” Which is the correct evaluation of the nurse’s statement?
1. Defense mechanisms are self-protective responses to stress and do not need to be eliminated.
2. Defense mechanisms are maladaptive attempts of the ego to manage anxiety and should be eliminated.
3. Defense mechanisms are used by individuals with weak ego integrity and should not be eliminated.
4. Defense mechanisms cause disintegration of the ego and should be fostered and encouraged.

ANS: 1
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 17
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety
Integrated Processes: Nursing Process: Implementation
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is correct. Defense mechanisms serve the purpose of reducing anxiety during times of stress. A client with no defense mechanisms may have a lower tolerance for stress, predisposing him or her to anxiety disorders. Defense mechanisms should be confronted when they impede the client from developing healthy coping skills.
2.	This is incorrect. Defense mechanisms are protective to the ego. Some defense mechanisms can become maladaptive when the individual cannot deal with reality; however, they should not be eliminated.
3.	This is incorrect. Defense mechanisms are used to relieve mild to moderate anxiety and do not relate to the strength of ego integrity.
4.	This is incorrect. Maladaptive use of defense mechanisms can cause disintegration of

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	the ego and should not be fostered or encouraged.

CON: Stress

7. During an intake assessment, the nurse asks a client physiological and psychosocial questions. The client angrily responds, “I’m here for my heart problems, not for my head.” Which is the nurse’s best response?
1. “We ask all clients these questions.”
2. “Why are you concerned about these questions?”
3. “Psychological stress can affect medical conditions.”
4. “We can skip these questions if you prefer.”

ANS: 3
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 17
Heading: Anxiety > Moderate-to-Severe Anxiety
Integrated Processes: Nursing Process: Implementation
Client Need: Health Promotion and Maintenance
Cognitive Level: Analysis [Analyzing]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. This response is not therapeutic and does not address the reason the questions are asked, which is to screen for psychological/psychosocial concerns and their possible relation to physiological conditions.
2.	This is incorrect. This is a nontherapeutic response to the client’s response to the questions. It places the client in a defensive position and does not educate the client about the purpose of the questions.
3.	This is correct. The nurse should not skip either physiological or psychosocial questions, as this would lead to an inaccurate assessment. The nurse should always attempt to educate the client on the negative effects of excessive stress on medical conditions.
4.	This is incorrect. The nurse should not skip the psychosocial line of questioning because it will result in an incomplete client assessment. This response does not address the need for the questions or provide the client an opportunity to express concerns not related to the heart problem.

CON: Stress

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8. Teaching regarding the concepts of mental health and mental illness is effective when the student nurse states which of the following?
1. “The concepts are rigid and based on religious beliefs.”
2. **“**The concepts are multidimensional and culturally defined.”
3. “The concepts are universal and unchanging.”
4. “The concepts are fixed and unidimensional.”

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page 16
Heading: Core Concepts
Integrated Processes: Nursing Process: Evaluation
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Health Promotion
Difficulty: Easy

	Feedback
1.	This is incorrect. The concepts of mental health and mental illness are not rigid and are not based on religious beliefs; rather, they are based on cultural definitions.
2.	This is correct. The concepts of mental health and mental illness are multidimensional and culturally defined. It is important for nurses to be aware of cultural norms when evaluating a client’s mental state.
3.	This is incorrect. The concepts of mental health and mental illness are not universal and unchanging. As history demonstrates, the understanding of mental health and illness has changed or been defined by cultural norms.
4.	This is incorrect. The concepts of mental health and mental illness are fluid, rather than fixed, and multidimensional. This is demonstrated in the history of mental health and the ongoing changes noted in current mental health care.

CON: Health Promotion

9. A mental health technician asks the nurse, “How do psychiatrists determine which diagnosis to give a client?” Which is the nurse’s best response?
1. “Psychiatrists use criteria from the *Diagnostic and Statistical Manual of Mental Disorders* (*DSM*).”
2. “Psychiatrists are required to follow hospital policy to diagnose mental disorders.”
3. “Psychiatrists make diagnoses based on the client’s behavior and other factors.”
4. “Psychiatrists use one of the 10 diagnostic labels from the American Medical Association (AMA).”

ANS: 1

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Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page: 15
Heading: Mental Illness
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Health Promotion

	Feedback
1.	This is correct. The *DSM* is published by the American Psychiatric Association (APA). It is an organized manual describing mental disorders and the criteria that determine whether a given diagnosis is appropriate. The purpose of the *DSM* is to facilitate accurate and reliable psychiatric diagnosis and treatment.
2.	This is incorrect. Hospital policy does not address diagnostic criteria for mental health disorders.
3.	This is incorrect. While behavior and other factors are considered in the diagnostic criteria for the *DSM*, this response is not complete. The *DSM* provides the specific criteria to address diagnoses.
4.	This is incorrect. The AMA does not provide the diagnostic labels for mental health disorders; rather, these criteria are provided by the APA.

CON: Health Promotion

10. The nurse recognizes that a client is mildly anxious when beginning a session that incudes client teaching. Which is the most appropriate interpretation of the situation?
1. The nurse should wait until the client is more anxious to enhance learning.
2. The mild anxiety the client displays will likely enhance learning for the client.
3. The nurse should wait until there is no anxiety to achieve the best learning.
4. The mild anxiety will have no impact on learning and does not need consideration.

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 16
Heading: Anxiety > Mild Anxiety > Table 2–1, Levels of Anxiety
Integrated Processes: Nursing Process: Planning
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Moderate

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	Feedback
1.	This is incorrect. Waiting until the client is more anxious will reduce learning. Mild anxiety enhances learning.
2.	This is correct. Mild anxiety sharpens the senses, increases the perceptual field, and results in heightened awareness of the environment. Learning is enhanced.
3.	This is incorrect. With no anxiety present, the client does not have heightened awareness or increases in perceptions, which may reduce learning, compared with a state of mild anxiety.
4.	This is incorrect. The presence of mild anxiety does have an impact on perception and awareness, is likely to enhance learning, and does need to be considered when interacting with a client.

CON: Stress

11. Which psychoneurotic responses to severe anxiety are identified in the *Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5)*?
1. Somatic symptom disorder
2. Grief reaction
3. Psychosis
4. Bipolar disorder

ANS: 1
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 16
Heading: Psychological adaptations to stress>Anxiety > Severe Anxiety
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is correct. Somatic symptom disorder is characterized by preoccupation with physical symptoms for which there is no demonstrable organic pathology. One of the diagnostic criteria is a high level of anxiety about health concerns or illness.
2.	This is incorrect. Grief reaction is not a psychoneurotic response to severe anxiety identified in the *DSM-5*.
3.	This is incorrect. Psychosis is not a psychoneurotic response to severe anxiety identified in the *DSM-5*.
4.	This is incorrect. Bipolar disorder is not a psychoneurotic response to severe anxiety identified in the *DSM-5*.

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CON: Stress

12. A supervisor openly disagrees with an employee's suggestions during a staff meeting. Which response by the employee would demonstrate the defense mechanism of displacement?
1. Confronting the supervisor assertively
2. Leaving the staff meeting abruptly
3. Criticizing a coworker after the meeting
4. Working to become a supervisor

ANS: 3
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. Assertively confronting the supervisor is not an example of displacement.
2.	This is incorrect. Abruptly leaving the staff meeting is not an example of displacement.
3.	This is correct. *Displacement* refers to transferring feelings from one target to a neutral or less-threatening target. Angrily criticizing a coworker after the disagreement with the supervisor is an example of the defense mechanism of displacement.
4.	This is incorrect. Working to become a supervisor may demonstrate the defense mechanism of identification. It is not an example of displacement.

CON: Stress

13. A high school student is attracted to a female teacher. The student is uncomfortable with his feelings and says to his friend, "I know she wants me." Which defense mechanism is the student demonstrating?
1. Displacement
2. Projection

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3. Rationalization
4. Sublimation

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. *Displacement* refers to transferring feelings from one target to another.
2.	This is correct. *Projection* refers to the attribution of one's unacceptable feelings or impulses to another person. When the client "passes the blame" of the undesirable feelings, anxiety is reduced.
3.	This is incorrect. *Rationalization* refers to making excuses to justify behavior.
4.	This is incorrect. *Sublimation* refers to channeling unacceptable drives or impulses into more constructive, acceptable activities.

CON: Stress

14. An eighth-grade boy is uncomfortable with his feelings for an older girl and interest in her. He teases the girl whenever he gets a chance and makes jokes about her appearance. The school nurse identifies the boy as using which defense mechanism?
1. Displacement
2. Projection
3. Reaction formation
4. Sublimation

ANS: 3
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment

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Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. *Displacement* refers to transferring feelings from one target to another.
2.	This is incorrect. *Projection* refers to the attribution of unacceptable feelings or behaviors to another person.
3.	This is correct. The boy is using the defense mechanism of reaction formation. *Reaction formation* is the attempt to prevent undesirable thoughts from being expressed by expressing opposite thoughts or behaviors.
4.	This is incorrect. *Sublimation* refers to channeling unacceptable drives or impulses into more constructive, acceptable activities.

CON: Stress

15. Which statement demonstrates that the nurse understands an individual's experience of neurosis?
1. "The individual is unaware he or she is experiencing distress."
2. "The individual feels helpless to change his or her situation."
3. "The individual is aware of psychological causes of his or her behavior."
4. "The individual has lost contact with reality."

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 18
Heading: Anxiety > Severe Anxiety
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. The client with neurosis is aware that he or she is experiencing distress and the behaviors are maladaptive.
2.	This is correct. The client experiencing neurosis feels helpless to change his or her situation.
3.	This is incorrect. The client with neurosis is unaware of the psychological causes of the distress.

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4.	This is incorrect. The client with neurosis has not lost contact with reality.

CON: Stress

16. A client routinely uses an excessive amount of alcohol when under stress. When her husband arrived home one day and found her intoxicated, he began yelling at her about her chronic alcohol abuse. Which of the wife's actions demonstrates the defense mechanism of denial?
1. Hiding liquor bottles in a closet
2. Yelling at her son for slouching
3. Intentionally burning dinner
4. Stating "I don't drink too much!"

ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. Hiding the liquor bottles in a closet does not demonstrate denial.
2.	This is incorrect. Yelling at her son for slouching is an example of displacement.
3.	This is incorrect. Burning dinner does not demonstrate denial.
4.	This is correct. The woman's statement "I don't drink too much!" represents the use of the defense mechanism of denial. The client who refuses to acknowledge the existence of a real situation and the feelings associated with it is using the defense mechanism of denial.

CON: Stress

17. A woman devastated by the divorce from her abusive husband has been receiving grief counseling. Which demonstrates the woman is in the acceptance stage of grief?
1. "If only we could have tried again, things might have worked out."
2. "I am so angry that my children and I put up with him as long as we did."
3. "It was a difficult marriage, but I think I learned from the experience."

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4. “I still am not sleeping, don’t have any appetite, and am losing weight.”

ANS: 3
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.
Page: 20
Heading: Stages of Grief
Integrated Processes: Nursing Process: Evaluation
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Concept: Grief and Loss
Difficulty: Moderate

	Feedback
1.	This is incorrect. This statement represents denial, stage 1 of Kübler-Ross’s stages of grief. The client is in the acceptance stage (stage 5) of the grief process. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life.
2.	This is incorrect. This statement represents anger, stage 2 of Kübler-Ross’s stages of grief. The client is in the acceptance stage (stage 5) of the grief process. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life.
3.	This is correct. The client is in the acceptance stage (stage 5) of Kübler-Ross’s stages of grief. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life.
4.	This is incorrect. This statement represents depression, stage 4 of Kübler-Ross’s stages of grief. The client is in the acceptance stage (stage 5) of the grief process. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life.

CON: Grief and Loss

18. A nurse is performing a mental health assessment on an adult client. The nurse recognizes which action as demonstrating that the client has achieved the highest level of functioning according to Maslow’s hierarchy of needs?
1. Maintenance of a long-term, faithful, intimate relationship
2. A high level of self-confidence and autonomy
3. A feeling of self-fulfillment and realization of full potential
4. Development of a sense of purpose and the ability to direct activities

ANS: 3
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical

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Concepts
Objective: Define *mental health* and *mental illness.*
Page: 15
Heading: Mental Health
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Health Promotion
Difficulty: Moderate

	Feedback
1.	This is incorrect. The client who maintains a long-term, faithful, intimate relationship has achieved love and belonging, which is not the highest level of functioning on Maslow's hierarchy of needs.
2.	This is incorrect. The client who has a high level of self-confidence and autonomy has achieved self-esteem, which is not the highest level of functioning on Maslow's hierarchy of needs.
3.	This is correct. The client who possesses a feeling of self-fulfillment and realizes his or her full potential has achieved self-actualization, the highest level of functioning on Maslow's hierarchy of needs.
4.	This is incorrect. The client who has developed a sense of purpose and the ability to direct activities has achieved self-esteem, which is not the highest level of functioning on Maslow's hierarchy of needs.

CON: Health Promotion

19. In which situation would the nurse be required to employ Maslow's hierarchy of needs to determine if immediate intervention is required to fulfill a lower-level need?
1. A client rudely complaining about limited visiting hours
2. A client exhibiting aggressive behavior toward another client
3. A client stating expressing feelings of sadness and loneliness
4. A client verbalizing feelings of failure and hopelessness

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.
Page: 15
Heading: Mental Health
Integrated Processes: Nursing Process: Implementation
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Concept: Stress

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Difficulty: Moderate

	Feedback
1.	This is incorrect. A client rudely complaining does not demonstrate that an immediate intervention is required to fulfill a lower level need.
2.	This is correct. The nurse should immediately intervene when a client exhibits aggressive behavior toward another client. Maslow's hierarchy of needs indicates that safety and security are lower-level needs, which must be fulfilled before higher-level needs can be met. This client demonstrates the lower-level need for safety and security.
3.	This is incorrect. Feelings of sadness and loneliness demonstrate a possible higher-level need and do not require immediate intervention.
4.	This is incorrect. Feelings of hopelessness and failure demonstrate that a need is not met but do not suggest that an immediate intervention is necessary.

CON: Stress

20. Which demonstrates use of the ego defense mechanism of regression?
1. A parent blames the teacher for their child's failure in school.
2. A teenager becomes hysterical after seeing a friend killed in a car accident.
3. A person chooses a spouse exactly like a beloved parent.
4. An adult throws a temper tantrum when he does not get his own way.

ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. This demonstrates displacement.
2.	This is incorrect. This could demonstrate denial as one experiences grief.
3.	This is incorrect. This does not demonstrate regression.
4.	This is correct. Regression is the retreating to an earlier level of development and the comfort measures associated with that level of functioning. An adult throwing a temper tantrum demonstrates regression.

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CON: Stress

21. Which is the most significant consequence of excessive use of regression?
1. The superego is suppressed.
2. Emotions are experienced intensely.
3. Learning and personal growth are enhanced.
4. Problem-solving is limited.

ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Evaluation
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. Excessive use of regression does not cause the superego to be suppressed.
2.	This is incorrect. Regression does not cause emotions to be experienced intensely.
3.	This is incorrect. Regression does not cause enhancement of learning and personal growth.
4.	This is correct. Regression is the retreating to an earlier level of development and the comfort measures associated with a previous level of functioning. Regression results in limited problem-solving abilities.

CON: Stress

22. The mental health nurse is conducting an intake interview with a couple seeking marital counseling. Which action by the husband demonstrates the ego defense mechanism of projection?
1. He stamps his feet and demands his wife honor her vows.
2. He ignores his wife's continued absence from the home.
3. He accuses his wife of infidelity and betrayal.
4. He takes out his frustration by verbally abusing his coworkers.

ANS: 3

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Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Difficult

	Feedback
1.	This is incorrect. Stamping his feet and making demands may represent regression.
2.	This is incorrect. Ignoring his wife's absence from the home could be an example of repression.
3.	This is correct. Projection is the attribution of feelings or impulses unacceptable to one's self to another person. In this situation, the husband is attributing his feelings of betrayal to his wife.
4.	This is incorrect. Verbally abusing his coworkers demonstrates displacement.

CON: Stress

23. Which disorder does the nurse recognize as a disorder in the *Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5)*?
1. Morbid obesity
2. Generalized anxiety disorder
3. Essential hypertension
4. Bereavement

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page: 14
Heading: Mental Illness
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is incorrect. Morbid obesity is a medical disorder. The *DSM-5* delineates

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	diagnostic criteria for psychiatric disorders.
2.	This is correct. The *DSM-5* identifies several mental health disorders that are related to anxiety, including generalized anxiety disorder, somatic symptom disorder, and dissociative disorders.
3.	This is incorrect. Essential hypertension is a medical disorder. The *DSM-5* delineates diagnostic criteria for psychiatric disorders.
4.	This is incorrect. Bereavement is considered a normal response to loss and is not included in the *DSM-5*. The *DSM-5* delineates diagnostic criteria for psychiatric disorders.

CON: Stress

24. A nurse is educating a client about the difference between mental health and mental illness. Which statement indicates that the teaching was effective?
1. "Mental health is characterized by an absence of stressors."
2. "Mental health is reflected by successful adaptation to stressors."
3. "Mental health is incongruence between feelings and behavior."
4. "Mental health is included in the diagnostic categories in the *Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5).*"

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page: 14
Heading: Mental Illness
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Analysis [Analyzing]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is incorrect. All individuals experience stressors; this statement does not differentiate mental health and mental illness.
2.	This is correct. There are several definitions of *mental health.* This definition highlights concepts of successful adaptation to stressors, including thoughts, feelings, and behaviors that are age appropriate and congruent with cultural and societal norms.
3.	This is incorrect. Incongruence between feelings and behavior does not define mental health.
4.	This is incorrect. The *DSM-5* does not include mental health among the diagnostic categories.

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CON: Stress

25. Most cultures label behavior as mental illness based on which of the following criteria?
1. Incomprehensibility and cultural relativity
2. Strength of character and ethics
3. Goal directedness and high energy
4. Creativity and good coping skills

ANS: 1
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Discuss cultural elements that influence attitudes toward mental health and mental illness.
Page: 15
Heading: Mental Illness
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Culture
Difficulty: Easy

	Feedback
1.	This is correct. Incomprehensibility and cultural relativity are most often the criteria used to define whether something is labeled mental illness.
2.	This is incorrect. Strength of character and ethics is associated with health rather than illness.
3.	This is incorrect. Goal directedness and high energy would be associated with health rather than illness.
4.	This is incorrect. Creativity and coping skills would be associated with health rather than illness.

CON: Culture

26. Which of the following does the nurse recognize as an example of the defense mechanism of repression?
1. A student who goes to a movie instead of studying for tomorrow's math test
2. A parent who does not believe the military report that his or her son was killed in Iraq
3. A person who is unhappily married and goes to school to become a marriage counselor
4. A person who was raped at 12 years old and does not remember it

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ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 19
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is incorrect. Attending a movie instead of studying for a test could demonstrate suppression.
2.	This is incorrect. The parent not believing that his or her son was killed demonstrates the grief process of denial.
3.	This is incorrect. The person who becomes a marriage counselor due to an unhappy marriage may demonstrate sublimation.
4.	This is correct. Repression is the involuntary blocking of unpleasant feelings and experiences from one's awareness.

CON: Stress

27. Who believed mental illness was curable?
1. Benjamin Rush
2. Dorothea Dix
3. Florence Nightingale
4. Linda Richards

ANS: 2
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Discuss the history of psychiatric care.
Page: 13
Heading: Historical Overview of Psychiatric Care
Integrated Processes: Nursing Process
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Health Promotion
Difficulty: Easy

	Feedback

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1.	This is incorrect. Benjamin Rush was considered the father of American psychiatry and was a physician at the first hospital in America to admit clients with mental illness.
2.	This is correct. Dorothea Dix was among the first nurses to advocate for those with mental illness. She was unfaltering in her belief that mental illness was curable through humanistic therapeutic care.
3.	This is incorrect. Florence Nightingale is considered the founder of modern nursing.
4.	This is incorrect. Linda Richards is known as the first American psychiatric-mental health nurse.

CON: Health Promotion

28. The nurse is caring for a client admitted to the palliative care unit. The client's spouse has been at the client's bedside since the client was admitted. One week ago, the spouse began to visit 2 or 3 hours a day. Which is the spouse experiencing?
1. Anticipatory grief
2. Bereavement overload
3. Depression
4. Resolution

ANS: 1
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.
Page: 20
Heading: Grief > Anticipatory Grief
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Grief and Loss
Difficulty: Moderate

	Feedback
1.	This is correct. The client's spouse is experiencing anticipatory grief. Individuals may begin the grieving process before the actual loss occurs. Family members facing the death of a loved one experience anticipatory grief when they complete the mourning process prematurely. They disengage from the dying person, who may then feel rejected during a time when psychological support is most needed.
2.	This is incorrect. Grief can become bereavement overload, and people will perceive this as difficult to overcome.
3.	This is incorrect. Depression occurs as part of the grief process when the full impact of the loss is understood.
4.	This is incorrect. Resolution occurs when an individual is able to redefine his or her

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	life in the absence of the person lost.

CON: Grief and Loss

29. Which is determined by the degree to which thoughts, feelings, and behaviors interfere with an individual's functioning?
1. Anxiety
2. Defense mechanisms
3. Mental health
4. Adaptation

ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 16
Heading: Psychological Adaptation to Stress
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. Anxiety is a feeling of discomfort and apprehension related to fear of impending danger.
2.	This is incorrect. Defense mechanisms are protective devices used to relieve mild to moderate anxiety.
3.	This is incorrect. Mental health may be viewed as a relative state that occurs along a continuum of thoughts, feelings, and behaviors that are all part of the human psychological experience and are influenced by the perceived magnitude of stressors interacting with adaptive capabilities.
4.	This is correct. Adaptation is determined by the degree to which thoughts, feelings, and behaviors interfere with an individual's functioning.

CON: Stress

30. When the general population cannot understand the motivation behind one's behavior, which would be the appropriate term to use?
1. Anxiety
2. Defense mechanisms
3. Cultural relativity

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4. Incomprehensibility

ANS: 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define mental health and mental illness.
Page: 15
Heading: Mental Illness
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is incorrect. Anxiety is a feeling of discomfort and apprehension related to fear of impending danger.
2.	This is incorrect. Defense mechanisms are protective devices used to relieve mild to moderate anxiety.
3.	This is incorrect. Cultural relativity is the understanding that rules, conventions, and understandings are based on one's culture.
4.	This is correct. Incomprehensibility relates to the inability of the general population to understand the motivation behind one's behavior.

CON: Stress

MULTIPLE RESPONSE

31. Which of the following are included in Jahoda's six indicators of mental health? *Select all that apply.*
1. Acceptance
2. Creativity
3. Environmental mastery
4. Fulfillment
5. Integration

ANS: 3, 5
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page: 14
Heading: Mental Health

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Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Patient-Centered Care
Difficulty: Moderate

	Feedback
1.	This is incorrect. Acceptance is not one of Jahoda's six indicators of mental health.
2.	This is incorrect. Creativity is not one of Jahoda's six indicators of mental health.
3.	This is correct. Jahoda's six indicators of mental health include environmental mastery.
4.	This is incorrect. Fulfillment is not one of Jahoda's six indicators of mental health.
5.	This is correct. Jahoda's six indicators of mental health include integration.

CON: Patient-Centered Care

32. Mental illness was attributed to which of the following factors prior to the influence of Middle Eastern countries? *Select all that apply.*
1. Supernatural forces
2. Medical conditions
3. Disequilibrium of humors
4. Personality
5. Demons

ANS: 1, 3, 5
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Discuss the history of psychiatric care.
Page: 13
Heading: Historical Overview of Psychiatric Care
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension [Understanding]
Concept: Patient-Centered Care
Difficulty: Moderate

	Feedback
1.	This is correct. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to several things, including supernatural forces.
2.	This is incorrect. Middle Eastern countries believed mental illness was a medical condition and not result of supernatural forces.
3.	This is correct. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to several things including

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	disequilibrium of humors.
4.	This is incorrect. Mental health was not attributed to personality.
5.	This is correct. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to several things, including demons.

CON: Patient-Centered Care

33. Which statements regarding defense mechanisms are true? *Select all that apply.*
1. They are employed when there is a threat to biological or psychological integrity.
2. They are controlled by the id and deal with primal urges.
3. They are used to relieve mild to moderate anxiety.
4. They are protective devices for the superego.
5. They are mechanisms that are characteristically self-deceptive.

ANS: 1, 3, 5
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 17
Heading: Anxiety > Behavioral Adaptation Responses to Anxiety
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Knowledge [Remembering]
Concept: Stress
Difficulty: Easy

	Feedback
1.	This is correct. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity.
2.	This is incorrect. Defense mechanisms are not controlled by the id and do not deal with primal urges.
3.	This is correct. Defense mechanisms are employed by the ego to relieve mild to moderate anxiety.
4.	This is incorrect. Defense mechanisms are not protective devices for the superego.
5.	This is correct. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity to relieve mild to moderate anxiety. Because they redirect focus, they are characteristically self-deceptive.

CON: Stress

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34. Which behaviors indicate a client is experiencing moderate anxiety? *Select all that apply.*
1. Gastric discomfort
2. Urinary frequency
3. Palpitations
4. Focus on self
5. Feelings of dread

ANS: 1, 4
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 16
Heading: Anxiety
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Stress
Difficulty: Moderate

	Feedback
1.	This is correct. Gastric discomfort occurs with moderate anxiety.
2.	This is incorrect. Urinary frequency occurs with severe anxiety.
3.	This is incorrect. Palpitations are symptoms of severe anxiety.
4.	This is correct. Moderate anxiety may result in an increased focus on self.
5.	This is incorrect. Feelings of dread are symptomatic of severe anxiety.

CON: Stress

35. For which reasons is the *Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5)* useful in the practice of psychiatric-mental health nursing? *Select all that apply.*
1. It informs the nurse of accurate and reliable psychiatric diagnoses.
2. It represents progress toward a more holistic view of mind and body.
3. It provides a framework for interdisciplinary communication.
4. It provides a template for psychiatric-mental health nursing care plans.
5. It provides a framework for communication with the client.

ANS: 1, 2, 3
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Define *mental health* and *mental illness.*
Page: 21
Heading: Mental illness

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Integrated Processes: Nursing Process: Assessment
Client Need: Safe and Effective Care Environment
Cognitive Level: Comprehension [Understanding]
Concept: Patient-Centered Care
Difficulty: Moderate

	Feedback
1.	This is correct. The *DSM-5* is useful in the practice of psychiatric-mental health nursing because it provides information about accurate and reliable psychiatric diagnoses.
2.	This is correct. The *DSM-5* encourages a holistic view of mind and body and provides a framework for interdisciplinary communication.
3.	This is correct. The *DSM-5* provides a framework for interdisciplinary communication.
4.	This is incorrect. The *DSM-5* does not provide templates for nursing care plans.
5.	This is incorrect. The *DSM-5* does not provide a framework for communication with the client.

CON: Patient-Centered Care

ORDERED RESPONSE

36. Place Kübler-Ross' stages of grief in the correct order.
1. _____Anger
2. _____Bargaining
3. _____Denial
4. _____Depression
5. _____Acceptance

ANS: 3, 1, 2, 4, 5
Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
Objective: Describe psychological adaptation responses to stress.
Page: 20
Heading: Grief > Stages of Grief
Integrated Processes: Nursing Process: Assessment
Client Need: Psychosocial Integrity
Cognitive Level: Knowledge [Remembering]
Concept: Grief and Loss
Difficulty: Easy

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Feedback: The five stages of feelings and behaviors individuals experience in response to real, perceived, or anticipated loss are denial, anger, bargaining, depression, and acceptance.

CON: Grief and Loss

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