Essentials of Psychiatric Nursing 2nd edition Boyd

SKU: 9781975139810-TEST-BANK

Test Generator Questions, Chapter 1, Mental Health and Mental Disorders

Multiple Choice

1. As part of a class activity, nursing students are engaged in a small group discussion about the epidemiology of mental illness. Which statement best explains the importance of epidemiology in understanding the impact of mental disorders?
Epidemiology:
A) Helps promote understanding of the patterns of occurrence associated with mental disorders.
B) Helps explain research findings about the neurophysiology that causes mental disorders.
C) Provides a thorough theoretical explanation of why specific mental disorders occur.
D) Predicts when a specific psychiatric client will recover from a specific mental disorder.

Ans: A
Chapter: 1
Client Needs: Safe, Effective Care Environment: Management of Care
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 4
Page Number: 2
Feedback: Epidemiology is the study of patterns of disease distribution and determinants of health within populations. It contributes to the overall understanding of the mental health status of population groups, or aggregates, and it examines the associations among possible factors. Epidemiology does not explain research findings about neurophysiology, provide theoretical explanations for why specific disorders occur, or predict recovery.

2. A nurse is working in a community mental health center that provides care to a large population of people of Asian descent. When developing programs for this community, which of the following would be most important for the nurse to address?
A) Public stigma
B) Self-stigma
C) Label avoidance
D) Negative life events

Ans: C
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Understand

Integrated Process: Nursing Process
Objective: 5
Page Number: 4
Feedback: Although public stigma and self-stigma may be areas needing to be addressed, in this cultural group, label avoidance would be most important. Label avoidance or avoiding treatment/care so as not to be labeled mentally ill is a type of stigma that influences why so few people with mental health problems actually receive assistance. Asian cultures commonly have negative views of mental illness that influence the willingness of members to seek treatment; they possibly ignore the symptoms or refuse to seek treatment because of this stigma. Negative life events affect anyone, not just those of the Asian culture.

3. A nursing student is assigned to care for a client diagnosed with schizophrenia. When talking about this client in a clinical post-conference, the student would use which terminology when referring to the client?
A) Committed client
B) Schizophrenic
C) Schizophrenic client
D) Person with schizophrenia

Ans: D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Communication and Documentation
Objective: 5
Page Number: 4
Feedback: Just as a person with diabetes should not be referred to as a "diabetic" but rather as a "person with diabetes," a person with a mental disorder should never be referred to as a "schizophrenic" or "bipolar," but rather as a "person with schizophrenia" or a "person with bipolar disorder." Doing so helps to counteract the negative effects of stigma.

4. A nursing student is reviewing journal articles about major depression. One of the articles describes the number of persons newly diagnosed with the disorder during the past year. The student interprets this as which of the following?
A) Rate
B) Prevalence
C) Point prevalence
D) Incidence

Ans: D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 4
Page Number: 3

Feedback: The article is describing incidence, which refers to a rate that includes only new cases that have occurred within a clearly defined time period. The most common time period evaluated is 1 year. Rate reflects the proportion of cases in the population compared with the total population. Prevalence refers to the total number of people with the disorder within a given population at a specified time, regardless of how long ago the disorder started. Point prevalence refers to the proportion of individuals in the population that have a disorder at a specific point in time.

5. While working in a community mental health treatment center, the nurse overhears one of the receptionists saying that one of the clients is "really psycho." Later in the day, the nurse talks with the receptionist about the comment. This action by the nurse demonstrates an attempt to address which issue?
A) Lack of knowledge
B) Public stigma
C) Label avoidance
D) Self-stigma

Ans: B
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 5
Page Number: 4
Feedback: The receptionist's statement reflects the negative effects of stigmatization, more specifically public stigma. Self-stigma reflects a person's internalization of a negative stereotype; that is, the person with the mental illness begins to believe that he or she is what the public thinks he or she is. Label avoidance refers to avoiding treatment or care so as not to be labeled mentally ill. Lack of knowledge is often the underlying theme associated with any type of stigma.

6. After educating a group of students on mental health and mental illness, the instructor determines that the education was successful when the group identifies which of the following as reflecting mental disorders?
A) Capacity to interact with others
B) Ability to deal with ordinary stress
C) Alteration in mood or thinking
D) Lack of impaired functioning

Ans: C
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Teaching/Learning
Objective: 3
Page Number: 3
Feedback: Mental disorders are health conditions characterized by alterations in thinking, mood, or behavior and are associated with distress or impaired functioning.

Mental health is the emotional and psychological well-being of an individual who has the capacity to interact with others, deal with ordinary stress, and perceive one's surroundings realistically.

7. A nurse is preparing a presentation for a local community group about mental disorders and plans to include how mental disorders are different from medical disorders. Which statement would be most appropriate for the nurse to include?
A) "Mental disorders are defined by an underlying biological pathology."
B) "Numerous laboratory tests are used to aid in the diagnosis of mental disorders."
C) "Clusters of behaviors, thoughts, and feelings characterize mental disorders."
D) "Manifestations of mental disorders are within normal, expected parameters."

Ans: C
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 3
Page Number: 2
Feedback: Unlike many medical disorders, mental disorders are defined by clusters of behaviors, thoughts, and feelings, not underlying biologic pathology. The alterations in thoughts, behaviors, and feelings are unexpected and outside the normal, culturally defined limits. Laboratory tests are not used in diagnosing mental disorders.

8. A psychiatric–mental health nurse is providing care for a client with a mental disorder. The client is participating in the decision-making process. The nurse interprets this as which component of recovery?
A) Self-direction
B) Collaborative
C) Person-centered
D) Holistic

Ans: B
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 6
Page Number: 4
Feedback: In recovery-oriented care, the person with a mental health problem develops a partnership with a clinician to manage the illness, strengthen coping abilities, and build resilience for life's challenges. Being involved in decision making helps the client transition from a dependent-driven relationship to a collaborative recovery-oriented one. Self-direction is reflected as individuals define their own goals and design a path to meet those goals. Individualized and person-centered is reflected by the individual's use of his or her own unique strengths and resilience as

well as needs, preferences, experiences, and cultural background. Holistic involves the whole life of the individual—mind, body, spirit, and community.

9. A nurse is explaining recovery to the family of a client diagnosed with a mental disorder. Which statement would be most appropriate for the nurse to include about this process?
A) "It is a step-by-step process from being ill to being well."
B) "The client focuses mainly on the emotional aspects of their condition."
C) "The client is helped to live a meaningful life to their fullest potential."
D) "Although peer support is important, the self-acceptance is essential."

Ans: C
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 6
Page Number: 4
Feedback: Recovery from mental disorders and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It is a nonlinear process with setbacks. It also is strength-based. Peer support is important, but so is respect by the community and consumers, along with self-acceptance to ensure inclusion and participation in all aspects of life.

10. After teaching a group of nursing students on recovery, the instructor determines that more education is needed when the group identifies which of the following as a characteristic?
A) Self-direction in life
B) Improvement in health and wellness
C) Achievement of full potential
D) One-time change situation

Ans: D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 6
Page Number: 4
Feedback: **Recovery** from mental disorders and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

11. When describing the treatment of mental illness, which of the following would a nurse identify as the primary goal?
A) Functional status

B) Stigma reduction
C) Stress reduction
D) Recovery

Ans: D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 6
Page Number: 4
Feedback: Although reducing stigma, reducing stress, and improving functional status are important components involved in the treatment of mental illness, recovery is the single most important goal for individuals with mental disorders.

12. A nurse is working as part of the multidisciplinary team and developing a plan of care for a client who is receiving recovery-oriented treatment. Which of the following would the nurse integrate into this plan?
A) Focusing primarily on the mind
B) Limiting support from others
C) Using hope as motivation
D) Avoiding underlying trauma

Ans: C
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 6
Page Number: 5
Feedback: ***Recovery emerges from hope:*** The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.. Recovery is also holistic, addressing an individual's whole life, including body, mind, spirit and community. Recovery is supported by peers and allies and through relationships and social networks. Finally, recovery is supported by addressing trauma, such that services and supports should be trauma-informed to foster safety.

13. A nurse is assessing a client to evaluate the client's mental health and wellness. Applying the eight dimensions of wellness, which of the following would the nurse identify as reflecting emotional wellness?
A) Finding ways to expand creative abilities
B) Recognizing the need for sleep and nutrition
C) Searching for meaning in life
D) Developing skills for dealing with stress

Ans: D

Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 1
Page Number: 2
Feedback: The emotional dimension of wellness focuses on developing skills and strategies to cope with stress. The intellectual dimension focuses on recognizing creative abilities and finding ways to expand one's knowledge and skills. The physical dimension focuses on recognizing the need for physical activity, diet, sleep and nutrition. The spiritual dimension focuses on the search for meaning and purpose in the human experience.

14. Which of the following would be a major barrier affecting the treatment of individuals with mental health problems?
A) Lack of a diagnostic criteria
B) Inability to obtain epidemiologic data
C) Stigma associated with mental health problems
D) Limited hope for recovery

Ans: C
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 3
Page Number: 3
Feedback: Stigma is one of the major treatment barriers facing individuals with mental health problems and their families. Diagnostic criteria have been established for mental disorders, and evidence through epidemiologic research provides valuable information about the mental health status of population groups and associated factors. A guiding principle of recovery is hope, the belief that recovery is real and that the people can and do overcome the internal and external challenges, barriers and obstacles confronting them.

15. Which statement best reflects measures to address public stigma?
A) "The client with schizophrenia needs additional assistance."
B) "The bipolar in room 222 is really out of control today."
C) "That client down the hall is a raving maniac."
D) "That hyperactive client is acting like a psycho."

Ans: A
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 5
Page Number: 4

Feedback: One way to reduce public stigma is to use nonstigmatizing language. Rather than referring to the client as schizophrenic or bipolar, it is more appropriate to say "the client with schizophrenia" or "the client with bipolar disorder." Terms such as maniac and psycho reinforce the negative images of mental illness.

16. When assessing a client with a mental illness, the nurse determines that the client is experiencing label avoidance when the client states which of the following?
A) "I'm at the cause of my illness."
B) "I'll never be able to function in the world."
C) "I'm as crazy as everybody thinks I am."
D) "I really don't need to see anyone."

Ans: D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 5
Page Number: 4
Feedback: Label avoidance involves an individual not seeking treatment so as not to be labeled as mentally ill. The statement about not really needing to see anyone suggests label avoidance. The statements about being the cause of the illness, not being able to function in the world, and being as crazy as everyone says reflect self-stigma, the internalization of negative stereotypes by individuals with mental illness.

17. A nurse is describing the four dimensions of recovery to a group of new psychiatric--mental health nurses. Which dimension is the nurse describing when addressing relationships and social networks?
A) Health
B) Home
C) Purpose
D) Community

Ans: D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 6
Page Number: 4
Feedback: There are four dimensions that support recovery: health (managing disease and living in a physically and emotionally healthy way), home (a safe and stable place to live), purpose (meaningful daily activities and independence, resources and income), and community (relationships and social networks).

18. A nurse is reading a journal article about epidemiologic research and mental

illness. Which of the following mental health conditions would the nurse expect to find as being projected as the leading burden of disease worldwide by the year 2030?
A) Depression
B) Anxiety
C) Substance abuse
D) Anorexia nervosa

Ans: A
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 4
Page Number: 2
Feedback: Based on epidemiologic research, depression is one of the leading disease burdens in middle- and high-income countries, such as the United States. By 2030, depression is projected to be the leading burden worldwide.

19. Which of the following would be used to document a specific pattern of symptoms that occurs within a community?
A) Cultural syndrome
B) Stigma
C) Wellness
D) Stereotype

Ans: A
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 3
Page Number: 3
Feedback: A cultural syndrome refers to a specific pattern of symptoms that occurs within a specific cultural group or community. Stigma refers to a mark of shame, disgrace, or disapproval that results in an individual being shunned or rejected by others. Wellness is a purposeful process of individual growth, integration of experience, and meaningful connection with others. It reflects personally valued goals and strengths, and results in being well and living by values.

Multiple Select

20. A psychiatric–mental health nurse is preparing a presentation about recovery for a group of newly hired nurses at the mental health facility. Which would the nurse identify as important concepts? (Select all that apply.)
A) Self-direction
B) Peer support
C) Respect
D) Hope

E) Culturally-based

Ans: A, B, C, D
Chapter: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 6
Page Number: 5
Feedback: Recovery is multifactorial. It encompasses self-direction, peer support, and respect as fundamental components for recovery; hope–the catalyst of the recovery process–is one of the most important concepts. It is through hope that individuals and families can overcome the barriers and obstacles facing them. Culture and cultural background in all of its diverse representations including values, traditions, and beliefs are key in determining a person's journey and unique pathway to recovery.