


Pool Canvas

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Add Calculated Formula [Creation Settings](#)

Name Chapter 2: Mental Health and Mental Illness

Description Diploma exported pool

Instructions

[Modify](#)

[◀ Add Question Here](#)

Question 1 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

Question In epidemiological studies, the point prevalence refers to the

Answer

- A. number of new cases within a defined period of time.
- B. number of individuals in a population who have risk factors for mental illness.
- ✓ C. proportion of individuals who have the disorder at a specified point in time.
- D. proportion of cases in a population compared to the total population.

Correct Feedback The point prevalence refers to the proportion of individuals who have the disorder at a specified point in time.

Incorrect Feedback The point prevalence refers to the proportion of individuals who have the disorder at a specified point in time.

[◀ Add Question Here](#)

Question 2 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

Question In epidemiologic terms the proportion of the cases in the population when compared with the total population refers to the

Answer

- ✓ A. rate
- B. prevalence
- C. incidence
- D. point prevalence

Correct Feedback In epidemiologic terms the proportion of the cases in the population when compared with the total population refers to the rate.

Incorrect Feedback In epidemiologic terms the proportion of the cases in the population when compared with the total population refers to the rate.

[◀ Add Question Here](#)

Question 3 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

Question A universal condition that shapes the way we think, feel and communicate refers to

Answer

- A. mental illness
- B. mental wellness
- ✓ C. mental health .
- D. mental stability

Correct Feedback A universal condition that shapes the way we think, feel and communicate refers to mental health.

Incorrect Feedback A universal condition that shapes the way we think, feel and communicate refers to mental health.

[◀ Add Question Here](#)

Question 4 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

Question The primary purpose of the *DSM-IV* is to

Answer

- ✓ A. provide a commonly understood diagnostic category for clinical practice.
- B. describe treatment modalities for psychiatric disorders and mental illnesses.
- C. identify various etiologies for mental disorders based on family histories.
- D. provide optimal outcomes for treatment for individuals with mental illnesses.

Correct Feedback The primary purpose of the *DSM-IV-TR* is to provide a commonly understood diagnostic category for clinical practice.

Incorrect Feedback The primary purpose of the *DSM-IV-TR* is to provide a commonly understood diagnostic category for clinical practice.

[◀ Add Question Here](#)

Question 5 **Multiple Choice** **1 points**

[Modify](#) [Remove](#)

Question Although the first three axes of the *DSM-IV-TR* appear to contain all the diagnostic information about a client, a truly accurate picture of the client is incomplete without considering other factors such as an estimate of current functioning and

Answer

- ✓ A. life stressors.
- B. cultural background.
- C. marital status.
- D. genetic history.

Correct Feedback Although the first three axes of the *DSM-IV* appear to contain all the diagnostic information about a client, a truly accurate picture of the client is incomplete without considering other factors such as life stressors and an estimate of current functioning.

Incorrect Feedback Although the first three axes of the *DSM-IV* appear to contain all the diagnostic information about a client, a truly accurate picture of the client is incomplete without considering other factors such as life stressors and an estimate of current functioning.

[◀ Add Question Here](#)

Question 6 **True/False** **1 points**

[Modify](#) [Remove](#)

Question Most people experience a mental health problem at one time or another. True or false?

Answer

- ✓ True
- False

Correct Feedback

Incorrect Feedback

[◀ Add Question Here](#)

Question 7 **True/False** **1 points**

[Modify](#) [Remove](#)

Question Someone who is genetically at high risk for a mental health disorder can modify lifestyle and environment to decrease the impact of these factors. True or false?

Answer

✓ True
False

Correct Feedback

Incorrect Feedback

◀ [Add Question Here](#)

Question 8 **True/False**

1 points

[Modify](#) [Remove](#)

Question Evidence-based care (EBC) involves defining clinical questions and finding evidence that serves as a basis of practice. True or false?

Answer

✓ True
False

Correct Feedback

Incorrect Feedback

◀ [Add Question Here](#)

Question 9 **True/False**

1 points

[Modify](#) [Remove](#)

Question The purpose of evidence-based care (EBC) is to develop treatment guidelines. True or false?

Answer

✓ True
False

Correct Feedback

Incorrect Feedback

◀ [Add Question Here](#)

Question 10 **True/False**

1 points

[Modify](#) [Remove](#)

Question The existence of risk factors always means the person will get the mental disorder. True or False?

Answer

True
✓ False

Correct Feedback

Incorrect Feedback

◀ [Add Question Here](#)

Question 11 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question Epp's report in 1986 identifies three challenges in maintaining the health of Canadians, which were identified as reducing inequalities, increasing the prevention effort, and

Answer

- ✓ A. Enhancing people's ability to cope
- B. Promoting enhanced primary care
- C. Support anti-stigma campaigns
- D. Decreasing the prevalence of homelessness

Correct Feedback The Epp (1986) report identified three challenges in maintaining the health of Canadians: reducing inequalities, increasing the prevention effort, and enhancing people's capacity to cope.

Incorrect Feedback The Epp (1986) report identified three challenges in maintaining the health of Canadians: reducing inequalities, increasing the prevention effort, and enhancing people's capacity to cope.

◀ [Add Question Here](#)

Question 12 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question Understanding health is derived from Epp's 1986 report "Achieving Health for All: A Framework for Health Promotion." This report highlights

Answer

- A. Health promotion to improve their health
- ✓ B. Equal weight assisting people with mental illnesses and assisting people to maintain their mental health
- C. The state of being happy, healthy, and free from want
- D. Mental health is achieved through complex interactions of active treatment and supportive interactions.

Correct Feedback The strong link between mental health and mental disorder that this report highlights gives equal weight to assisting people with mental illnesses and assisting people in maintaining their mental health.

Incorrect Feedback The strong link between mental health and mental disorder that this report highlights gives equal weight to assisting people with mental illnesses and assisting people in maintaining their mental health.

◀ [Add Question Here](#)

Question 13 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question In 2006, Kirby and Keon recommended to transform the Canadian approach to mental illness so that mental disorder is considered to be

Answer

- A. Treated separately within specialized facilities
- ✓ B. As significant as other health concerns
- C. Diseases that require extensive multiple treatment modalities
- D. Minimized within the transformation of health care

Correct Feedback The Kirby and Keon report reviewed then-current initiatives and provided recommendations to transform the Canadian approach to mental illness such that mental disorder is considered to be as significant as other health concerns.

Incorrect Feedback The Kirby and Keon report reviewed then-current initiatives and provided recommendations to transform the Canadian approach to mental illness such that mental disorder is considered to be as significant as other health concerns.

◀ [Add Question Here](#)

Question 14 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question To achieve mental health in primary health care it is imperative to address

Answer

- ✓ A. Health education
- B. Behavioural adaptive behaviours
- C. Childhood traumas
- D. Gender difference

Correct Feedback Health education is one of the key primary health care activities that, when applied to mental health, becomes a catalyst for each person to work toward experiencing optimal mental health. The global nature of mental illness is another key aspect of primary health care.

Incorrect Feedback Health education is one of the key primary health care activities that, when applied to mental health, becomes a catalyst for each person to work toward experiencing optimal mental health. The global nature of mental illness is another key aspect of primary health care.

[◀ Add Question Here](#)

Question 15 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question An individual can be challenged by a variety of factors such as medical illnesses, psychological pressures, social tension, and spiritual distress. Strategies to eliminate or reduce these factors refer to

Answer A. Evidence-based care
 B. Mental disorders
 C. Psychiatric diagnosis
 D. Mental health promotion

Correct Feedback A person's mental health can be challenged by a variety of factors such as biologic changes or illnesses, psychological pressures, social tension, and spiritual distress. Healthy life span development includes formulating strategies to eliminate or reduce the impact of these destructive factors throughout one's life.

Incorrect Feedback A person's mental health can be challenged by a variety of factors such as biologic changes or illnesses, psychological pressures, social tension, and spiritual distress. Healthy life span development includes formulating strategies to eliminate or reduce the impact of these destructive factors throughout one's life.

[◀ Add Question Here](#)

Question 16 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question Risk factors that increase the likelihood of developing a mental illness are

Answer A. Factors that influence the likelihood symptoms will appear
 B. Factors that cause the disease
 C. Factors that are symptoms of the illness
 D. Factors that determine the severity of the illness

Correct Feedback Specific **risk factors**, or characteristics that increase the likelihood of developing a mental illness, can contribute to minimal mental health and influence the development and severity of a mental disorder. Risk factors do not cause the disorder and are not symptoms of the illness but, rather, are factors that influence the likelihood that the symptoms will appear.

Incorrect Feedback Specific **risk factors**, or characteristics that increase the likelihood of developing a mental illness, can contribute to minimal mental health and influence the development and severity of a mental disorder. Risk factors do not cause the disorder and are not symptoms of the illness but, rather, are factors that influence the likelihood that the symptoms will appear.

[◀ Add Question Here](#)

Question 17 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question When caring for individuals with mental disorders, the Canadian Mental Health Association in 2008 highlights the significance of consideration to

Answer A. Person's age
 B. Cultural factors
 C. Education level
 D. Marital status

Correct Feedback Canadians represent a blend of people from a vast array of cultures. The Canadian Mental Health Association's (2008) policy statement highlights the importance of cultural sensitivity and appropriateness when serving the public.

Incorrect Feedback Canadians represent a blend of people from a vast array of cultures. The Canadian Mental Health Association's (2008) policy statement highlights the importance of cultural sensitivity and appropriateness when serving the public.

[◀ Add Question Here](#)

Question 18 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question What is the significance of epidemiological studies of mental illness?

Answer A. To study the patterns and distribution of time and space
 B. To study clinical trials in methodologies of treating diseases
 C. To study the impact of nursing care and outcomes
 D. To study individual responses to specific treatment of a diagnosis

Correct Feedback Epidemiology is the study of patterns of disease distribution in time and space. It focuses on the health status of population groups, or aggregates, rather than of individuals, and it involves quantitative analysis of the occurrence of illnesses in population groups.

Incorrect Feedback Epidemiology is the study of patterns of disease distribution in time and space. It focuses on the health status of population groups, or aggregates, rather than of individuals, and it involves quantitative analysis of the occurrence of illnesses in population groups.

[◀ Add Question Here](#)

Question 19 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question In the DSM-IV-TR, the multiaxial diagnostic system Axis III refers to

Answer A. Clinical disorder
 B. General medical condition
 C. Personality disorder
 D. Psychosocial and environmental problems

Correct Feedback Axis III includes *general medical conditions* that must be considered in the diagnosis and treatment of primary psychiatric disorders. Each of the first three axes is essential to understanding and treating an individual with psychiatric concerns.

Incorrect Feedback Axis III includes *general medical conditions* that must be considered in the diagnosis and treatment of primary psychiatric disorders. Each of the first three axes is essential to understanding and treating an individual with psychiatric concerns.

[◀ Add Question Here](#)

Question 20 **Multiple Choice**

1 points

[Modify](#) [Remove](#)

Question Based on the multiaxial diagnostic symptom, the Axis IV refers to

Answer A. Personality disorders and mental retardation
 B. Clinical disorders and relational disorders
 C. Medical illnesses and physical ailments
 D. Psychosocial and environmental problems

Correct Feedback Axis IV relates to any psychosocial and environmental problems that may produce additional stress and confound the diagnosis and that are important aspects of treating the primary psychiatric disorder.

Incorrect Feedback Axis IV relates to any psychosocial and environmental problems that may produce additional stress and confound the diagnosis and that are important aspects of treating the primary psychiatric disorder.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 21 **Multiple Choice**

1 points

Question The currently funded Health Canada project has explored the different sources of stigmatization, which has revealed stigmatization from

Answer A. Health professionals
 B. Psychiatric hospitals
 C. Media
 D. Politicians

Correct Feedback The focus of a currently funded Health Canada project is the exploration of the mental health literacy (MHL) of Canadians. Focus-group participants point to a variety of sources of stigmatization, including that by health professionals.

Incorrect Feedback The focus of a currently funded Health Canada project is the exploration of the mental health literacy (MHL) of Canadians. Focus-group participants point to a variety of sources of stigmatization, including that by health professionals.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 22 **Multiple Choice**

1 points

Question The Canadian Federation of Mental Health Nurses' (2006) standards for nursing practice provide direction in achieving excellence in psychiatric nursing and mental health nursing through

Answer A. Individualized nursing care
 B. Algorithms for symptom relief
 C. Nursing care only focusing on family support
 D. Decision trees of medication in relation to diagnosis

Correct Feedback The Canadian Federation of Mental Health Nurses' (2006) standards for nursing practice support the individualization of nursing care and provide direction for achieving excellence in psychiatric and mental health (PMH) nursing practice.

Incorrect Feedback The Canadian Federation of Mental Health Nurses' (2006) standards for nursing practice support the individualization of nursing care and provide direction for achieving excellence in psychiatric and mental health (PMH) nursing practice.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 23 **Multiple Choice**

1 points

Question Incidence is defined as the

Answer A. Distribution of mental illness with a given population
 B. Rate of new cases within a specified time
 C. Proportion of the population that has the disorder
 D. Rate of occurrence of all cases at a specified time

Correct Feedback The incidence is the rate of new cases within a specified time.

Incorrect Feedback The incidence is the rate of new cases within a specified time.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 24 **Multiple Choice**

1 points

Question The prevalence of a disease is defined as the

Answer A. Rate of occurrence of all cases at a specified time
 B. Rate of new cases within a specified time
 C. Proportion of the population that has the disorder
 D. Distribution of mental illness with a given population

[◀ Add Question Here](#)

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Question 25 **Multiple Choice**

1 points

Question The diagnosis of diabetes is reflected on which DSM-IV-TR Axis of the diagnosis?

Answer A. Axis I
 B. Axis II
 C. Axis III
 D. Axis IV

Correct Feedback Axis III includes *general medical conditions* that must be considered in the diagnosis and treatment of primary psychiatric disorders.

Incorrect Feedback Axis III includes *general medical conditions* that must be considered in the diagnosis and treatment of primary psychiatric disorders.

[◀ Add Question Here](#)

[Modify](#) | [Remove](#)

Question 26 **Multiple Choice**

1 points

Question The diagnosis of major depression is reflected on which DSM-IV-TR Axis of the diagnosis?

Answer A. Axis I
 B. Axis II
 C. Axis III
 D. Axis IV

Correct Feedback Axis I includes most clinical disorders and other conditions that may be a focus of clinical attention such as relational problems or those related to abuse or neglect.

Incorrect Feedback Axis I includes most clinical disorders and other conditions that may be a focus of clinical attention such as relational problems or those related to abuse or neglect.

[◀ Add Question Here](#)

Question 27 True/False

1 points

[Modify](#) [Remove](#)

Question Homelessness and cultural factors contribute to the incidence of mental illness.

Answer
✓ True
False

Correct Feedback
Incorrect Feedback

◀ [Add Question Here](#)

Question 28 True/False

1 points

[Modify](#) [Remove](#)

Question The Global Assessment of Functioning (GAF)GAF estimates an individual's overall functioning that is determined on admission and considered a fixed or constant score for the patient and does not change.

Answer
True
✓ False

Correct Feedback
Incorrect Feedback

◀ [Add Question Here](#)

Question 29 True/False

1 points

[Modify](#) [Remove](#)

Question Nurses play a key role in raising social awareness of Canadians to recognize that mental illness and physical illness are equally acceptable in addressing stigma for mental health patients.

Answer
✓ True
False

Correct Feedback
Incorrect Feedback

◀ [Add Question Here](#)

Question 30 True/False

1 points

[Modify](#) [Remove](#)

Question The use of a mental health diagnosis is a label that can be problematic because of the negative association of the label mental illness.

Answer
✓ True
False

Correct Feedback
Incorrect Feedback

◀ [Add Question Here](#)

OK