

NURS 2459 MENTAL HEALTH EXAM 1 RECENT UPDATE WITH CORRECT ANS RAMUSSEN COLLEGE A+ GUIDE

Mental and Behavioral Health Review

Section 1: Historical Factors in Mental Health Care

Which of the following historical events led to the development of moral treatment in mental health care?

- The American Revolution
- The Industrial Revolution
- The Civil War
- The Great Depression

Answer: b. The Industrial Revolution

Rationale: The Industrial Revolution in the 18th and 19th centuries led to a shift in societal attitudes towards mental illness, with the development of moral treatment approaches that emphasized humane treatment and rehabilitation of patients.

Who is known for pioneering the use of hypnosis as a treatment for mental illness?

- Sigmund Freud
- Philippe Pinel
- Benjamin Rush
- Franz Anton Mesmer

Answer: d. Franz Anton Mesmer

Rationale: Mesmer, a German physician in the 18th century, developed the concept of animal magnetism and used hypnosis to treat various physical and mental disorders.

Which landmark Supreme Court case in 1975 established the principle of least restrictive alternative in mental health care?

- Wyatt v. Stickney
- O'Connor v. Donaldson
- Rennie v. Klein
- Addington v. Texas

Answer: b. O'Connor v. Donaldson

Rationale: In the O'Connor v. Donaldson case, the Supreme Court ruled that involuntary commitment could only be justified if the individual posed a danger to themselves or others, and that the principle of least restrictive alternative should be followed.

What is the primary criticism of the biomedical model of mental illness?

- It overlooks the importance of social and environmental factors in mental health.
- It stigmatizes people with mental illness as being fundamentally different from "normal" people.
- It relies too heavily on subjective experiences of patients.
- It is too focused on psychological and behavioral approaches to treatment.

Answer: a. It overlooks the importance of social and environmental factors in mental health.

Rationale: The biomedical model of mental illness views mental illness primarily as a biological dysfunction, and often overlooks the importance of social and environmental factors that may contribute to mental health issues.

Which of the following is an example of a structural factor that can influence mental health outcomes?

- A traumatic event experienced by an individual
- Genetic predisposition to mental illness
- A lack of access to healthcare
- Negative self-talk

Answer: c. A lack of access to healthcare

Rationale: Structural factors, such as poverty, lack of access to healthcare, and discrimination, can significantly impact mental health outcomes and contribute to health disparities.

What is the primary goal of the recovery movement in mental health care?

- To cure mental illness
- To reduce the stigma associated with mental illness
- To improve access to medication for people with mental illness
- To promote self-determination and empowerment for people with mental illness

Answer: d. To promote self-determination and empowerment for people with mental illness

Rationale: The recovery movement in mental health care emphasizes the importance of patient-centered care, with a focus on promoting self-determination and empowerment for individuals with mental illness.

Which of the following is an example of a behavioral therapy used in mental health care?

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Eye movement desensitization and reprocessing

- Interpersonal therapy

Answer: b. Dialectical behavior therapy

Rationale: Dialectical behavior therapy is a form of behavioral therapy that emphasizes the development of skills to manage emotions and interpersonal relationships.

Which of the following is an example of a cognitive therapy used in mental health care?

- Psychodynamic therapy
- Acceptance and commitment therapy
- Solution-focused therapy
- Rational emotive behavior therapy

Answer: d. Rational emotive behavior therapy

Rationale: Rational emotive behavior therapy is a form of cognitive therapy that focuses on identifying and challenging negative thoughts and beliefs that contribute to emotional distress.

Which of the following is an example of a community-based mental health service?

- Inpatient hospitalization
- Partial hospitalization program
- Assertive community treatment
- Intensive outpatient program

Answer: c. Assertive community treatment

Rationale: Assertive community treatment is a community-based mental health service that provides comprehensive, multidisciplinary care for individuals with severe and persistent mental illness.

A patient with depression is receiving electroconvulsive therapy (ECT). What is the primary goal of ECT?

- To relieve symptoms of anxiety
- To decrease suicidal ideation
- To improve cognitive functioning
- To promote socialization skills

Answer: b. To decrease suicidal ideation

Rationale: The primary goal of ECT is to relieve severe symptoms of depression, including suicidal ideation, by inducing a seizure through electrical stimulation of the brain.

A patient with schizophrenia is prescribed antipsychotic medication. Which of the following is a common side effect of antipsychotic medication?

- Hypertension
- Hypoglycemia
- Tardive dyskinesia
- Hypothyroidism

Answer: c. Tardive dyskinesia

Rationale: Tardive dyskinesia is a common side effect of long-term antipsychotic medication use, characterized by involuntary movements of the face, tongue, and limbs.

A patient with anxiety is receiving cognitive behavioral therapy (CBT). What is the primary goal of CBT?

- To decrease symptoms of anxiety
- To improve social functioning
- To promote relaxation techniques
- To increase physical activity

Answer: a. To decrease symptoms of anxiety

Rationale: The primary goal of CBT is to help individuals identify and change negative thought patterns that contribute to anxiety, and learn coping strategies to manage symptoms.

A patient with bipolar disorder is prescribed lithium. What is the primary action of lithium in treating bipolar disorder?

- Decreasing levels of dopamine in the brain
- Increasing levels of serotonin in the brain
- Stabilizing mood swings and preventing manic episodes
- Promoting relaxation and reducing anxiety

Answer: c. Stabilizing mood swings and preventing manic episodes

Rationale: Lithium is a mood stabilizer used to treat bipolar disorder by regulating mood swings and preventing manic episodes.

A patient with borderline personality disorder is receiving dialectical behavior therapy (DBT). What is the primary goal of DBT?

- To increase self-esteem
- To promote assertiveness skills
- To decrease impulsive behaviors

- To improve interpersonal relationships
- Answer: c. To decrease impulsive behaviors

Rationale: The primary goal of DBT is to help individuals with borderline personality disorder learn coping strategies to manage impulsive behaviors, regulate emotions, and improve interpersonal relationships.

A patient with posttraumatic stress disorder (PTSD) is receiving eye movement desensitization and reprocessing (EMDR). What is the primary goal of EMDR?

- To decrease symptoms of anxiety
- To improve sleep quality
- To desensitize traumatic memories and reduce distress
- To increase physical activity

Answer: c. To desensitize traumatic memories and reduce distress

Rationale: The primary goal of EMDR is to desensitize traumatic memories and reduce distress associated with PTSD, using eye movements or other forms of bilateral stimulation.

A patient with alcohol dependence is receiving disulfiram (Antabuse). What is the primary action of disulfiram in treating alcohol dependence?

- Decreasing cravings for alcohol
- Reducing the euphoric effects of alcohol
- Promoting relaxation and reducing anxiety
- Stabilizing mood swings and preventing manic episodes

Answer: b. Reducing the euphoric effects of alcohol

Rationale: Disulfiram works by inhibiting the metabolism of alcohol, resulting in unpleasant side effects (such as nausea and vomiting) when alcohol is consumed, which is intended to discourage alcohol use.

A patient with attention deficit hyperactivity disorder (ADHD) is prescribed methylphenidate (Ritalin). What is the primary action of methylphenidate in treating ADHD?

- Increasing levels of dopamine and norepinephrine in the brain
- Decreasing levels of serotonin in the brain
- Stabilizing mood swings and preventing manic episodes
- Promoting relaxation and reducing anxiety

Answer: a. Increasing levels of dopamine and norepinephrine in the brain

Rationale: Methylphenidate is a central nervous system stimulant used to treat ADHD by increasing levels of dopamine and norepinephrine in the brain, which improves attention and reduces hyperactivity and impulsivity.

A patient with obsessive-compulsive disorder (OCD) is receiving exposure and response prevention (ERP) therapy. What is the primary goal of ERP?

- To decrease symptoms of anxiety
- To improve social functioning
- To promote relaxation techniques
- To reduce obsessive thoughts and compulsive behaviors

Answer: d. To reduce obsessive thoughts and compulsive behaviors

Rationale: The primary goal of ERP is to help individuals with OCD reduce the frequency and intensity of obsessive thoughts and compulsive behaviors by gradually exposing them to anxiety-provoking situations and preventing the associated compulsive behaviors.

Which physiological response is associated with the fight-or-flight response?

- Decreased heart rate
- Constricted pupils
- Increased respiratory rate
- Increased digestion

Answer: c. Increased respiratory rate

Rationale: The fight-or-flight response is a physiological response to stress that prepares the body to either fight or flee from a perceived threat. This response is characterized by increased heart rate, dilated pupils, increased respiratory rate, and decreased digestion.

A patient is experiencing mild anxiety. What are some common physical symptoms that may be present?

- Hyperventilation and dizziness
- Chest pain and palpitations
- Nausea and vomiting
- Muscle tension and tremors

Answer: d. Muscle tension and tremors

Rationale: Common physical symptoms of mild anxiety include muscle tension, tremors, sweating, dry mouth, and butterflies in the stomach. Hyperventilation, chest pain, palpitations, and nausea are more commonly associated with moderate to severe anxiety.

What is the primary goal of cognitive-behavioral therapy (CBT) in the treatment of anxiety disorders?

- To increase awareness of unconscious conflicts
- To promote relaxation techniques
- To challenge and modify negative thought patterns
- To explore the patient's childhood experiences

Answer: c. To challenge and modify negative thought patterns

Rationale: The primary goal of CBT in the treatment of anxiety disorders is to help patients challenge and modify negative thought patterns and beliefs that contribute to their anxiety. CBT helps patients develop coping strategies and behaviors that promote anxiety reduction and symptom management.

A patient is experiencing moderate anxiety. What are some common psychological symptoms that may be present?

- Irritability and agitation
- Numbness and detachment
- Fear of losing control or going crazy
- Hallucinations and delusions

Answer: a. Irritability and agitation

Rationale: Common psychological symptoms of moderate anxiety include irritability, agitation, restlessness, and difficulty concentrating. Fear of losing control or going crazy is more commonly associated with severe anxiety, and hallucinations and delusions may be indicative of a psychotic disorder.

Which medication is commonly prescribed for the treatment of panic disorder?

- Sertraline (Zoloft)
- Alprazolam (Xanax)
- Lithium (Eskalith)
- Haloperidol (Haldol)

Answer: b. Alprazolam (Xanax)

Rationale: Alprazolam is a benzodiazepine medication that is commonly prescribed for the treatment of panic disorder. Benzodiazepines are anxiolytic medications that work by enhancing the effects of GABA, a neurotransmitter that has a calming effect on the brain.

A patient with generalized anxiety disorder (GAD) is receiving treatment with buspirone (Buspar). What is the primary action of buspirone in the treatment of anxiety?

- Increasing levels of serotonin in the brain
 - Decreasing levels of dopamine in the brain
 - Enhancing the effects of GABA in the brain
 - Inhibiting the reuptake of norepinephrine and serotonin
- Answer: a. Increasing levels of serotonin in the brain

Rationale: Buspirone is an anxiolytic medication that is commonly prescribed for the treatment of GAD. Its primary action is to increase levels of serotonin in the brain, which has a calming effect and helps to reduce anxiety.

Which of the following is a physical symptom of mild to moderate anxiety?

- Trembling
- Paranoia
- Hallucinations
- Delusions

Answer: a. Trembling

Rationale: Mild to moderate anxiety can cause physical symptoms such as trembling, sweating, and increased heart rate.

Which of the following is a psychological symptom of mild to moderate anxiety?

- Chest pain
- Shortness of breath
- Fear of losing control
- Nausea

Answer: c. Fear of losing control

Rationale: Psychological symptoms of mild to moderate anxiety include feelings of apprehension, fear of losing control, and irritability.

Which of the following is an appropriate nursing intervention for a patient experiencing mild to moderate anxiety?

- Encourage the patient to talk about their fears and worries

- Administer an antipsychotic medication
- Leave the patient alone to calm down
- Instruct the patient to take deep breaths

Answer: d. Instruct the patient to take deep breaths

Rationale: An appropriate nursing intervention for a patient experiencing mild to moderate anxiety is to instruct them to take deep breaths and engage in relaxation techniques.

Which of the following is a maladaptive coping mechanism for anxiety?

- Exercise
- Substance abuse
- Meditation
- Seeking social support

Answer: b. Substance abuse

Rationale: Substance abuse is a maladaptive coping mechanism for anxiety and can lead to further problems.

Which of the following is a characteristic of generalized anxiety disorder?

- Panic attacks
- Obsessive-compulsive behaviors
- Excessive worry
- Social withdrawal

Answer: c. Excessive worry

Rationale: Generalized anxiety disorder is characterized by excessive worry and anxiety about everyday life events or activities.

Which of the following is a therapeutic intervention for anxiety?

- Cognitive-behavioral therapy
- Electroconvulsive therapy
- Hypnosis
- Aromatherapy

Answer: a. Cognitive-behavioral therapy

Rationale: Cognitive-behavioral therapy is a therapeutic intervention for anxiety that helps patients identify and change negative thought patterns.

Which of the following is a potential side effect of benzodiazepines, a medication commonly used to treat anxiety?

- Insomnia
- Hypertension
- Weight gain
- Respiratory

depression Answer: a.
Insomnia

Rationale: A potential side effect of benzodiazepines, a medication commonly used to treat anxiety, is insomnia.

Which of the following is an example of a mindfulness-based stress reduction technique?

- Meditation
- Exposure therapy
- Psychodynamic therapy
- Dialectical behavior

therapy Answer: a.
Meditation

Rationale: Mindfulness-based stress reduction techniques, such as meditation, can help patients reduce stress and anxiety.

Which of the following is a risk factor for developing anxiety disorders?

- Age over 65
- Male gender
- Substance abuse
- Low socioeconomic

status Answer: c.
Substance abuse

Rationale: Substance abuse is a risk factor for developing anxiety disorders.

Which of the following is NOT a key component of the therapeutic nurse/client relationship?

- Trust
- Empathy
- Boundaries
- Aggression

Answer: d.
Aggression