Psychiatric Nursing 7th edition Boyd Test Bank

SKU: 9781975161187-TEST-BANK

Chapter 02: Mental Health and Mental Disorders: Fighting Stigma and Promoting Recovery

Format: Multiple Choice
Client Needs: Safe, Effective Care Environment: Management of Care
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 4
Page and Header: 18, Summary of Key points

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?
A) Epidemiology helps promote understanding of the patterns of occurrence associated with mental disorders.
B) Epidemiology helps explain research findings about the neurophysiology that causes mental disorders.
C) Epidemiology provides a thorough theoretical explanation of why specific mental disorders occur.
D) Epidemiology predicts when a specific psychiatric client will recover from a specific mental disorder.

Ans: A

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 5
Page and Header: 16, Label Avoidance

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 would be most important topic for the nurse to address?
A) public stigma
B) self-stigma
C) label avoidance
D) negative life events

Ans: C

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity

Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 5
Page and Header: 15, Stigma

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

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 4
Page and Header: 18, Summary of Key Points

4. A nurse is reviewing journal articles that discuss the occurrence of major depression. One of the articles describes the number of persons newly diagnosed

with the disorder during the past year. The nurse interprets this as which type of data?
A) rate
B) prevalence
C) point prevalence
D) incidence

Ans: D

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 who have a disorder at a specific point in time.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Communication/Documentation
Objective: 5
Page and Header: 16, Public Stigma

5. While working in a community mental health treatment center, a 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

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Teaching/Learning
Objective: 3
Page and Header: 18, Summary of Key Points

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 what 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

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 1
Page and Header: 14, Overview of Mental Health Disorders

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

Feedback:

Unlike many medical disorders, mental disorders are defined by clusters of behaviors, thoughts, and feelings, not underlying biological pathology. The alterations in thoughts, behaviors, and feelings are unexpected and outside normal, culturally defined limits. Laboratory tests are not used in diagnosing mental disorders.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Analysis
Integrated Process: Teaching/Learning
Objective: 6
Page and Header: 18, Summary of Key Points

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

Ans: C

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Teaching/Learning
Objective: 6

Page and Header: 17, Box 2.4 Guiding Principles of Recovery

9. A psychiatric–mental health nurse is preparing a presentation about recovery for a group of newly hired nurses at a mental health facility. Which concept would the nurse identify as crucial to recovery?
A) self-direction
B) peer support
C) respect
D) hope

Ans: D

Feedback:
Although self-direction, peer support, and respect are fundamental components of recovery, hope (the catalyst of the recovery process) is a crucial concept. It is through hope that individuals and families can overcome the barriers and obstacles facing them.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 6
Page and Header: 18, Summary of Key Points

10. After teaching a group of nursing students about recovery, the instructor determines that more education is needed when the group identifies what 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

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Teaching/Learning
Objective: 6
Page and Header: 16, Recovery from Mental Illness

11. The nurse is describing the treatment of mental illness with a client's family members. What would a nurse identify as the primary goal?
A) functional status
B) stigma reduction
C) stress reduction
D) recovery

Ans: D

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 6
Page and Header: 17, Box 2.4 Guiding Principles of Recovery

12. A nurse is working as part of a multidisciplinary team and developing a plan of care for a client who is receiving recovery-oriented treatment. Which 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

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 informed by trauma to foster safety.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process

Objective: 2
Page and Header: 16, Mental Health and Wellness

13. A nurse is assessing a client to evaluate the client's mental health and wellness. Applying the eight dimensions of wellness, which 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

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Nursing Process
Objective: 5
Page and Header: 15, Stigma

14. Which would be a major barrier affecting the treatment of individuals diagnosed with mental health problems?
A) lack of diagnostic criteria

B) inability to obtain epidemiologic data
C) stigma associated with mental health problems
D) limited hope for recovery

Ans: C

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 people can and do overcome the internal and external challenges, barriers, and obstacles confronting them.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Apply
Integrated Process: Communication/Documentation
Objective: 5
Page and Header: 16, Label Avoidance

15. The nurse understands the need to use appropriate language to help address public stigma surrounding mental health issues. Which statement best reflects this understanding?
A) "The client diagnosed 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

Feedback:

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

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 3
Page and Header: 18, Summary of Key Points

16. Which The nurse is documenting a specific pattern of symptoms that occurs within a community. What term will the nurse use?

A) stigma
B) wellness
C) stereotype
D) cultural syndrome

Ans: D

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. A stereotype is a mistaken or oversimplified representation of a group held by those outside that group. 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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process
Objective: 5
Page and Header: 16, Label Avoidance

17. The nurse is interviewing a client diagnosed with a mental illness. The nurse determines that the client is experiencing label avoidance when the client makes what statement?
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 professional help."

Ans: D

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.

Format: Multiple Choice
Client Needs: Psychosocial Integrity

Cognitive Level: Apply
Integrated Process: Teaching/Learning
Objective: 6
Page and Header: 17, Recovery-Oriented Care and Trauma-Informed Care

18. 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

Feedback:
Four dimensions 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).