

Chapter 2. Mental Health and Mental Illness: Historical and Theoretical Concepts

MULTIPLE CHOICE

1. A nurse is assessing a client who is experiencing 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. The nurse determines the client's behaviors:
 - A. Demonstrate major depression and indicate mental illness.
 - B. Are clinically significant and indicate serious mental illness.
 - C. Are not congruent with cultural norms and indicate mental illness.
 - D. Show daily function is not impaired and do not indicate mental illness.

ANS: D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 22

Heading: Grief

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Grief and loss

Difficulty: Moderate

| | Feedback |
|---|--|
| A | This is incorrect. Feelings of sadness are expected and normal following the loss of a pet. The client does not exhibit signs of mental illness, as daily functioning is not impaired. |
| B | This is incorrect. Feelings of sadness are expected and normal following the loss of a pet. The client does not exhibit signs of mental illness, as daily functioning is not impaired. |
| C | This is incorrect. Feelings of sadness are expected and normal following the loss of a pet. The client does not exhibit signs of mental illness, as daily functioning is not impaired. |
| D | This is correct. The nurse should assess whether the client's daily functioning is impaired. Feelings of sadness are expected and normal following the loss of a pet. The client does not exhibit signs of mental illness, as daily functioning is not impaired. |

PTS: 1

CON: Grief and Loss

2. Which indicates to the nurse a client is at risk for developing a mental disorder?
 - A. Expresses thoughts, feelings, and behaviors included among *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)* criteria
 - B. Demonstrates impaired daily functioning and maladaptive responses to stress
 - C. Communicates significant distress that has not interfered with important activities
 - D. Employs various defense mechanisms to protect the ego from anxiety

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Define *mental health* and *mental illness*.

Page: 16

Heading: Mental Illness

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|---|
| A | This is incorrect. The <i>DSM-5</i> indicates there must be significant disturbance in cognition, emotion, regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning to be diagnosed with a mental disorder. |
| B | This is correct. The nurse should determine that the client is at risk for mental disorder when responses to stress are maladaptive and interfere with daily functioning. A client's ability to communicate distress is considered a positive attribute. |
| C | This is incorrect. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities. |
| D | This is incorrect. Defense mechanisms are used either consciously or unconsciously as protective devices for the ego. |

PTS: 1

CON: Stress

3. A mental health nurse is speaking with parents who are concerned about their 15-year-old identical twins' responses to stress. One twin becomes anxious and irritable, while the other withdraws and cries. Which is the nurse's best response?
- A. "Individual responses to stress are affected by many factors and can vary."
 - B. "Identical twins should not react differently when experiencing stress."
 - C. "Identical twins should have similar dispositions and responses to stress."
 - D. "Environmental factors influence reactions to stress more than genetic factors."

ANS: A

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 16–17

Heading: Psychological Adaptation to Stress

Integrated Processes: Nursing Process: Implementation

Client Need: Teaching/Learning

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is correct. Responses to stress are variable among individuals and may be influenced by perception, past experiences, and environmental factors in addition to genetic factors. |
| B | This is incorrect. Responses to stress are variable among individuals and may be |

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|----------|---|
| | influenced by perception, past experiences, and environmental factors in addition to genetic factors. Each twin will have unique responses to stress. |
| C | This is incorrect. Responses to stress are variable among individuals and may be influenced by perception, past experiences, and environmental factors in addition to genetic factors. The twins' dispositions will reflect their individual personalities. |
| D | This is incorrect. In addition to genetic factors, responses to stress can be influenced by perception, past experiences, and environmental factors. |

PTS: 1

CON: Stress

4. The nurse is interviewing a client with a history of excessive drinking and multiple arrests for impaired driving. The client states, "I work hard to provide for my family. I don't see why I can't drink to relax." The nurse recognizes the client is using which defense mechanism?
- A. Projection
 - B. Rationalization
 - C. Regression
 - D. Sublimation

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2-2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Addiction and Behaviors

Difficulty: Easy

| | Feedback |
|----------|---|
| A | This is incorrect. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. Projection is attributing feelings or impulses unacceptable to one's self to another person. |
| B | This is correct. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. |
| C | This is incorrect. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. Regression is characterized by retreating to an earlier level of development and the comfort measures associated with that level of functioning. |
| D | This is incorrect. The client is using rationalization, a common defense mechanism. The client is attempting to make excuses and create logical reasons to justify unacceptable feelings or behaviors. Sublimation is the rechanneling of drives or impulses that are personally or socially unacceptable into activities that |

are constructive.

PTS: 1 CON: Addiction and Behaviors

5. A new psychiatric nurse states, “This client’s use of defense mechanisms should be eliminated.” Which is a correct evaluation of the nurse’s statement?
- A. Defense mechanisms are self-protective responses to stress and do not need to be eliminated.
 - B. Defense mechanisms are maladaptive attempts of the ego to manage anxiety and should always be eliminated.
 - C. Defense mechanisms are used by individuals with weak ego integrity and should not be eliminated.
 - D. Defense mechanisms cause disintegration of the ego and should be fostered and encouraged.

ANS: A

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 18

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety

Integrated Processes: Nursing Process: Implementation

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Easy

| Feedback | |
|----------|---|
| A | This is correct. Defense mechanisms serve the purpose of reducing anxiety during times of stress. A client with no defense mechanisms may have a lower tolerance for stress, predisposing him or her to anxiety disorders. Defense mechanisms should be confronted when they impede the client from developing healthy coping skills. |
| B | This is incorrect. Defense mechanisms serve the purpose of reducing anxiety during times of stress. A client with no defense mechanisms may have a lower tolerance for stress, predisposing him or her to anxiety disorders. Defense mechanisms should be confronted when they impede the client from developing healthy coping skills. |
| C | This is incorrect. Defense mechanisms serve the purpose of reducing anxiety during times of stress. A client with no defense mechanisms may have a lower tolerance for stress, predisposing him or her to anxiety disorders. Defense mechanisms should be confronted when they impede the client from developing healthy coping skills. |
| D | This is incorrect. Defense mechanisms serve the purpose of reducing anxiety during times of stress. A client with no defense mechanisms may have a lower tolerance for stress, predisposing him or her to anxiety disorders. Defense mechanisms should be confronted when they impede the client from developing healthy coping skills. |

PTS: 1 CON: Stress

6. During an intake assessment, the nurse asks a client physiological and psychosocial questions. The client angrily responds, “I’m here for my heart problems, not for my head.” Which is the nurse’s best response?
- A. “We ask all clients these questions.”
 - B. “Why are you concerned about these questions?”
 - C. “Psychological stress can affect medical conditions.”
 - D. “We can skip these questions if you prefer.”

ANS: C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 20

Heading: Anxiety > Moderate-to-Severe Anxiety

Integrated Processes: Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis [Analyzing]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|---|
| A | This is incorrect. The nurse should not skip either physiological or psychosocial questions, as this would lead to an inaccurate assessment. The nurse should always attempt to educate the client on the negative effects of excessive stress on medical conditions. |
| B | This is incorrect. The nurse should not skip either physiological or psychosocial questions, as this would lead to an inaccurate assessment. The nurse should always attempt to educate the client on the negative effects of excessive stress on medical conditions. |
| C | This is correct. The nurse should not skip either physiological or psychosocial questions, as this would lead to an inaccurate assessment. The nurse should always attempt to educate the client on the negative effects of excessive stress on medical conditions. |
| D | This is incorrect. The nurse should not skip either physiological or psychosocial questions, as this would lead to an inaccurate assessment. The nurse should always attempt to educate the client on the negative effects of excessive stress on medical conditions. |

PTS: 1

CON: Stress

7. Teaching regarding the concepts of mental health and mental illness is effective when the student nurse states which of the following?
- A. “The concepts are rigid and based in religious beliefs.”
 - B. “The concepts are multidimensional and culturally defined.”
 - C. “The concepts are universal and unchanging.”
 - D. “The concepts are fixed and unidimensional.”

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Define *mental health* and *mental illness*.

Page: 14, 16

Heading: Core Concepts
 Integrated Processes: Nursing Process: Evaluation
 Client Need: Psychosocial Integrity
 Cognitive Level: Application [Applying]
 Concept: Health Promotion
 Difficulty: Easy

| | Feedback |
|----------|--|
| A | This is incorrect. Mental health and mental illness are multidimensional and culturally defined. It is important for nurses to be aware of cultural norms when evaluating a client's mental state. |
| B | This is correct. Mental health and mental illness are multidimensional and culturally defined. It is important for nurses to be aware of cultural norms when evaluating a client's mental state. |
| C | This is incorrect. Mental health and mental illness are multidimensional and culturally defined. It is important for nurses to be aware of cultural norms when evaluating a client's mental state. |
| D | This is incorrect. Mental health and mental illness are multidimensional and culturally defined. It is important for nurses to be aware of cultural norms when evaluating a client's mental state. |

PTS: 1 CON: Health Promotion

8. A mental health technician asks the nurse, "How do psychiatrists determine which diagnosis to give a patient?" Which is the nurse's best response?
- A. "Psychiatrists use criteria from the APA's *Diagnostic and Statistical Manual of Mental Disorders*."
 - B. "Psychiatrists are required to follow hospital policy to diagnose mental disorders."
 - C. "Psychiatrists make diagnoses based on the patient's behavior and other factors."
 - D. "Psychiatrists use one of the 10 diagnostic labels from the American Medical Association."

ANS: A

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
 Chapter learning objective: Define *mental health* and *mental illness*.

Page: 16

Heading: Mental Illness

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Health Promotion

| | Feedback |
|----------|---|
| A | This is correct. The <i>Diagnostic and Statistical Manual of Mental Disorders (DSM-5)</i> is published by the American Psychiatric Association (APA). It is an organized manual describing mental disorders and the criteria that determine whether a given diagnosis is appropriate. The purpose of the <i>DSM-5</i> is to facilitate accurate and reliable psychiatric diagnosis and treatment. |
| B | This is incorrect. The <i>DSM-5</i> is published by the APA. It is an organized manual |

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| | describing mental disorders and the criteria that determine whether a given diagnosis is appropriate. The purpose of the <i>DSM-5</i> is to facilitate accurate and reliable psychiatric diagnosis and treatment. |
| C | This is incorrect. The <i>DSM-5</i> is published by the APA. It is an organized manual describing mental disorders and the criteria that determine whether a given diagnosis is appropriate. The purpose of the <i>DSM-5</i> is to facilitate accurate and reliable psychiatric diagnosis and treatment. |
| D | This is incorrect. The <i>DSM-5</i> is published by the APA. It is an organized manual describing mental disorders and the criteria that determine whether a given diagnosis is appropriate. The purpose of the <i>DSM-5</i> is to facilitate accurate and reliable psychiatric diagnosis and treatment. |

PTS: 1 CON: Health Promotion

9. The nurse recognizes which principle underlies effective patient teaching?
- A. Moderate to severe anxiety increases patient learning.
 - B. Mild anxiety enhances patient learning.
 - C. Panic-level anxiety improves nurses' teaching.
 - D. Severe anxiety intensifies concentration and enhances attention.

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 17

Heading: Anxiety > Mild Anxiety > Table 2–1, Levels of Anxiety

Integrated Processes: Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. Mild anxiety sharpens the senses, increases the perceptual field, and results in heightened awareness of the environment. Learning is enhanced. As anxiety increases, attention span decreases and learning becomes more difficult. |
| B | This is correct. Mild anxiety sharpens the senses, increases the perceptual field, and results in heightened awareness of the environment. Learning is enhanced. As anxiety increases, attention span decreases and learning becomes more difficult. |
| C | This is incorrect. Mild anxiety sharpens the senses, increases the perceptual field, and results in heightened awareness of the environment. Learning is enhanced. As anxiety increases, attention span decreases and learning becomes more difficult. |
| D | This is incorrect. Mild anxiety sharpens the senses, increases the perceptual field, and results in heightened awareness of the environment. Learning is enhanced. As anxiety increases, attention span decreases and learning becomes more difficult. |

PTS: 1

CON: Stress

10. Which psychoneurotic responses to severe anxiety are identified in the *DSM-5*?
- A. Somatic symptom disorders
 - B. Grief reactions
 - C. Psychosis
 - D. Bipolar disorder

ANS: A

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 20

Heading: Anxiety > Severe Anxiety

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Easy

| | Feedback |
|----------|--|
| A | This is correct. Somatic symptom disorder is characterized by preoccupation with physical symptoms for which there is no demonstrable organic pathology. One of the diagnostic criteria is a high level of anxiety about health concerns or illness. |
| B | This is incorrect. Grief reaction is not a psychoneurotic response to severe anxiety identified in the <i>DSM-5</i> . |
| C | This is incorrect. Psychosis is not a psychoneurotic response to severe anxiety identified in the <i>DSM-5</i> . |
| D | This is incorrect. Bipolar disorder is not a psychoneurotic response to severe anxiety identified in the <i>DSM-5</i> . |

PTS: 1

CON: Stress

11. A supervisor openly disagrees with an employee's suggestions during a staff meeting. The employee's behavior represents the defense mechanism of displacement when he does which of the following actions?
- A. Assertively confronts the supervisor
 - B. Abruptly leaves the staff meeting
 - C. Angrily criticizes a coworker
 - D. Takes the supervisor to lunch

ANS: C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress
 Difficulty: Moderate

| Feedback | |
|----------|---|
| A | This is incorrect. <i>Displacement</i> refers to transferring feelings from one target to a neutral or less-threatening target. Assertively confronting the supervisor is not an example of displacement. |
| B | This is incorrect. <i>Displacement</i> refers to transferring feelings from one target to a neutral or less-threatening target. Abruptly leaving the staff meeting is not an example of displacement. |
| C | This is correct. <i>Displacement</i> refers to transferring feelings from one target to a neutral or less-threatening target. Angrily criticizing a coworker after the disagreement with the supervisor is an example of the defense mechanism of displacement. |
| D | This is incorrect. <i>Displacement</i> refers to transferring feelings from one target to a neutral or less-threatening target. Taking the supervisor to lunch is not an example of displacement. |

PTS: 1 CON: Stress

12. A male high school student is attracted to a female teacher. The school nurse overhears the student say, “I know she wants me.” The nurse recognizes the student is using which defense mechanism?
- A. Displacement
 - B. Projection
 - C. Rationalization
 - D. Sublimation

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Moderate

| Feedback | |
|----------|--|
| A | This is incorrect. The student’s statement reflects the defense mechanism of projection. <i>Projection</i> refers to the attribution of one’s unacceptable feelings or impulses to another person. <i>Displacement</i> refers to transferring feelings from one target to another. |
| B | This is correct. The student’s statement reflects the defense mechanism of projection. <i>Projection</i> refers to the attribution of one’s unacceptable feelings or impulses to another person. When the client “passes the blame” of the undesirable feelings, anxiety is reduced. |

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|----------|---|
| C | This is incorrect. The student's statement reflects the defense mechanism of projection. <i>Projection</i> refers to the attribution of one's unacceptable feelings or impulses to another person. <i>Rationalization</i> refers to making excuses to justify behavior. |
| D | This is incorrect. The student's statement reflects the defense mechanism of projection. <i>Projection</i> refers to the attribution of one's unacceptable feelings or impulses to another person. <i>Sublimation</i> refers to channeling unacceptable drives or impulses into more constructive, acceptable activities. |

PTS: 1 CON: Stress

13. A fourth-grade boy teases a girl in his class and makes jokes about her. The school nurse identifies the boy is using which defense mechanism?
- A. Displacement
 - B. Projection
 - C. Reaction formation
 - D. Sublimation

ANS: C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. The boy is using the defense mechanism of reaction formation. Reaction formation is the attempt to prevent undesirable thoughts from being expressed by expressing opposite thoughts or behaviors. <i>Displacement</i> refers to transferring feelings from one target to another. |
| B | This is incorrect. The boy is using the defense mechanism of reaction formation. Reaction formation is the attempt to prevent undesirable thoughts from being expressed by expressing opposite thoughts or behaviors. <i>Projection</i> refers to the attribution of unacceptable feelings or behaviors to another person. |
| C | This is correct. The boy is using the defense mechanism of reaction formation. Reaction formation is the attempt to prevent undesirable thoughts from being expressed by expressing opposite thoughts or behaviors. |
| D | This is incorrect. The boy is using the defense mechanism of reaction formation. Reaction formation is the attempt to prevent undesirable thoughts from being expressed by expressing opposite thoughts or behaviors. <i>Sublimation</i> refers to channeling unacceptable drives or impulses into more constructive, acceptable activities. |

PTS: 1 CON: Stress

14. Which statement demonstrates the nurse understands an individual's experience of neurosis?
- A. "The individual is unaware he or she is experiencing distress."
 - B. "The individual feels helpless to change his or her situation."
 - C. "The individual is aware of psychological causes of his or her behavior."
 - D. "The individual has lost contact with reality."

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 20

Heading: Anxiety > Severe Anxiety

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. The client experiencing neurosis feels helpless to change his or her situation and is aware that he or she is experiencing distress and the behaviors are maladaptive. The client is unaware of the psychological causes of the distress. The client has not lost contact with reality. |
| B | This is correct. The client experiencing neurosis feels helpless to change his or her situation, and is aware that he or she is experiencing distress and the behaviors are maladaptive. The client is unaware of the psychological causes of the distress. The client has not lost contact with reality. |
| C | This is incorrect. The client experiencing neurosis feels helpless to change his or her situation and is aware that he or she is experiencing distress and the behaviors are maladaptive. The client is unaware of the psychological causes of the distress. The client has not lost contact with reality. |
| D | This is incorrect. The client experiencing neurosis feels helpless to change his or her situation and is aware that he or she is experiencing distress and the behaviors are maladaptive. The client is unaware of the psychological causes of the distress. The client has not lost contact with reality. |

PTS: 1

CON: Stress

15. A client routinely uses an excessive amount of alcohol when under stress. When her husband arrived home one day and found her intoxicated, he began yelling at her about her chronic alcohol abuse. Which of the wife's actions does the nurse recognize as the defense mechanism of denial?
- A. Hiding liquor bottles in a closet
 - B. Yelling at her son for slouching
 - C. Intentionally burning dinner
 - D. Stating "I don't drink too much!"

ANS: D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|---|
| A | This is incorrect. The woman’s statement “I don’t drink too much!” represents the use of the defense mechanism of denial. The client who refuses to acknowledge the existence of a real situation and the feelings associated with it is using the defense mechanism of denial. |
| B | This is incorrect. The woman’s statement “I don’t drink too much!” represents the use of the defense mechanism of denial. The client who refuses to acknowledge the existence of a real situation and the feelings associated with it is using the defense mechanism of denial. |
| C | This is incorrect. The woman’s statement “I don’t drink too much!” represents the use of the defense mechanism of denial. The client who refuses to acknowledge the existence of a real situation and the feelings associated with it is using the defense mechanism of denial. |
| D | This is correct. The woman’s statement “I don’t drink too much!” represents the use of the defense mechanism of denial. The client who refuses to acknowledge the existence of a real situation and the feelings associated with it is using the defense mechanism of denial. |

PTS: 1

CON: Stress

16. A woman devastated by the divorce from her abusive husband has been receiving grief counseling. The nurse determines the client is in the acceptance stage of grief when the client states which of the following?
- A. “If only we could have tried again, things might have worked out.”
 - B. “I am so angry that my children and I put up with him as long as we did.”
 - C. “It was a difficult marriage, but I think I learned from the experience.”
 - D. “I still am not sleeping, don’t have any appetite, and am losing weight.”

ANS: C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.

Page: 20–21

Heading: Stages of Grief

Integrated Processes: Nursing Process: Evaluation

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Grief and loss

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. This statement represents denial, Stage 1 of Kübler-Ross' stages of grief. The client is in the acceptance stage (Stage 5) of the grief process. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life. |
| B | This is incorrect. This statement represents anger, Stage 2 of Kübler-Ross' stages of grief. The client is in the acceptance stage (Stage 5) of the grief process. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life. |
| C | This is correct. The client is in the acceptance stage (Stage 5) of Kübler-Ross' stages of grief. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life. |
| D | This is incorrect. This statement represents depression, Stage 4 of Kübler-Ross' stages of grief. The client is in the acceptance stage (Stage 5) of the grief process. During this stage, the client is able to focus on the reality of the loss and its meaning in relation to life. |

PTS: 1 CON: Grief and Loss

17. A nurse is performing a mental health assessment on an adult client. The nurse recognizes which action demonstrates the client has achieved the highest level of functioning according to Maslow's Hierarchy of Needs?
- A. Maintenance of a long-term, faithful, intimate relationship
 - B. A high level of self-confidence and autonomy
 - C. A feeling of self-fulfillment and realization of full potential
 - D. Development of a sense of purpose and the ability to direct activities

ANS: C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Define *mental health* and *mental illness*.

Page: 14–15

Heading: Mental Health

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Health Promotion

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. The client who possesses a feeling of self-fulfillment and realizes his or her full potential has achieved self-actualization, the highest level of functioning on Maslow's Hierarchy of Needs. |
| B | This is incorrect. The client who possesses a feeling of self-fulfillment and realizes his or her full potential has achieved self-actualization, the highest level of functioning on Maslow's Hierarchy of Needs. |
| C | This is correct. The client who possesses a feeling of self-fulfillment and realizes his or her full potential has achieved self-actualization, the highest level of functioning on Maslow's Hierarchy of Needs. |
| D | This is incorrect. The client who possesses a feeling of self-fulfillment and |

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| | realizes his or her full potential has achieved self-actualization, the highest level of functioning on Maslow's Hierarchy of Needs. |
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PTS: 1 CON: Health Promotion

18. For which would the nurse be required to employ Maslow's Hierarchy of Needs to determine if immediate intervention due to an unfulfilled lower level is needed?
- A. A client rudely complaining about limited visiting hours
 - B. A client exhibiting aggressive behavior toward another client
 - C. A client stating expressing feelings of sadness and loneliness
 - D. A client verbalizing feelings of failure and hopelessness

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
 Chapter learning objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.

Page: 14–15

Heading: Mental Health

Integrated Processes: Nursing Process: Implementation

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. The nurse should immediately intervene when a client exhibits aggressive behavior toward another client. Maslow's Hierarchy of Needs indicates safety and security are lower-level needs, which must be fulfilled before other higher-level needs can be met. This client demonstrates the higher-level need such as the need for love and belonging. |
| B | This is correct. The nurse should immediately intervene when a client exhibits aggressive behavior toward another client. Maslow's Hierarchy of Needs indicates safety and security are lower-level needs, which must be fulfilled before higher-level needs can be met. This client demonstrates the lower-level need for safety and security. |
| C | This is incorrect. The nurse should immediately intervene when a client exhibits aggressive behavior toward another client. Maslow's Hierarchy of Needs indicates safety and security are lower-level needs, which must be fulfilled before higher-level needs can be met. This client demonstrates the lower-level need for love and belonging. |
| D | This is incorrect. The nurse should immediately intervene when a client exhibits aggressive behavior toward another client. Maslow's Hierarchy of Needs indicates safety and security are lower-level needs, which must be fulfilled before higher-level needs can be met. This client demonstrates the lower-level need for safety and security. |

PTS: 1 CON: Stress

19. Which demonstrates use of the ego defense mechanism of regression?
- A. A mother blames the teacher for her child's failure in school.

- B. A teenager becomes hysterical after seeing a friend killed in a car accident.
- C. A woman decides to marry a man exactly like her beloved father.
- D. An adult throws a temper tantrum when he does not get his own way.

ANS: D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is incorrect. Regression is the retreating to an earlier level of development and the comfort measures associated with that level of functioning. |
| B | This is incorrect. Regression is the retreating to an earlier level of development and the comfort measures associated with that level of functioning. |
| C | This is incorrect. Regression is the retreating to an earlier level of development and the comfort measures associated with that level of functioning. |
| D | This is correct. Regression is the retreating to an earlier level of development and the comfort measures associated with that level of functioning. |

PTS: 1

CON: Stress

20. Which is the most significant consequence of excessive use of regression?
- A. The superego is suppressed.
 - B. Emotions are experienced intensely.
 - C. Learning and personal growth are enhanced.
 - D. Problem-solving is limited.

ANS: D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Evaluation

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----------|---|
| A | This is incorrect. Regression is the retreating to an earlier level of development and the comfort measures associated with a previous level of functioning. Regression results in limited problem-solving abilities. |

| | |
|----------|---|
| B | This is incorrect. Regression is the retreating to an earlier level of development and the comfort measures associated with a previous level of functioning. Regression results in limited problem-solving abilities. |
| C | This is incorrect. Regression is the retreating to an earlier level of development and the comfort measures associated with a previous level of functioning. Regression results in limited problem-solving abilities. |
| D | This is correct. Regression is the retreating to an earlier level of development and the comfort measures associated with a previous level of functioning. Regression results in limited problem-solving abilities. |

PTS: 1 CON: Stress

21. The mental health nurse is conducting an intake interview with a couple seeking marital counseling. The nurse recognizes the husband is using the ego defense mechanism of projection when he exhibits which of the following?
- A. Stamps his feet and demands his wife honor her vows
 - B. Ignores his wife's continued absence from the home
 - C. Accuses his wife of infidelity and betrayal
 - D. Takes out his frustration by verbally abusing his coworkers

ANS: C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Difficult

| | Feedback |
|----------|--|
| A | This is incorrect. Projection is the attribution of feelings or impulses unacceptable to one's self to another person. In this situation, the husband is attributing his feelings of betrayal to his wife. |
| B | This is incorrect. Projection is the attribution of feelings or impulses unacceptable to one's self to another person. In this situation, the husband is attributing his feelings of betrayal to his wife. |
| C | This is correct. Projection is the attribution of feelings or impulses unacceptable to one's self to another person. In this situation, the husband is attributing his feelings of betrayal to his wife. |
| D | This is incorrect. Projection is the attribution of feelings or impulses unacceptable to one's self to another person. In this situation, the husband is attributing his feelings of betrayal to his wife. |

PTS: 1 CON: Stress

22. Which disorder does the nurse recognize as a disorder *in the DSM-5*?

- A. Morbid obesity
- B. Generalized anxiety disorder
- C. Essential hypertension
- D. Bereavement

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
 Chapter learning objective: Define *mental health* and *mental illness*.

Page: 20

Heading: Mental Illness

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Easy

| | Feedback |
|----------|---|
| A | This is incorrect. Morbid obesity is a medical disorder. The <i>DSM-5</i> delineates diagnostic criteria for psychiatric disorders. |
| B | This is correct. The <i>DSM-5</i> identifies several mental health disorders that are related to anxiety, including generalized anxiety disorder, somatic symptom disorder, and dissociative disorders. |
| C | This is incorrect. Essential hypertension is a medical disorder. The <i>DSM-5</i> delineates diagnostic criteria for psychiatric disorders. |
| D | This is incorrect. Bereavement is considered a normal response to loss and is not included in the <i>DSM-5</i> . The <i>DSM-5</i> delineates diagnostic criteria for psychiatric disorders. |

PTS: 1

CON: Stress

23. A nurse is educating a patient about the difference between mental health and mental illness. Which statement indicates teaching was effective?
- A. "Mental health is characterized by an absence of stressors."
 - B. "Mental health is reflected by successful adaptation to stressors."
 - C. "Mental health is incongruence between feelings and behavior."
 - D. "Mental health is included in the diagnostic categories in the *DSM-5*."

ANS: B

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
 Chapter learning objective: Define *mental health* and *mental illness*.

Page: 15

Heading: Mental Illness

Integrated Processes: Teaching/Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis [Analyzing]

Concept: Stress

Difficulty: Easy

| | Feedback |
|----------|--|
| A | This is incorrect. All individuals experience stressors. There are several |

| | |
|----------|--|
| | definitions of <i>mental health</i> . This definition highlights concepts of successful adaptation to stressors, including thoughts, feelings, and behaviors that are age appropriate and congruent with cultural and societal norms. |
| B | This is correct. There are several definitions of <i>mental health</i> . This definition highlights concepts of successful adaptation to stressors, including thoughts, feelings, and behaviors that are age appropriate and congruent with cultural and societal norms. |
| C | This is incorrect. There are several definitions of <i>mental health</i> . This definition highlights concepts of successful adaptation to stressors, including thoughts, feelings, and behaviors that are age appropriate and congruent with cultural and societal norms. Mental illness is evident when incongruence exists between thoughts, feelings, and behaviors. |
| D | This is incorrect. The <i>DSM-5</i> is published by the APA. It is an organized manual that delineates the diagnostic criteria for mental disorders. |

PTS: 1

CON: Stress

24. Most cultures label behavior as mental illness based on which of the following criteria?
- A. Incomprehensibility and cultural relativity
 - B. Strength of character and ethics
 - C. Goal directedness and high energy
 - D. Creativity and good coping skills

ANS: A

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
 Chapter learning objective: Discuss cultural elements that influence attitudes toward mental health and mental illness.

Page: 16

Heading: Mental Illness

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Culture

Difficulty: Easy

| | Feedback |
|----------|--|
| A | This is correct. Incomprehensibility and cultural relativity are most often the criteria used to define whether something is labeled mental illness. The other identified behaviors would be associated with health rather than illness. |
| B | This is incorrect. Incomprehensibility and cultural relativity are most often the criteria used to define whether something is labeled mental illness. The other identified behaviors would be associated with health rather than illness. |
| C | This is incorrect. Incomprehensibility and cultural relativity are most often the criteria used to define whether something is labeled mental illness. The other identified behaviors would be associated with health rather than illness. |
| D | This is incorrect. Incomprehensibility and cultural relativity are most often the criteria used to define whether something is labeled mental illness. The other identified behaviors would be associated with health rather than illness. |

PTS: 1

CON: Culture

25. Which of the following does the nurse recognize as an example of the defense mechanism of repression?
- A. A student who goes to a movie instead of studying for tomorrow’s math test
 - B. A woman who does not believe the military report that her son was killed in Iraq
 - C. A man who is unhappily married goes to school to become a marriage counselor
 - D. A woman who was raped when she was 12 years old does not remember it

ANS: D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 19

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety > Table 2–2, Ego Defense Mechanisms

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Easy

| | |
|---|--|
| | Feedback |
| A | This is incorrect. Repression is the involuntary blocking of unpleasant feelings and experiences from one’s awareness. |
| B | This is incorrect. Repression is the involuntary blocking of unpleasant feelings and experiences from one’s awareness. |
| C | This is incorrect. Repression is the involuntary blocking of unpleasant feelings and experiences from one’s awareness. |
| D | This is correct. Repression is the involuntary blocking of unpleasant feelings and experiences from one’s awareness. |

PTS: 1

CON: Stress

26. Which of the following believed mental illness was curable?
- A. Benjamin Rush
 - B. Dorothea Dix
 - C. Florence Nightingale
 - D. Linda Richards

ANS: B

Chapter: Chapter 2, Mental Health/Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Discuss the history of psychiatric care.

Page: 13

Heading: Historical Overview of Psychiatric Care

Integrated Processes: Nursing Process

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Health Promotion

Difficulty: Easy

| | |
|--|----------|
| | Feedback |
|--|----------|

| | |
|----------|---|
| A | This is incorrect. Dorothea Dix was among the first nurses to advocate for those with mental illness. She was unfaltering in her belief mental illness was curable through humanistic therapeutic care. |
| B | This is correct. Dorothea Dix was among the first nurses to advocate for those with mental illness. She was unfaltering in her belief mental illness was curable through humanistic therapeutic care. |
| C | This is incorrect. Dorothea Dix was among the first nurses to advocate for those with mental illness. She was unfaltering in her belief mental illness was curable through humanistic therapeutic care. |
| D | This is incorrect. Dorothea Dix was among the first nurses to advocate for those with mental illness. She was unfaltering in her belief mental illness was curable through humanistic therapeutic care. |

PTS: 1 CON: Health Promotion

27. The nurse is caring for a client admitted to the palliative care unit. The client's spouse has been at the client's bedside since the client was admitted. One week ago, the spouse began to visit 2 or 3 hours a day. The nurse understands the spouse is experiencing which of the following?
- A. Anticipatory grief
 - B. Bereavement
 - C. Depression
 - D. Resolution

ANS: A

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Correlate adaptive and maladaptive responses to the mental health and mental illness continuum.

Page: 21

Heading: Grief > Anticipatory Grief

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Grief and loss

Difficulty: Moderate

| | Feedback |
|----------|--|
| A | This is correct. The client's spouse is experiencing anticipatory grief. Individuals may begin the grieving process before the actual loss occurs. Family members facing the death of a loved one experience anticipatory grief when they complete the mourning process prematurely. They disengage from the dying person, who may then feel rejected during a time when psychological support is most needed. |
| B | This is incorrect. The client's spouse is experiencing anticipatory grief. Individuals may begin the grieving process before the actual loss occurs. Family members facing the death of a loved one experience anticipatory grief when they complete the mourning process prematurely. They disengage from the dying person, who may then feel rejected during a time when psychological support is most needed. |

| | |
|---|--|
| C | This is incorrect. The client's spouse is experiencing anticipatory grief. Individuals may begin the grieving process before the actual loss occurs. Family members facing the death of a loved one experience anticipatory grief when they complete the mourning process prematurely. They disengage from the dying person, who may then feel rejected during a time when psychological support is most needed. |
| D | This is incorrect. The client's spouse is experiencing anticipatory grief. Individuals may begin the grieving process before the actual loss occurs. Family members facing the death of a loved one experience anticipatory grief when they complete the mourning process prematurely. They disengage from the dying person, who may then feel rejected during a time when psychological support is most needed. |

PTS: 1 CON: Grief and Loss

28. Which of the following is determined by the degree to which thoughts, feelings, and behaviors interfere with an individual's functioning?
- A. Anxiety
 - B. Defense mechanisms
 - C. Mental health
 - D. Adaptation

ANS: D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 17

Heading: Psychological Adaptation to Stress

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|---|--|
| A | This is incorrect. Adaptation is determined by the degree to which the thoughts, feelings, and behaviors interfere with an individual's functioning. |
| B | This is incorrect. Adaptation is determined by the degree to which the thoughts, feelings, and behaviors interfere with an individual's functioning. |
| C | This is incorrect. Adaptation is determined by the degree to which the thoughts, feelings, and behaviors interfere with an individual's functioning. |
| D | This is correct. Adaptation is determined by the degree to which the thoughts, feelings, and behaviors interfere with an individual's functioning. |

PTS: 1 CON: Stress

MULTIPLE RESPONSE

29. Which of the following are included in Jaboda's indicators of mental health? **Select all that apply.**

- A. Acceptance
- B. Creativity
- C. Environmental mastery
- D. Fulfillment
- E. Integration

ANS: C, E

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Define *mental health* and *mental illness*.

Page: 14–15

Heading: Mental Health

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Comprehension [Understanding]

Concept: Patient-Centered Care

Difficulty: Moderate

| | Feedback |
|----|--|
| 1. | This is incorrect. Jaboda's six indicators of mental health are: (1) a positive attitude toward self; (2) growth, development, and the ability to achieve self-actualization; (3) integration; (4) autonomy; (5) perception of reality; and (6) environmental mastery. |
| 2. | This is incorrect. Jaboda's six indicators of mental health are: (1) a positive attitude toward self; (2) growth, development, and the ability to achieve self-actualization; (3) integration; (4) autonomy; (5) perception of reality; and (6) environmental mastery. |
| 3. | This is correct. Jaboda's six indicators of mental health are: (1) a positive attitude toward self; (2) growth, development, and the ability to achieve self-actualization; (3) integration; (4) autonomy; (5) perception of reality; and (6) environmental mastery. |
| 4. | This is incorrect. Jaboda's six indicators of mental health are: (1) a positive attitude toward self; (2) growth, development, and the ability to achieve self-actualization; (3) integration; (4) autonomy; (5) perception of reality; and (6) environmental mastery. |
| 5. | This is correct. Jaboda's six indicators of mental health are: (1) a positive attitude toward self; (2) growth, development, and the ability to achieve self-actualization; (3) integration; (4) autonomy; (5) perception of reality; and (6) environmental mastery. |

PTS: 1

CON: Patient-Centered Care

30. Which of the following were attributed to mental illness prior to the influence of Middle Eastern countries? **Select all that apply.**
- A. Supernatural forces
 - B. Medical conditions
 - C. Disequilibrium of humors
 - D. Personality
 - E. Demons

ANS: A, C, E

| | Feedback |
|----|---|
| 1. | This is correct. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to (1) demonology and evil spirits, (2) supernatural forces, (3) witchcraft, and (4) sins against God. Hippocrates (4000 BC) theorized mental illness was caused by interaction of body fluids he called “humors.” |
| 2. | This is incorrect. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to (1) demonology and evil spirits, (2) supernatural forces, (3) witchcraft, and (4) sins against God. Hippocrates (4000 BC) theorized mental illness was caused by interaction of body fluids he called “humors.” |
| 3. | This is correct. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to (1) demonology and evil spirits, (2) supernatural forces, (3) witchcraft, and (4) sins against God. Hippocrates (4000 BC) theorized mental illness was caused by interaction of body fluids he called “humors.” |
| 4. | This is incorrect. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to (1) demonology and evil spirits, (2) supernatural forces, (3) witchcraft, and (4) sins against God. Hippocrates (4000 BC) theorized mental illness was caused by interaction of body fluids he called “humors.” |
| 5. | This is correct. Middle Eastern countries believed mental illness was a medical condition. Prior to this, mental illnesses were attributed to (1) demonology and evil spirits, (2) supernatural forces, (3) witchcraft, and (4) sins against God. Hippocrates (4000 BC) theorized mental illness was caused by interaction of body fluids he called “humors.” |

PTS: 1

CON: Patient-Centered Care

31. The nurse recognizes which statements regarding defense mechanisms are true? **Select all that apply.**
- A. They are employed when there is a threat to biological or psychological integrity.
 - B. They are controlled by the id and deal with primal urges.
 - C. They are used to relieve mild to moderate anxiety.
 - D. They are protective devices for the superego.
 - E. They are mechanisms that are characteristically self-deceptive.

ANS: A, C, E

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 17–18

Heading: Anxiety > Behavioral Adaptation Responses to Anxiety

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Knowledge [Remembering]

Concept: Stress

Difficulty: Easy

| | Feedback |
|----|--|
| 1. | This is correct. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity to relieve mild to moderate anxiety. Because they redirect focus, they are characteristically self-deceptive. |
| 2. | This is incorrect. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity to relieve mild to moderate anxiety. Because they redirect focus, they are characteristically self-deceptive. |
| 3. | This is correct. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity to relieve mild to moderate anxiety. Because they redirect focus, they are characteristically self-deceptive. |
| 4. | This is incorrect. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity to relieve mild to moderate anxiety. Because they redirect focus, they are characteristically self-deceptive. |
| 5. | This is correct. Defense mechanisms are employed by the ego in the face of threats to biological and psychological integrity to relieve mild to moderate anxiety. Because they redirect focus, they are characteristically self-deceptive. |

PTS: 1

CON: Stress

32. A mental health nurse is assessing a client. Which behaviors indicate the client is experiencing moderate anxiety? **Select all that apply.**
- A. Fidgeting
 - B. Laughing inappropriately
 - C. Palpitations
 - D. Nail biting
 - E. Extremely limited attention span

ANS: A, B, D

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 17

Heading: Anxiety

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Stress

Difficulty: Moderate

| | Feedback |
|----|--|
| 1. | This is correct. Behaviors that indicate heightened stress levels and moderate |

| | |
|----|---|
| | anxiety include fidgeting, laughing inappropriately, and nail biting. Restlessness, difficulty concentrating, muscle tension, and sleep disturbance are other indicators of moderate anxiety. Palpitations and an extremely limited attention span are symptoms of severe anxiety. |
| 2. | This is correct. Behaviors that indicate heightened stress levels and moderate anxiety include fidgeting, laughing inappropriately, and nail biting. Restlessness, difficulty concentrating, muscle tension, and sleep disturbance are other indicators of moderate anxiety. Palpitations and an extremely limited attention span are symptoms of severe anxiety. |
| 3. | This is incorrect. Behaviors that indicate heightened stress levels and moderate anxiety include fidgeting, laughing inappropriately, and nail biting. Restlessness, difficulty concentrating, muscle tension, and sleep disturbance are other indicators of moderate anxiety. Palpitations and an extremely limited attention span are symptoms of severe anxiety. |
| 4. | This is correct. Behaviors that indicate heightened stress levels and moderate anxiety include fidgeting, laughing inappropriately, and nail biting. Restlessness, difficulty concentrating, muscle tension, and sleep disturbance are other indicators of moderate anxiety. Palpitations and an extremely limited attention span are symptoms of severe anxiety. |
| 5. | This is incorrect. Behaviors that indicate heightened stress levels and moderate anxiety include fidgeting, laughing inappropriately, and nail biting. Restlessness, difficulty concentrating, muscle tension, and sleep disturbance are other indicators of moderate anxiety. Palpitations and an extremely limited attention span are symptoms of severe anxiety. |

PTS: 1 CON: Stress

33. The nurse recognizes which statements regarding cultural aspects of mental illness are accurate? **Select all that apply.**
- A. Local or cultural norms define pathological behavior.
 - B. The higher the socioeconomic class, the greater the recognition of mental illness behaviors.
 - C. Psychiatrists typically see patients when the family can no longer deny the illness.
 - D. The greater the cultural distance from mainstream society, the greater the likelihood the illness will be treated with sensitivity and compassion.

ANS: A, B, C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts
 Chapter learning objective: Discuss cultural elements that influence attitudes toward mental health and mental illness.

Page: 16

Heading: Core Concepts > Box 2–1: Cultural Aspects of Mental Illness

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Culture

Difficulty: Easy

| |
|----------|
| Feedback |
|----------|

| | |
|----|--|
| 1. | This is correct. A society's cultural beliefs influence the definitions of behaviors that indicate mental illness. There is greater recognition of mental illness behaviors among higher socioeconomic classes. Psychiatrists often see a person with mental illness when the family can no longer deny the illness. |
| 2. | This is correct. A society's cultural beliefs influence the definitions of behaviors that indicate mental illness. There is greater recognition of mental illness behaviors among higher socioeconomic classes. Psychiatrists often see a person with mental illness when the family can no longer deny the illness. |
| 3. | This is correct. A society's cultural beliefs influence the definitions of behaviors that indicate mental illness. There is greater recognition of mental illness behaviors among higher socioeconomic classes. Psychiatrists often see a person with mental illness when the family can no longer deny the illness. |
| 4. | This is incorrect. The fewer ties that a group has with mainstream society, the greater the likelihood of a negative response by society to mental illness. |

PTS: 1

CON: Culture

34. For which reasons is the *DSM-5* useful in the practice of psychiatric nursing? **Select all that apply.**
- A. It informs the nurse of accurate and reliable psychiatric diagnoses.
 - B. It represents progress toward a more holistic view of mind and body.
 - C. It provides a framework for interdisciplinary communication.
 - D. It provides a template for psychiatric nursing care plans.
 - E. It provides a framework for communication with the client.

ANS: A, B, C

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Define *mental health* and *mental illness*.

Page: 16

Heading: Mental illness

Integrated Processes: Nursing Process: Assessment

Client Need: Safe and Effective Care Environment

Cognitive Level: Comprehension [Understanding]

Concept: Patient-Centered Care

Difficulty: Moderate

| | Feedback |
|----|---|
| 1. | This is correct. The <i>DSM-5</i> is useful in the practice of psychiatric nursing because it facilitates comprehensive evaluation of the client leading to appropriate psychiatric diagnoses. The <i>DSM-5</i> encourages a holistic view of mind and body and provides a framework for interdisciplinary communication. |
| 2. | This is correct. The <i>DSM-5</i> is useful in the practice of psychiatric nursing because it facilitates comprehensive evaluation of the client leading to appropriate psychiatric diagnoses. The <i>DSM-5</i> encourages a holistic view of mind and body and provides a framework for interdisciplinary communication. |
| 3. | This is correct. The <i>DSM-5</i> is useful in the practice of psychiatric nursing because it facilitates comprehensive evaluation of the client leading to appropriate psychiatric diagnoses. The <i>DSM-5</i> encourages a holistic view of mind and body and provides a framework for interdisciplinary communication. |

| | |
|----|---|
| 4. | This is incorrect. The <i>DSM-5</i> is useful in the practice of psychiatric nursing because it facilitates comprehensive evaluation of the client leading to appropriate psychiatric diagnoses. The <i>DSM-5</i> encourages a holistic view of mind and body and provides a framework for interdisciplinary communication. |
| 5. | This is incorrect. The <i>DSM-5</i> is useful in the practice of psychiatric nursing because it facilitates comprehensive evaluation of the client leading to appropriate psychiatric diagnoses. The <i>DSM-5</i> encourages a holistic view of mind and body and provides a framework for interdisciplinary communication. |

PTS: 1

CON: Patient-Centered Care

ORDERED RESPONSE

35. Place Kübler-Ross' stages of feelings related to loss in the correct order.

1. ____ Anger
2. ____ Bargaining
3. ____ Denial
4. ____ Depression
5. ____ Acceptance

ANS:

3, 1, 2, 4, 5

Chapter: Chapter 2, Mental Health and Mental Illness: Historical and Theoretical Concepts

Chapter learning objective: Describe psychological adaptation responses to stress.

Page: 20–21

Heading: Grief > Stages of Grief

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Knowledge [Remembering]

Concept: Grief and Loss

Difficulty: Easy

Feedback: The five stages of feelings and behaviors individuals experience in response to real, perceived, or anticipated loss are denial, anger, bargaining, depression, and acceptance.

PTS: 1

CON: Grief and Loss