Occupational Therapy for Mental Health 3rd edition Brown Test Bank

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Chapter 1: Occupational Therapy Practice Across the Mental Health Continuum

Test Bank Questions

1. The number of people experiencing mental health conditions has increased for many reasons. The Minority Stress Theory attempts to explain the prevalence of mental health conditions for marginalized people by proposing
    a. People from certain ethnic groups are biologically predisposed to mental illness.
    b. People in marginalized groups are exposed to greater discrimination and social stressors, which results in higher levels of mental and physical illness.
    c. People from marginalized groups are better able to manage their stress and consequently experience fewer instances of mental illness.

Answer: B

LO: 1-1

2. Which of the following best characterizes the global state of mental illness/mental wellness?
    a. Because of increased knowledge of mental health conditions, fewer people are experiencing mental illness.
    b. Most people experiencing mental health issues are able to receive evidence-based interventions.

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c. An appreciation for the importance of self-care has led to a decrease in mental health concerns.

d. People are currently experiencing a global mental health crisis because of issues associated with the COVID-19 pandemic, social media, climate change, and discrimination.

Answer: D

LO: 1-1

3. Which historical movement led to a greater appreciation for the health benefits associated with manual occupations/handiwork?

    a. The Arts and Crafts Movement

    b. The Industrial Revolution

    c. The Labor Movement

    d. Women's Suffrage

Answer: A

LO: 1-2

4. The Recovery Model in mental health was initiated by

    a. OTPs working in both hospital and community-based mental health settings

    b. Consumers and survivors of the mental health system

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c. Political leaders interested in reforming mental health care and mental health systems

d. Members of the Psychiatric Rehabilitation Association

Answer: B

LO: 1-2

5. One of the challenges for occupational therapy in mental health is associated with the financing of mental health services. Most health-care spending goes toward what type of mental health care?

    a. Prevention of mental illness

    b. Promotion of mental wellness

    c. Acute hospital care for mental illness

    d. Community-based mental health care

Answer: C

LO: 1-3

6. Occupational therapy practitioners address psychosocial needs

    a. Primarily in psychiatric hospital settings

    b. Every setting that provides occupational therapy services

    c. Only when working with someone with a psychiatric diagnosis

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Answer: B

LO: 1-4

7. The mental health continuum is best characterized by which of the following?
    a. Positive emotions, healthy relationships, and meaningful activity versus serious mental illness and lack of participation
    b. Psychiatric symptoms versus no psychiatric symptoms
    c. Living independently versus being unhoused

Answer: A

LO: 1-1

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