Foundations of Mental Health Promotion 2nd edition Sharma Test Bank

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Multiple Choice

1. In its constitution, the World Health Organization defined health as “a state of complete _____, _____, and _____well-being and not merely the absence of disease or infirmity.”
A) physical, mental, social
B) political, emotional, environmental
C) economic, political, social
D) physical, emotional, environmental
Answer: A
Subject: Chapter 1
Page: 2

2. All of the following are limitations of the World Health Organization’s definition of health, except:
A) health has been described as a “state,” whereas it is dynamic and changes from time to time.
B) the dimensions as mentioned in the definition are inadequate to capture variations in health.
C) it is too easy to measure health the way it has been defined, and there should be more rigor.
D) use of the word “well-being” is very subjective.
Answer: C
Subject: Chapter 1
Page: 3

3. The World Health Organization’s definition of mental health includes all of the following, except:
A) realizing one’s abilities.
B) working productively and fruitfully.
C) the ability to make contributions in one’s community.
D) getting distressed with common stressors.
Answer: D
Subject: Chapter 1
Page: 4

4. The model of mental health in which mental health is at one end and mental illness is at the other end is known as:
A) continuum model.
B) Jahoda’s model.
C) Tengland’s model.
D) illness–health model.
Answer: A
Subject: Chapter 1
Page: 4

5. All of the following are criteria in Jahoda’s model of mental health, except:

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A) being realistic.
B) self-acceptance.
C) dependence on environment.
D) investment in living.
Answer: C
Subject: Chapter 1
Page: 5

6. In Jahoda's model of mental health, environmental mastery includes all of the following, except:
A) demonstrating ability to love.
B) showing adequacy in work, love, and play.
C) having no need for relationships.
D) being efficient in meeting situational necessities.
Answer: C
Subject: Chapter 1
Page: 6

7. All of the following are criteria in Tengland's model of mental health, except:
A) the ability to have a high degree of correct memory.
B) exhibiting firm stances on positions.
C) the ability to correctly perceive various stimuli.
D) exhibiting a high degree of rationality.
Answer: B
Subject: Chapter 1
Page: 6

8. All of the following are activities for health education, except:
A) preparing health education informational brochures.
B) facilitating role plays or simulations.
C) analyzing case studies.
D) lobbying for policy change.
Answer: D
Subject: Chapter 1
Page: 7

9. All of these are key action strategies for health promotion in the Ottawa Charter, except:
A) building healthy public policy.
B) creating physical and social environments supportive of individual change.
C) reorienting health services to the population and partnership with patients.
D) ensuring environmental sanitation.
Answer: D
Subject: Chapter 1
Page: 8

10. All of the following are priorities for health promotion in the Jakarta Declaration, except:

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A) promoting education in biostatistics.
B) promoting social responsibility for health.
C) increasing investments for health development.
D) expanding partnerships for health promotion.
Answer: A
Subject: Chapter 1
Page: 8

11. Statement A: Unlike health education, health promotion does not endorse voluntary change in behavior and uses measures that compel an individual toward behavior change. Statement B: Health promotion is done at the individual level.
A) Statement A is true and statement B is false.
B) Statement A is false and statement B is true.
C) Statements A and B are both true.
D) Statements A and B are both false.
Answer: A
Subject: Chapter 1
Page: 9

12. Mental health education deals with _____ modifying health behaviors that are conducive to helping a person be in harmony with his or her environment.
A) simply
B) voluntarily
C) categorically
D) forcefully
Answer: B
Subject: Chapter 1
Page: 9

13. All of the following are behaviors that are addressed in mental health education, except:
A) stress management behaviors.
B) healthy physical activity and exercise behaviors.
C) safer sex behaviors.
D) relaxation and adequate sleep behaviors.
Answer: C
Subject: Chapter 1
Page: 9

14. Actions that block the progression of an injury or disease at its incipient stage are known as:
A) primary prevention.
B) secondary prevention.
C) tertiary prevention.
D) quaternary prevention.
Answer: B
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15. Mental health promotion works in all of the following ways, except:
A) by strengthening individuals, such as by building healthy skills.
B) by reducing opportunities.
C) by strengthening communities by improving participation, environments, building mental health services, and so on.
D) by reducing structural barriers to health, such as by addressing discrimination and inequalities.
Answer: B
Subject: Chapter 1
Page: 10

16. Primitive tribes drilled holes in the skull to let the evil spirits out, a technique called:
A) drilling.
B) trephining.
C) holing.
D) sculling.
Answer: B
Subject: Chapter 1
Page: 12

17. In the tridosha theory of disease in Ayurveda, the three doshas, or humors, are:
A) ahankara (ego), ichha (desire, will), and buddhi (intellect).
B) vata (wind), pitta (gall), and kapha (mucus).
C) sattva (truth, goodness), rajas (activity), and tamas (inertia).
D) Yama (rules for living in society), Niyama (self-restraining rules), and Asaana (low physical impact postures).
Answer: B
Subject: Chapter 1
Page: 12

18. In yoga, detachment of the mind from the senses is known as:
A) Pranayama.
B) Dhyana.
C) Pratihara.
D) Samadhi.
Answer: C
Subject: Chapter 1
Page: 13

19. All of the following are phases generated by yang and yin, except:
A) water.
B) fire.
C) earth.
D) sun.
Answer: D
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20. All of the following are humors in Greek medicine, except:
A) blood.
B) phlegm.
C) black bile.
D) white bile.
Answer: D
Subject: Chapter 1
Page: 14

21. The Roman physician who differentiated between different types of insanity, such as those that are sad, those that are hilarious, and those that are violent and rebellious, was:
A) Augustus.
B) Vespasian.
C) Hadrian.
D) Celsius.
Answer: D
Subject: Chapter 1
Page: 15

22. During the Dark Ages, the Arabs, borrowing from the Greeks and Romans, developed their own medical system, known as:
A) the Unani system.
B) Ayurveda.
C) the Siddha system.
D) acupuncture.
Answer: A
Subject: Chapter 1
Page: 16

23. The French mathematician and philosopher who dichotomized the mind and the body was:
A) Paracelsus.
B) René Descartes.
C) Cotton Mather.
D) Avicenna.
Answer: B
Subject: Chapter 1
Page: 17

True/False

1. True or False? Benjamin Rush suggested that the mentally ill could be cured by holding rods filled with iron filings in water.
Answer: False
Subject: Chapter 1

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2. True or False? Frank Mesmer wrote the book *Medical Inquires and Observations upon the Diseases of the Mind*, which is considered to be the first textbook of psychiatry in America.
Answer: False
Subject: Chapter 1
Page: 17

3. True or False? Philippe Pinel challenged the traditional wisdom of keeping the mentally ill restrained when he removed the chains from patients at the Asylum de Bicetre in Paris.
Answer: True
Subject: Chapter 1
Page: 18

4. True or False? Jean-Martin Charcot was a French neurologist and professor of anatomic pathology nicknamed “the Napoleon of the neuroses.”
Answer: True
Subject: Chapter 1
Page: 18

5. True or False? Clifford Beers is credited with the creation of the first generation of American mental asylums.
Answer: False
Subject: Chapter 1
Page: 19

6. True or False? Dorothea Lynde Dix was the author of *A Mind That Found Itself*.
Answer: False
Subject: Chapter 1
Page: 19

7. True or False? Sigmund Freud was an Austrian neurologist and psychiatrist who founded the psychoanalytic school of psychology.
Answer: True
Subject: Chapter 1
Page: 20

8. True or False? Alois Alzheimer classified hundreds of mental disorders.
Answer: False
Subject: Chapter 1
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9. True or False? Emil Kraepelin, a Portuguese neurologist, first introduced the psychosurgical technique of lobotomy.
Answer: False
Subject: Chapter 1
Page: 20

10. True or False? Ugo Cerletti, an Italian psychiatrist, first tested electroconvulsive therapy (ECT) on human patients.
Answer: True
Subject: Chapter 1
Page: 21

11. True or False? The first traditional antipsychotic drug, chlorpromazine, was introduced in 1972 to treat patients with schizophrenia and other major mental disorders.
Answer: False
Subject: Chapter 1
Page: 21

12. True or False? Managed care refers to a system of financing and providing health care that seeks to cut costs and improve the quality of care.
Answer: True
Subject: Chapter 1
Page: 21

13. True or False? Deinstitutionalization, the process of replacing long-stay psychiatric hospitals with less isolated community mental health service for those diagnosed with mental disorder or developmental disability, first began in the 1920s.
Answer: False
Subject: Chapter 1
Page: 21, 23

Essay

1. Describe Jahoda's model of mental health.
Answer: Jahoda has developed several criteria that she considers essential for mental health. Jahoda's model of mental health comprises the following criteria: (1) Being realistic: A mentally healthy person must be able to compare himself or herself with others in an objective fashion, and this assessment should lead to an image similar to that held by others. (2) Self-acceptance: A mentally healthy person must accept himself or herself as he or she is without any complaints. To be mentally healthy, one should not feel bad or inferior if one is not perfect. (3) Investment in living: A mentally healthy person is positively concerned with other people and wants to be part of things around him or her. This includes having long-term goals in life and having enough

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motivation to achieve those goals. (4) Independence: A mentally healthy person is able to make independent decisions from a variety of environmental stimuli. (5) Environmental mastery: A mentally healthy person must be able to fulfill the following six conditions: (a) demonstrate ability to love; (b) show adequacy in work, love, and play; (c) be adequate in interpersonal relationships; (d) be efficient in meeting situational necessities; (e) be able to adjust and adapt; and (f) be efficient in problem solving.
Subject: Chapter 1
Page: 5

2. Identify the key criteria of Tengland's model of mental health.
Answer: In Tengland's model of mental health the criteria are as follows: (1) ability to have a high degree of correct memory; (2) ability to correctly perceive various stimuli; (3) exhibit a high degree of rationality; (4) have self-knowledge; (5) exhibit flexibility; (6) ability to experience emotions; (7) ability to feel empathy; (8) have self-esteem and self-confidence; (9) demonstrate the ability to communicate cognitive information; (10) identify what is appropriate in a communication; and (11) ability to cooperate.
Subject: Chapter 1
Page: 6

3. What are the constituents of mental health education?
Answer: Mental health education deals with voluntarily modifying health behaviors that are conducive to helping a person be in harmony with his or her environment. Such behaviors include stress management behaviors, relaxation and adequate sleep behaviors, effective communication behaviors, anger management behaviors, anxiety reduction behaviors, healthy eating behaviors, healthy physical activity and exercise behaviors, time management behaviors, financial management behaviors, recreation and leisure management behaviors, and adequate work performance behaviors. Mental health education can be done one-on-one through a counseling session. It can also be done with a group of people or at an organizational level. It can also be done at the community level, such as through a multiple-channel, multiple-approach campaign. Mental health behaviors are applicable at the primary, secondary, and tertiary levels of prevention.
Subject: Chapter 1
Page: 9

4. Differentiate between mental health education and mental health promotion.
Answer: Mental health education deals with voluntarily modifying health behaviors that are conducive to helping a person be in harmony with his or her environment. Such behaviors include stress management behaviors, relaxation and adequate sleep behaviors, effective communication behaviors, anger management behaviors, anxiety reduction behaviors, healthy eating behaviors, healthy physical activity and exercise behaviors, time management behaviors, financial management behaviors, recreation and leisure management behaviors, and adequate work performance behaviors. Mental health promotion entails developing policies, regulations, and environments that are conducive to helping a person be in harmony with his or her environment. The scope of mental health promotion is therefore quite wide. It entails developing policies, regulations, and environments that reduce stress; ensuring adequate work for all; fostering relaxation opportunities for all; regulating anger and associated harms; reducing anxiety; providing adequate food for all; ensuring adequate housing for all; providing sufficient supports for being physically active; and providing for sufficient recreation and leisure opportunities.
Subject: Chapter 1
Page: 9–11

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5. Discuss the contributions of the ancient civilization of India to mental health.
Answer: The period of ancient civilization in India (2000–600 BCE) was characterized by the development of the Vedas, or the scriptures of teachings. Initially the Vedas were transmitted orally from one generation to another. They were eventually written in Sanskrit and primarily consist of four collections: the Rig-Veda, the Sama-Veda, the Yajur-Veda, and the Atharva-Veda. Collectively, these are referred to as the Samhitas. It is believed that the system of Ayurveda, or the science of life or health, also originated during this time from Atharva-Veda. Ayurveda had eight branches: Kayacikitsa (internal medicine), Salya tantra (surgery), Salakya tantra (ophthalmology and ENT), Kaumara brhtya (pediatrics, obstetrics, and gynecology), Agada tantra (toxicology), Rasayana (geriatrics and nutrition), Vajikarana (sexology), and Bhuta Vidya (psychiatry and demonology). Two classic texts of Ayurveda are Charaka and Susruta Samhita. Ayurveda believes in Pancha Bhutas, or the five elements: space, air, fire, water, and earth. The hallmark of Ayurveda is the tridosha theory of disease. The doshas, or humors, are vata (wind), pitta (gall), and kapha (mucus). Diseases are explained as disturbances in these three humors. In Ayurveda the mind is functionally divided into ahankara (ego), ichha (desire, will) and buddhi (intellect). Ichha, influenced by ahankara, dictates the mind, and buddhi takes the decisions. Also linked to the tridoshas are the three gunas: sattva (truth, goodness), rajas (activity), and tamas (inertia). The ideal state of mind is in sattvic guna, whereas the agitated mind is in rajas and the lethargic or depressed mind is in tamas. Bhuta Vidya is the specialty within Ayurveda that deals with mental illnesses. Mental disorders are broadly classified into doshonmada (those disorders that have a physical basis) and bhutonmada (those disorders that have a purely mental basis). The system of yoga also originated during this time. The word “yoga” is derived from the Sanskrit word meaning union. It is an ancient system of physical and psychic practice to keep balance. In a more modern context yoga has been defined as “a systematic practice and implementation of mind and body in the living process of human beings to keep harmony within self, within society, and with nature.” The first written records of this methodology appeared around 200 BCE in the Yogasutra of Patanjali. The system consisted of the eightfold path, or Asthangayoga. The eight conventional steps of Asthangayoga consist of Yama (rules for living in society), Niyama (self-restraining rules), Asaana (low physical impact postures), Pranayama (breathing techniques), Pratihara (detachment of the mind from the senses), Dharana (concentration), Dhyana (meditation), and Samadhi (complete union with superconsciousness). The techniques of yoga are perhaps the most remarkable contributions of this era to the field of health. Yoga and meditation are now well-accepted approaches for preserving and improving mental health.
Subject: Chapter 1
Page: 12

6. Describe the contributions of Emil Kraepelin and Sigmund Freud in the field of mental health.
Answer: Emil Kraepelin, a German psychiatrist, classified hundreds of mental disorders. He called the traditional view of looking at mental illnesses “symptomatic” and called his new approach “clinical.” Kraepelin was among the first mental health workers to advocate that the origins of mental illness were rooted in biology and genetics. Sigmund Freud was an Austrian neurologist and psychiatrist who founded the psychoanalytic school of psychology. Freud is best known for his theories of the unconscious mind, which probe deeply into the psychological side of the individual. He is also well known for his redefinition of sexual desire as the primary motivational energy of human life that is directed toward a wide variety of objects. Because of his seminal work in psychoanalysis, Freud is commonly referred to as the father of psychoanalysis. Freud’s work has been highly influential, popularizing such notions as the unconscious; the id, superego, and ego; the Oedipus complex; defense mechanisms; Freudian slips; and dream symbolism.
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7. Differentiate between psychosurgery and electroconvulsive therapy.
Answer: Psychosurgery is a surgical procedure that entails the removal or severing of certain connections in the brain as a treatment for mental illnesses. This technique was popular from 1936 to the 1950s and has since been discontinued. Electroconvulsive therapy is a controversial psychiatric treatment in which seizures are electrically induced in anesthetized patients for therapeutic effect. It is also known as ECT or electroshock therapy. Antonio Egas Moniz, a Portuguese neurologist, introduced psychosurgery with his psychosurgical technique of lobotomy. Ugo Cerletti, an Italian psychiatrist, first tested ECT in 1938. ECT is still used in severe cases of depression and catatonic schizophrenia. The mechanisms of action of both psychosurgery and ECT are not known.
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Matching

1. The following phrases describe various terms in mental health. Match the description with the term.
1. An approach to understanding mental disorders in terms of the biological functions of the nervous system
Answer: Biological psychiatry
2. A conceptualization of mental health and mental illness in which mental health is on one end and mental illness is on the other end
Answer: Continuum model
3. The process of replacing long-stay psychiatric hospitals with less isolated community mental health service for those diagnosed with mental disorders or developmental disabilities
Answer: Deinstitutionalization
4. A controversial psychiatric treatment in which seizures are electrically induced in anesthetized patients for therapeutic effect
Answer: Electroconvulsive therapy
Subject: Chapter 1
Page: 4, 21, 28

2. The following phrases describe various contributions by mental health leaders. Match the description with the personality.
1. A German psychiatrist who classified mental disorders and advocated that the origins of mental illnesses were rooted in biology and genetics
Answer: Emil Kraepelin
2. An Austrian physician who postulated that mental illnesses were due to misdistribution or deficiency of magnetism and suggested that the mentally ill could be cured by holding rods filled with iron filings in water
Answer: Frank Mesmer
3. An American activist who is credited with the creation of the first generation of American mental asylums
Answer: Dorothea Lynde Dix
4. A French neurologist who is nicknamed “the Napoleon of the neuroses”
Answer: Jean-Martin Charcot
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