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Chapter 1: Mental Health and Mental Illness

Multiple Choice

Identify the choice that best completes the statement or answers the question.

____ 1. A nurse is assessing a client who experiences 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. How would the nurse interpret the client's behavior?

1. The client's behaviors demonstrate mental illness in the form of depression.
2. The client's behaviors are inappropriate, which indicates the presence of mental illness.
3. The client's behaviors are not congruent with cultural norms.
4. The client's behaviors demonstrate no functional impairment, indicating no mental illness.

____ 2. At which point would the nurse determine that a client is at risk for developing a mental illness?

1. When thoughts, feelings, and behaviors are not reflective of the criteria for mental illness
2. When maladaptive responses to stress are coupled with interference in daily functioning
3. When a client communicates significant distress
4. When a client uses defense mechanisms as ego protection

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____ 3. Which response occurs during the alarm reaction stage of Selye's general adaptation syndrome?

1. The body's fight-or-flight response is activated.
2. The individual successfully adapts to the stressor.
3. The body's adaptive energy becomes depleted.
4. Homeostasis is immediately restored.

____ 4. The nurse notes that a client is extremely withdrawn, delusional, and emotionally exhausted. The nurse assesses the client's anxiety at which level?

1. Mild anxiety
2. Moderate anxiety
3. Severe anxiety
4. Panic anxiety

____ 5. The psychiatric nurse intern states, "This client's use of defense mechanisms should be eliminated." Which is a correct evaluation of this nurse's statement?

1. Defense mechanisms can be appropriate responses to stress and need not be eliminated.
2. Defense mechanisms are a maladaptive attempt of the ego to manage anxiety and should always be eliminated.
3. Defense mechanisms, used by individuals with weak ego integrity, should be discouraged and not completely eliminated.
4. Defense mechanisms cause disintegration of the ego and should be fostered and encouraged.

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____ 6. During an intake assessment, the nurse asks both physiological and psychosocial questions. The client angrily responds, "I'm here for my heart, not my head problems." Which response by the nurse is the best?

1. "It is just a routine part of our assessment. All clients are asked these same questions."
2. "Why are you concerned about these types of questions?"
3. "Psychological factors, like excessive stress, have been found to affect medical conditions."
4. "We can skip these questions, if you like. It isn't imperative that we complete this section."

____ 7. A client who is being treated for chronic kidney disease complains to the health-care provider that they do not like the food available to them while hospitalized. The health-care provider insists that the client strictly adhere to the diet plan. What action can be expected if the client uses the defense mechanism of displacement?

1. The client assertively confronts the health-care provider.
2. The client insists on being discharged and goes for a long, brisk walk.
3. The client snaps at the nurse and criticizes the nursing care provided.
4. The client hides their anger by explaining the logical reasoning for the diet to their spouse.

____ 8. A fourth-grade boy teases and makes jokes about a cute girl in his class. The nurse would recognize this behavior as indicative of which defense mechanism?

1. Displacement
2. Projection
3. Reaction formation
4. Sublimation

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____ 9. Which nursing statement regarding the concept of psychosis is most accurate?

1. Individuals experiencing psychoses are aware that their behaviors are maladaptive.
2. Individuals experiencing psychoses experience little distress.
3. Individuals experiencing psychoses are aware of experiencing psychological problems.
4. Individuals experiencing psychoses are based in reality.

____ 10. When under stress, a client routinely uses alcohol to excess. When the client's spouse finds them drunk, the spouse yells at the client about their chronic alcohol abuse. Which action alerts the nurse to the client's use of the defense mechanism of denial?

1. The client hides liquor bottles in a closet.
2. The client yells at their child for slouching in their chair.
3. The client burns dinner on purpose.
4. The client says to the spouse, "I don't drink too much!"

____ 11. The nurse is assessing a client who is in the stage of resistance in Selye's general adaptation syndrome. Which findings are consistent with this stage?

1. The client experiences a sudden increase in heart rate, blood pressure, and rapid breathing in response to a stressful situation.
2. The client has developed ulcers and frequent respiratory infections due to prolonged stress.
3. The client exhibits muscle tension and heightened alertness in reaction to a specific stressful event.
4. The client reports feeling exhausted and unable to cope with stress, leading to decreased functioning.

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____ 12. According to Maslow's hierarchy of needs, which client action would demonstrate the highest achievement in terms of mental health?

1. Maintaining a long-term, faithful, intimate relationship
2. Achieving a sense of self-confidence
3. Possessing a feeling of self-fulfillment and realizing their full potential
4. Developing a sense of purpose and the ability to direct activities

____ 13. According to Maslow's hierarchy of needs, which situation on an inpatient psychiatric unit would require priority intervention by a nurse?

1. A client rudely complaining about limited visiting hours
2. A client exhibiting aggressive behavior toward another client
3. A client stating that no one cares
4. A client verbalizing feelings of failure

____ 14. Which response by the student indicates effective learning regarding the physiological response occurring during the initial stage of stress during "fight-or-flight" syndrome?

1. "I can expect the client's heart rate to decrease to 53 during fight-or-flight syndrome."
2. "During fight-or-flight syndrome, my client may have a blood pressure of 92/54."
3. "When my client is under stress, they will experience an increase in glycogenesis during fight-or-flight syndrome."
4. "My client will have a decrease in gastric acid secretions during the stress experienced in fight-or-flight syndrome."

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____ 15. Which psychotic response may the nurse observe in a client during the panic anxiety stage?

1. Obsessions
2. Compulsions
3. Schizophrenia
4. Hypochondriasis

____ 16. A client attempts to increase their self-worth by acquiring certain characteristics of an individual whom they admire. Which type of ego defense mechanism does the nurse suspect in this client?

1. Identification
2. Intellectualization
3. Suppression
4. Sublimation

____ 17. A client who is depressed about a pending divorce proceeding tells the nurse, "I just don't want to talk about the divorce. There's nothing I can do about it anyway." Which ego defense mechanism does the nurse suspect in this client?

1. Undoing
2. Repression
3. Sublimation
4. Suppression

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____ 18. A client tells the nurse, "My family members hate me." On further communication with the client, the nurse finds that the client shows no emotion while talking about their family; instead, the client tries to provide a rationale for their family members' feelings. Which ego defense mechanism does the nurse suspect in this client?

1. Denial
2. Rationalization
3. Intellectualization
4. Reaction formation

____ 19. The nurse anticipates that a client is showing the displacement type of ego defense mechanism. Which statement made by the client's caregiver supports the nurse's assumption?

1. "My friend breaks things when they're angry."
2. "My friend imitates the dressing style of their favorite athlete."
3. "My friend sleeps for a long period of time when experiencing stress."
4. "My friend ignores me and refuses to speak when I ask about an unpleasant memory."

____ 20. A client is retreating to an earlier level of development in response to stress. Which ego defense mechanism does the nurse suspect in this client?

1. Isolation
2. Projection
3. Regression
4. Displacement

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Multiple Response

Identify one or more choices that best complete the statement or answer the question.

____ 21. Which describes neurosis? *Select all that apply.*

1. Neurosis is a unique category of mental disorder.
2. Neurosis is a psychological disturbance characterized by excessive anxiety.
3. Symptoms of neurosis include gross distortions of reality.
4. Neurosis may be expressed directly or altered through a defense mechanism.
5. A person experiencing neurosis is often aware that their behaviors are maladaptive.

____ 22. The nurse is reviewing the definition of a mental health disorder and notes the definition includes disturbance in which areas? *Select all that apply.*

1. Cognition
2. Physical
3. Emotional regulation
4. Behavior
5. Developmental

____ 23. Which emotional symptoms help the nurse to identify that a client is experiencing severe anxiety? *Select all that apply.*

1. Feeling of dread
2. Feeling of horror
3. Feeling of confusion
4. Feeling of being poisoned
5. Feeling of being plotted against

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____ 24. The nurse provides care for a client who is experiencing grief. Which client statement indicates a need for intervention by the nurse? *Select all that apply.*

1. "I am already so sad about my husband's death, and I just don't want to live without him."
2. "I just feel so helpless about my son's broken arm."
3. "Sometimes my partner and I cry about my current diagnosis, but we try to support each other every day."
4. "Sometimes I feel so guilty that I was unhurt in the auto accident, and the other person was injured."
5. "I am so frustrated that we cannot find a medication or treatment that helps manage my child's chronic condition."

____ 25. What does the nurse find in the laboratory reports of a client whose stress response is sustained over a long period? *Select all that apply.*

1. Increased sodium levels
2. Increased androgen levels
3. Decreased thyroxin levels
4. Decreased triglyceride levels
5. Increased blood glucose levels

____ 26. Which are common responses that can be observed in a client with general adaptation syndrome? *Select all that apply.*

1. Alarm
2. Resistance
3. Exhaustion
4. Reflex pain response
5. Inflammatory response

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____ 27. Which characteristic behaviors does the nurse notice in a client with panic anxiety? *Select all that apply.*

1. Hallucinations
2. Misperceptions
3. Bizarre behavior
4. Feelings of discontent
5. Heightened alertness

Completion

Complete answers the question.

28. _____ is a diffuse apprehension that is vague in nature and is associated with feelings of uncertainty and helplessness.
29. _____ is a subjective state of emotional, physical, and social responses to the loss of a valued entity.

Ordered Response

30. Place in order from 1 to 5 the historical events that shaped psychiatric nursing. (*Enter the number of each step in the proper sequence, using comma and space format, such as 1, 2, 3, 4*.)

1. Hippocrates theorizes that mental illness is caused by imbalances in the body's humors.
2. The first state hospital in the United States for clients with mental illness is established in Philadelphia.
3. Psychiatric nursing emerges as a specialty area.
4. Mental illness begins to be recognized as a medical problem, leading to the establishment of asylums.

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Chapter 1: Mental Health and Mental Illness

Answer Section

MULTIPLE CHOICE

1. ANS: 4

   Chapter: Chapter 1, Mental Health and Mental Illness

   Objective: Discuss cultural elements that influence attitudes toward mental health and mental illness.

   Heading: Physical and Psychological Responses to Stress > Psychological Responses > Grief

   Integrated Processes: Nursing Process

   Client Need: Psychosocial Integrity

   Cognitive Level: Analysis [Analyzing]

   Concept: Grief and Loss

   Difficulty: Moderate

	Feedback
1	The client's behaviors are to be expected in a time of grief and do not indicate mental illness in the form of depression.
2	The client's behaviors are appropriate. It is normal for an individual to function normally but to experience periods of sadness after the loss of a pet.
3	It is expected in most cultures to experience occasional feelings of sadness following a loss but not experience an alteration in normal day-to-day activities.
4	The nurse would assess that the client's daily functioning is not impaired. The client who experiences feelings of sadness after the loss of a pet is responding within normal expectations.

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2. ANS: 2

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Define mental health and mental illness.

Heading: Mental Illness

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress and Coping

Difficulty: Easy

	Feedback
1	The client with a mental illness would have symptoms that reflect the *DSM-5-TR*.
2	The nurse would determine that the client is at risk for mental illness when responses to stress are maladaptive and interfere with daily functioning. The *DSM-5-TR* indicates that to be diagnosed with a mental illness, daily functioning must be significantly impaired.
3	The client's ability to communicate distress would be considered a positive attribute and does not indicate they are at risk for mental illness.
4	The use of defense mechanisms does not necessarily indicate that the client is at risk for mental illness. However, these mechanisms do become maladaptive when used to such a degree that they interfere with the ability to deal with reality.

3. ANS: 1

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

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Concept: Stress and Coping

Difficulty: Easy

	Feedback
1	During the alarm reaction stage, the sympathetic nervous system is activated, triggering physiological changes such as increased heart rate, dilated pupils, and increased blood pressure to prepare the body to deal with the stressor.
2	The body attempts to adapt to the stressor in the stage of resistance.
3	The body's adaptive energy becomes depleted in the stage of exhaustion, where prolonged stress leads to depletion of resources and potential health consequences.
4	The alarm reaction stage is a response to stress, not a return to homeostasis. If the stressor persists, the body moves into the resistance stage rather than immediately restoring equilibrium.

4. ANS: 4

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Severe Anxiety

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Analysis (Analyzing)

Concept: Stress and Coping

Difficulty: Moderate

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	Feedback
1	Mild anxiety is not typically symptomatic for an individual. It involves the normal tension experienced in response to the events of daily living.
2	An individual with moderate anxiety has difficulty focusing and may be more restless.
3	Severe anxiety influences attention and can cause physical symptoms such as headaches and insomnia as well as emotional symptoms such as confusion and dread.
4	Panic anxiety leads to inability to focus, hallucinations, delusions, wild or desperate behavior, feeling of terror, fear of "going crazy" or losing control, emotional exhaustion, and physical exhaustion.

5. ANS: 1

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > > Mild to Moderate Anxiety

Cognitive Level: Application [Applying]

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Concept: Stress and Coping

Difficulty: Moderate

	Feedback
1	The nurse should determine that defense mechanisms could be appropriate during times of stress. However, they do become maladaptive if they interfere with the ability to deal with reality.
2	Defense mechanisms are not maladaptive attempts of the ego to manage anxiety. In many cases they may be helpful for dealing with anxiety.

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	Feedback
3	Defense mechanisms are a normal part of coping with stress and not only used by individuals with weak ego integrity. They should not be discouraged and should not be completely eliminated.
4	Defense mechanisms are normal and are used by all individuals in some way during times of stress; they do not cause disintegration of the ego.

6. ANS: 3

   Chapter: Chapter 1, Mental Health and Mental Illness

   Objective: Describe physical and physiological responses to stress.

   Heading: Physical and Psychological Responses to Stress > Psychological Responses to Stress > Moderate to Severe Anxiety

   Integrated Processes: Nursing Process

   Client Need: Psychosocial Integrity

   Cognitive Level: Application [Applying]

   Concept: Stress and Coping

   Difficulty: Easy

	Feedback
1	This statement disregards the client's statement and is not therapeutic to the client.
2	This statement does not address the client's statement and may anger the client further.
3	The nurse should attempt to educate the client on the negative effects of excessive stress on medical conditions.
4	It is not appropriate to skip physiological and psychosocial questions, as this would lead to an inaccurate assessment.

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7. ANS: 3

   Chapter: Chapter 1, Mental Health and Mental Illness

   Objective: Describe physical and physiological responses to stress.

   Heading: Physical and Psychological Responses to Stress > Psychological Responses > Mild to Moderate Anxiety > Table 1-1 Ego Defense Mechanisms

   Integrated Processes: Nursing Process

   Client Need: Psychosocial Integrity

   Cognitive Level: Analysis [Analyzing]

   Concept: Stress and Coping

   Difficulty: Difficult

	Feedback
1	Confronting others is not a behavior consistent with displacement.
2	Leaving the facility is not a behavior consistent with displacement.
3	Displacement involves transferring feelings from one target to another that is considered less threatening, for example, criticizing nursing care after being confronted by the health-care provider.
4	This approach exemplifies intellectualization rather than displacement.

8. ANS: 3

   Chapter: Chapter 1, Mental Health and Mental Illness

   Objective: Describe physical and physiological responses to stress.

   Heading: Physical and Psychological Responses to Stress > Psychological Responses > Mild to Moderate Anxiety > Table 1-1 Ego Defense Mechanisms

   Integrated Processes: Nursing Process

   Client Need: Psychosocial Integrity

   Cognitive Level: Application [Applying]

   Concept: Stress and Coping

   Difficulty: Easy

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

9. ANS: 2

   Chapter: Chapter 1, Mental Health and Mental Illness

   Objective: Describe physical and physiological responses to stress.

   Heading: Physical and Physiological Responses to Stress > Psychological Responses > Panic Anxiety

   Integrated Processes: Nursing Process

   Client Need: Psychosocial Integrity

   Cognitive Level: Application [Applying]

   Concept: Stress and Coping

   Difficulty: Moderate

	Feedback
1	The client with psychosis is unaware that their behavior is maladaptive.
2	The nurse would understand that the client with psychosis experiences little distress owing to their lack of awareness of reality.
3	The client with psychosis is unaware they have a psychological problem.
4	The client experiencing psychosis has a lack of awareness of reality.

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10. ANS: 4

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Mild to Moderate Anxiety > Table 1-1 Ego Defense Mechanisms

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Addiction

Difficulty: Easy

	Feedback
1	Hiding alcohol bottle in a closet does not indicate denial.
2	Yelling at family members does not indicate denial.
3	Burning dinner on purpose is not an action that indicates denial.
4	The client's statement "I don't drink too much!" alerts the nurse to the use of the defense mechanism of denial. The client is refusing to acknowledge the existence of a real situation and the feelings associated with it.

11. ANS: 2

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress and Coping

Difficulty: Moderate

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	Feedback
1	This describes the alarm reaction stage, where the body responds immediately to stress with the fight-or-flight response.
2	In the resistance stage, the body tries to adapt to the ongoing stressor. However, if stress persists, physiological symptoms such as ulcers and increased susceptibility to infections can develop.
3	This is characteristic of the alarm reaction stage, when the body prepares for immediate action in response to a stressor.
4	This describes the exhaustion stage, which occurs when the body's resources are depleted after prolonged exposure to stress.

12. ANS: 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Define mental health and mental illness.

Heading: Mental Health

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Self

Difficulty: Easy

	Feedback
1	This option is not the highest level for mental health (self-actualization) on Maslow's hierarchy of needs.
2	While this option is important, it is not the highest level for mental health (self-actualization) on Maslow's hierarchy of needs.
3	The nurse would identify that the client who possesses a feeling of self-fulfillment and realizes their full potential has achieved self-actualization, the highest level on Maslow's hierarchy of needs.
4	This option is important for the development of the client but is not the most important level on Maslow's hierarchy of needs.

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13. ANS: 2

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Define mental health and mental illness.

Heading: Mental Health

Integrated Processes: Nursing Process

Client Need: Safe and Effective Care Environment: Safety and Infection Control

Cognitive Level: Analysis [Analyzing]

Concept: Stress and Coping

Difficulty: Moderate

	Feedback
1	Clients who complain are struggling with higher-level needs, such as the need for love and belonging or the need for self-esteem.
2	The nurse would immediately intervene when a client exhibits aggressive behavior toward another client. Safety and security are considered lower-level needs according to Maslow's hierarchy of needs and must be fulfilled before other higher-level needs can be met.
3	Clients who state that no one cares are struggling with higher-level needs, such as the need for love and belonging or the need for self-esteem.
4	Clients who have feelings of failure are struggling with higher-level needs, such as the need for love and belonging or the need for self-esteem.

14. ANS: 4

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Physical Responses

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Physiological Integrity

Cognitive Level: Application [Applying]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

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	Feedback
1	Heart rate increases during stress; it is called tachycardia.
2	Hypertension occurs during stressful conditions.
3	Glycogen synthesis will be reduced during stressful conditions.
4	The hypothalamus stimulates the sympathetic nervous system, which innervates the gastrointestinal system and decreases gastric acid secretions during stress conditions.

15. ANS: 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Panic Anxiety

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Grief and Loss; Stress and Coping

Difficulty: Medium

	Feedback
1	Obsessions are recurrent and persistent thoughts, impulses, or images experienced as intrusive and stressful. The nurse observes this psychoneurotic response during the severe anxiety stage.
2	Compulsions are repetitive ritualistic behaviors or thoughts, the purpose of which is to prevent or reduce distress. The nurse observes this psychoneurotic response during the severe anxiety stage.
3	Schizophrenia is a mental disorder often characterized by abnormal social behavior and failure to recognize what is real. The nurse observes this psychotic response during the panic anxiety stage.

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	Feedback
4	Hypochondriasis is a type of phobia in which the client worries about having a serious illness. The nurse observes this psychoneurotic response during the severe anxiety stage.

16. ANS: 1

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Mild to Moderate Anxiety

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

	Feedback
1	The client who shows an identification defense mechanism will exhibit the characteristics of the individual who the client feels is the role model. Expressing the characteristics of another individual will increase the client's self-worth.
2	The client is not using the intellectualization type of defense mechanism because they are not analyzing the reason behind expressing the characteristics of others.
3	Postponing or not showing any signs of blocking the unpleasant feelings indicates that the client is exhibiting the suppression type of ego defense mechanism.
4	The client is not showing any unacceptable behaviors. Rechanneling the socially unacceptable behavior into activities that are tolerable indicates the sublimation type of ego defense mechanism.

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17. ANS: 4

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Mild to Moderate Anxiety

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

	Feedback
1	The client is not showing any symbolic expression or activities to prevent the discussion about the divorce. This indicates that the client is not showing the undoing type of defense mechanism.
2	The client voluntarily blocks the discussion about divorce. There is no involuntary blocking of unpleasant experiences by the client. Therefore, the client is not showing the repression type of defense mechanism.
3	The client does not show any signs of rechanneling unacceptable behaviors and prevents any such discussion about divorce. This indicates that the client is not showing the sublimation type of defense mechanism.
4	The client does not like to speak about the divorce and is voluntarily blocking any such discussion. This indicates that the client is showing the suppression type of ego defense mechanism.

18. ANS: 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Mild to Moderate Anxiety

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

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Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

	Feedback
1	Refusal to acknowledge the existence of a real situation or the feelings associated with it indicates denial in the client. Since the client accepts the hatred of their family members toward them, it indicates that the client is not showing a denial type of ego defense mechanism.
2	Trying to formulate the logical reasons to justify their unacceptable behaviors indicates the rationalization type of ego defense mechanism in the client.
3	The client is concealing the actual emotion involved behind the hatred of their family members. Instead, the client is searching for reasons for their family's feelings, which indicates that the client is exhibiting the intellectualization type of defense mechanism.
4	The client conceals the expression of emotions. However, the client is not showing opposing behaviors, like happiness, about the hateful emotion exhibited toward family members.

19. ANS: 1

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Mild to Moderate Anxiety

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress and Coping

Difficulty: Medium

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	Feedback
1	Displacement is the defense mechanism where the emotions are transferred from one target to another that is considered less stressful or neutral. Therefore, the client who breaks objects is showing the displacement defense mechanism.
2	Identification is an attempt to increase self-worth by acquiring certain attributes and characteristics of an individual whom the person admires.
3	Regression is the process of retreating into an earlier level of development, associating the comfort measures with that level of functioning. The client curls up in a fetal position on the bed and sleeps for long periods.
4	Denial is known as the refusal to acknowledge the existence of a real situation or the feelings associated with it. The client who is in the denial stage refuses to accept stress.

20. ANS: 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Mild to Moderate Anxiety

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

	Feedback
1	The client who shows the isolation type of ego defense mechanism will separate a thought or memory from the feeling, tone, or emotion associated with it.
2	The individual who shows a projection mechanism will pass the blame for their undesirable behaviors to another person to relieve anxiety.

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	Feedback
3	Retreating in response to stress to an earlier level of development and the comfort measures associated with that level of functioning is the characteristic feature of the regression type of ego defense mechanism.
4	Displacement is transferring feelings from one target to another that is considered less threatening or neutral.

MULTIPLE RESPONSE

21. ANS: 2, 4, 5

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Physiological Responses to Stress > Psychological Responses > Anxiety > Severe Anxiety

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress and Coping

Difficulty: Easy

	Feedback
1	Neurosis is no longer considered a unique category of mental disorder.
2	Neurosis is a psychiatric disturbance and is characterized by excessive anxiety.
3	In persons experiencing neurosis, reality is intact, and gross distortions of reality are not experienced.
4	A neurosis may be expressed directly or through a defense mechanism.
5	A person experiencing neurosis often has insight and is aware that their behaviors are maladaptive.

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22. ANS: 1, 3, 4, 5

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Define mental health and mental illness.

Heading: Mental Illness

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension (Understanding)

Concept: Clinical Judgement

Difficulty: Easy

	Feedback
1	The definition of a mental disorder includes a disturbance in an individual's cognitions, affecting their mental functioning.
2	The definition does not include a disturbance in an individual's physical health.
3	The definition of a mental disorder includes a disturbance in an individual's emotional regulation, which affects their mental functioning.
4	The definition of a mental disorder includes a disturbance in an individual's behavior that reflects a dysfunction in the psychological, biological, or developmental processes.
5	The definition of a mental disorder includes dysfunction in the psychological, biological, or developmental processes.

23. ANS: 1, 2, 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Severe Anxiety

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

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Concept: Stress and Coping

Difficulty: Medium

	Feedback
1	The feeling of dread indicates that the client is experiencing severe anxiety.
2	The feeling of horror indicates that the client is experiencing severe anxiety.
3	The feeling of confusion indicates that the client is experiencing severe anxiety.
4	The feeling of being poisoned indicates that the client is experiencing delusions or hallucinations.
5	The feeling of being plotted against indicates that the client is experiencing paranoia.

24. ANS: 1

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Grief

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress and Coping; Grief and Loss; Teaching and Learning

Difficulty: Medium

	Feedback
1	The normal mourning process may include feelings of sadness, guilt, anger, helplessness, hopelessness, and despair. Grief is not considered a mental illness, but maladaptive responses to grief may culminate in clinical depression or other symptoms of mental illness, including risk for suicide. This client requires immediate intervention due to a possible increased risk of suicide due to the client's comments.
2	The loss, or anticipated loss, of anything of value can trigger the grief response and may include feelings of sadness, guilt, anger, helplessness, hopelessness, and despair. This client is experiencing a normal, adaptive response to grieving.

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	Feedback
3	The loss, or anticipated loss, of anything of value can trigger the grief response and may include feelings of sadness, guilt, anger, helplessness, hopelessness, and despair. This client is experiencing a normal, adaptive response to grieving.
4	The loss, or anticipated loss, of anything of value can trigger the grief response and may include feelings of sadness, guilt, anger, helplessness, hopelessness, and despair. This client is experiencing a normal, adaptive response to grieving.
5	The grief response may trigger anger in the client or their family. This is a normal, adaptive response and would not require immediate intervention from the registered nurse.

25. ANS: 1, 5

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Physical Responses

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Physiological Integrity

Cognitive Level: Application [Applying]

Concept: Stress and Coping; Fluid and Electrolytes

Difficulty: Difficult

	Feedback
1	Sustained stress stimulates the adrenal cortex and releases mineral corticoids causing the retention of sodium and water. Therefore, the nurse observes increased serum sodium levels in the laboratory reports of the client.
2	Sustained stress decreases the secretion of sex hormones and results in impotence. Therefore, the nurse observes decreased androgen levels in the laboratory reports.
3	Sustained stress stimulates the pituitary gland and releases thyrotrophic hormone, which stimulates the thyroid gland and increases the production of

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	Feedback
	thyroxin. Therefore, the nurse observes increased thyroxin levels in the laboratory reports.
4	Sustained stress stimulates the pituitary gland and releases growth hormone, which results in lipid metabolism. Therefore, the nurse observes increased triglyceride levels in the laboratory reports.
5	Sustained stress stimulates the pituitary gland and releases growth hormone, which results in lipid metabolism. Therefore, the nurse observes increased blood glucose levels in the laboratory reports of the client.

26. ANS: 1, 2, 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Physical Responses

Integrated Processes: Clinical Problem-solving Process (Nursing Process)

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

	Feedback
1	Alarm is a stage of Selye's general adaptation syndrome, which is characterized by the responses of fight and flight with the adrenal hormones.
2	Resistance is a stage of Selye's general adaptation syndrome, where the client will show this response due to the parasympathetic nervous system.
3	Exhaustion is a stage of Selye's general adaptation syndrome, which can lead to stress-induced illness or death.
4	The client with local adaptation syndrome will show unconscious withdrawal from the pain stimulus.
5	Inflammatory response is a local reaction to injury regardless of the type of stressor that triggers this reaction.

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27. ANS: 1, 2, 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Anxiety > Panic Anxiety

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress and Coping; Professionalism

Difficulty: Medium

	Feedback
1	The client with panic anxiety shows psychotic symptoms such as hallucinations and delusions.
2	Misperception of the environment is common in the client who has panic anxiety.
3	Bizarre behavior includes shouting, screaming, running about wildly, and clinging to anyone or anything from which a sense of safety and security is derived. This behavior is common in the client with panic anxiety.
4	The client with moderate anxiety shows feelings of discontent.
5	The client with panic anxiety shows diminished alertness. Increased alertness is commonly noticed in clients with mild anxiety.

COMPLETION

28. ANS: Anxiety

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Core Concept > Anxiety

Integrated Processes: Teaching and Learning

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Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress and Coping

Difficulty: Easy

Feedback: The definition of anxiety is a feeling of discomfort and apprehension related to fear of impending danger. Individuals may be unaware of the source of their anxiety, which is often accompanied by feelings of uncertainty and helplessness.

29. ANS: Grief

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Describe physical and physiological responses to stress.

Heading: Physical and Psychological Responses to Stress > Psychological Responses > Grief

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Grief and Loss

Difficulty: Easy

Feedback: The definition of grief is a subjective feeling of sorrow and sadness accompanied by emotional, physical, and social responses to the loss of a loved person or thing.

ORDERED RESPONSE

30. ANS: 1, 4, 2, 3

Chapter: Chapter 1, Mental Health and Mental Illness

Objective: Discuss the history of psychiatric care.

Heading: Historical Overview of Psychiatric Care

Integrated Processes: Teaching and Learning

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Teaching and Learning

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Difficulty: Moderate

Feedback: Around 400 BC, Hippocrates was the first to place mental illness in a physical rather than supernatural context. Hippocrates theorized that mental illness was caused by irregularity in the interaction of the four body fluids, or "humors." During the Middle Ages (CE 500−1500) mental illness began to be recognized as a medical problem, which gave rise to the establishment of specialized hospital units and residential institutions specifically designed for clients with mental illness. The first state hospital in the United States for clients with mental illness was established in Philadelphia in the mid-1800s. Psychiatric nursing emerged in 1873 with the graduation of Linda Richards from the nursing program at the New England Hospital for Women and Children in Boston.

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