

1. A nurse researcher is conducting a study on how a mother perceives her infant at the age of 4 months. The researcher is asking the mother to identify general prominent features, some of which are seen in all the infant's behavior patterns and are most often used as descriptors of the infant. What is the best term for these features?
 - A) Personality traits
 - B) Secondary traits
 - C) Central traits
 - D) Humanistic traits

2. What type of the following personality theories views a person as a whole?
 - A) Altruistic
 - B) Humanistic
 - C) Theistic
 - D) Allopathic

3. Which of the following are components of an individual's personality? (Select all that apply.)
 - A) Pattern of interacting with oneself and the environment
 - B) Pattern of perceiving oneself and the environment
 - C) Pattern of relating to oneself and the environment
 - D) Pattern of thinking about oneself and the environment
 - E) Pattern of admiring oneself and the environment

4. When caring for patients, the nurse recognizes that each person has a certain disposition. How else could disposition be described?
 - A) Personality
 - B) Core traits
 - C) Temperament
 - D) Secondary traits

5. The nurse knows that as persons grow from childhood to adulthood, they respond to the realization that they are an autonomous being and therefore capable of controlling themselves. This realization forms what?
 - A) Patterns of thinking
 - B) Patterns of behavior
 - C) Secondary traits
 - D) Core traits

6. The nurse reads the admission notes in the chart of a new patient. The admitting nurse mentions that the patient uses humor as a defense mechanism. If this defense mechanism is used short term, how would its use be described?
 - A) Maladaptive
 - B) Predetermined
 - C) Patterns of conflict
 - D) Adaptive

7. Erikson's theory of psychosocial development recognizes that not everyone will be successful at each stage of development. Erikson's view emphasizes that failure in one stage of development means what for the person in later stages of development?
 - A) The failure can be corrected by successes
 - B) The failure can never be corrected
 - C) Repetition of the previous stage until success is achieved
 - D) Going back to a previous stage to work through more tasks

8. What basic psychologic needs did William Glasser cite that determine a person's behavioral response in a given situation? (Select all that apply.)
 - A) Fun
 - B) Dependence
 - C) Love
 - D) Trust
 - E) Choice

9. Piaget theorizes that as humans grow and move from one stage to another, they seek cognitive balance. What term does Piaget's theory use to describe this process of achieving cognitive balance?
 - A) Equilibration
 - B) Trust
 - C) Assimilation
 - D) Accommodation

10. A pediatric nurse is caring for a 5-year-old female patient. When giving the child an injection preoperatively, the patient cries and states, "Now everything will leak out." The nurse knows that this is an example of what?
 - A) Impulsivity
 - B) Fear
 - C) Magical thinking
 - D) Egocentrism

11. Based on Piaget's work, Kohlberg developed a theory of moral development. According to Kohlberg's theory, each of the levels builds on the one prior with what?
- A) A chance to go back and rework the prior level
 - B) A chance to be successful at prior levels
 - C) A more complex view of a moral issue
 - D) A less complex view of a moral issue
12. A mental health nurse must develop what with the clients to be able to provide patient care?
- A) A personal relationship
 - B) An informal relationship
 - C) A social relationship
 - D) A therapeutic relationship
13. When working with a patient on the behavioral unit, a mental health nurse notes that the patient does not demonstrate an understanding of own actions or the results of those actions. Practicing Peplau's theory, the nurse sees what as a basis for therapeutic interaction with this client?
- A) Stages of developmental growth
 - B) Levels of psychosocial growth
 - C) Stages of interpersonal growth
 - D) Levels of interactive growth
14. A nurse working on the pediatric unit is caring for a toddler. The nurse knows that according to Peplau's theory, the child is learning what?
- A) Learning independence
 - B) Delaying self-gratification
 - C) Learning to cooperate
 - D) Learning to behave in a way that is acceptable to others
15. A mother and daughter are seeing a mental health advanced practice nurse. The daughter, 15 years old, ran away a month ago and was found at a friend's home 3 days later. The daughter says she ran away because her mother beat her. The mother tells the APN that she is raising her daughter the way she was raised. What theory would the mental health APN use to treat this patient dyad?
- A) Cognitive theory
 - B) Psychodynamic nursing
 - C) Family Systems theory
 - D) Psychosocial theory

16. Bowen, in the Family Systems theory, proposes that anxiety, an individual reaction to stress, is directly correlated to the person's what?
- A) Distancing
 - B) Level of differentiation
 - C) Pseudoself
 - D) Solid self
17. Peplau's theory of psychodynamic nursing purports that an individual must do what before being able to live successfully and interact as a member of society?
- A) Pass through all the developmental stages of Erikson
 - B) Be a solid self
 - C) Understand Piaget's cognitive levels of development
 - D) Learn to practice self-control
18. The nurse caring for a child is explaining to the mother about development. At what age would the nurse tell the mother the superego starts developing?
- A) 1–2 years
 - B) 2–3 years
 - C) 3–4 years
 - D) 4–5 years
19. You are working on a mental health unit that follows the theory of interpersonal development. You would know that this theory's major concepts include what?
- A) There is one solid image of self
 - B) There are two images of self
 - C) The person develops three images of self
 - D) It is necessary to integrate four unconscious images of self
20. The mental health APN is counseling with a family that he has identified as being made up of individuals who are predominantly a solid self. This means that the nurse is interacting with what type of family system?
- A) Open
 - B) Closed
 - C) Differentiated
 - D) Pseudocohesive

Answer Key

1. C
2. B
3. B, C, D
4. C
5. B
6. D
7. A
8. A, C, E
9. A
10. C
11. C
12. D
13. A
14. B
15. C
16. B
17. D
18. C
19. C
20. A