



**Test Bank Complete  
Psychiatric Mental  
Health  
Nursing 9<sup>th</sup> Edition**

## Table of Contents

	1
Chapter 01. The Concept of Stress Adaptation	2
Chapter 02. Mental Health/Mental Illness: Historical and Theoretical Concepts	9
Chapter 03. Psychopharmacology	20
Chapter 04. Concepts of Psychobiology	28
Chapter 05. Ethical and Legal Issues in Psychiatric/Mental Health Nursing	37
Chapter 06. Cultural and Spiritual Concepts Relevant to Psychiatric/Mental Health Nursing	47
Chapter 07. Relationship Development	54
Chapter 08. Therapeutic Communication	62
Chapter 09. The Nursing Process in Psychiatric/Mental Health Nursing	74
Chapter 10. Therapeutic Groups	85
Chapter 11. Intervention With Families	93
Chapter 12. Milieu Therapy - The Therapeutic Community	99
Chapter 13. Crisis Intervention	104
Chapter 14. Assertiveness Training	109
Chapter 15. Promoting Self-Esteem	117
Chapter 16. Anger/Aggression Management	123
Chapter 17. The Suicidal Client	130
Chapter 18. Behavior Therapy	139
Chapter 19. Cognitive Therapy	146
Chapter 20. Electroconvulsive Therapy	155
Chapter 21. The Recovery Model	162
Chapter 22. Neurocognitive Disorders	169
Chapter 23. Substance-Related and Addictive Disorders	175
Chapter 24. Schizophrenia Spectrum and Other Psychotic Disorders	186
Chapter 25. Depressive Disorders	197
Chapter 26. Bipolar and Related Disorders	208
Chapter 27. Anxiety, Obsessive-Compulsive, and Related Disorders	219
Chapter 28: Trauma and Stressor-Related Disorders	230
Chapter 29. Somatic Symptom and Dissociative Disorders	238
Chapter 30. Issues Related to Human Sexuality and Gender Dysphoria	244
Chapter 31. Eating Disorders	249
Chapter 32. Personality Disorders	257
Chapter 33. Children and Adolescents	269
Chapter 34. The Aging Individual	279
Chapter 35. Survivors of Abuse or Neglect	284
Chapter 36. Community Mental Health Nursing	290
Chapter 37. The Bereaved Individual	297
Chapter 38. Military Families	302

## Chapter 01. The Concept of Stress Adaptation

### Multiple Choice

1. A client has experienced the death of a close family member and at the same time becomes unemployed. This situation has resulted in a 6-month score of 110 on the Recent Life Changes Questionnaire. How should the nurse evaluate this client data?
- A. The client is experiencing severe distress and is at risk for physical and psychological illness.
  - B. A score of 110 on the Miller and Rahe Recent Life Changes Questionnaire indicates no significant threat of stress-related illness.
  - C. Susceptibility to stress-related physical or psychological illness cannot be estimated without knowledge of coping resources and available supports.
  - D. The client may view these losses as challenges and perceive them as opportunities.

**ANS: C**

The Recent Life Changes Questionnaire is an expanded version of the Schedule of Recent Experiences and the Rahe-Holmes Social Readjustment Rating Scale. A 6-month score of 300 or more, or a year-score total of 500 or more, indicates high stress in a clients life. However, positive coping mechanisms and strong social support can limit susceptibility to stress-related illnesses.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Psychosocial Integrity

2. A physically and emotionally healthy client has just been fired. During a routine office visit he states to a nurse: Perhaps this was the best thing to happen. Maybe Ill look into pursuing an art degree. How should the nurse characterize the clients appraisal of the job loss stressor?
- A. Irrelevant
  - B. Harm/loss
  - C. Threatening
  - D. Challenging

**ANS: D**

The client perceives the situation of job loss as a challenge and an opportunity for growth.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Psychosocial Integrity

3. Which client statement should alert a nurse that a client may be responding maladaptively to stress?
- A. Ive found that avoiding contact with others helps me cope.
  - B. I really enjoy journaling; its my private time.
  - C. I signed up for a yoga class this week.
  - D. I made an appointment to meet with a therapist.

**ANS: A**

Reliance on social isolation as a coping mechanism is a maladaptive method to relieve stress. It can prevent learning appropriate coping skills and can prevent access to needed support systems.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Psychosocial Integrity

4. A nursing student finds that she comes down with a sinus infection toward the end of every semester. When this occurs, which stage of stress is the student most likely experiencing?

- A. Alarm reaction stage
- B. Stage of resistance
- C. Stage of exhaustion
- D. Fight-or-flight stage

**ANS: C**

At the stage of exhaustion, the student's exposure to stress has been prolonged and adaptive energy has been depleted. Diseases of adaptation occur more frequently in this stage.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Psychosocial Integrity

5. A school nurse is assessing a female high school student who is overly concerned about her appearance. The client's mother states, "That's not something to be stressed about!" Which is the most appropriate nursing response?

- A. Teenagers! They don't know a thing about *real* stress.
- B. Stress occurs only when there is a loss.
- C. When you are in poor physical condition, you can't experience psychological well-being.
- D. Stress can be psychological. A threat to self-esteem may result in high stress levels.

**ANS: D**

Stress can be physical or psychological in nature. A perceived threat to self-esteem can be as stressful as a physiological change.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

6. A bright student confides in the school nurse about conflicts related to attending college or working to add needed financial support to the family. Which coping strategy is most appropriate for the nurse to recommend to the student at this time?

- A. Meditation
- B. Problem-solving training
- C. Relaxation
- D. Journaling

**ANS: B**

The student must assess his or her situation and determine the best course of action. Problem-solving training, by providing structure and objectivity, can assist in decision making.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

7. An unemployed college graduate is experiencing severe anxiety over not finding a teaching position and has difficulty with independent problem-solving. During a routine physical examination, the graduate confides in the clinic nurse. Which is the most appropriate nursing intervention?

- A. Encourage the student to use the alternative coping mechanism of relaxation exercises.
- B. Complete the problem-solving process for the client.
- C. Work through the problem-solving process with the client.
- D. Encourage the client to keep a journal.

**ANS: C**

During times of high anxiety and stress, clients will need more assistance in problem-solving and decision making.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

8. A school nurse is assessing a distraught female high school student who is overly concerned because her parents can't afford horseback riding lessons. How should the nurse interpret the student's reaction to her perceived problem?

- A. The problem is endangering her well-being.
- B. The problem is personally relevant to her.
- C. The problem is based on immaturity.
- D. The problem is exceeding her capacity to cope.

**ANS: B**

Psychological stressors to self-esteem and self-image are related to how the individual perceives the situation or event. Self-image is of particular importance to adolescents, who feel entitled to have all the advantages that other adolescents experience.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Psychosocial Integrity

9. Meditation has been shown to be an effective stress management technique. When meditation is effective, what should a nurse expect to assess?

- A. An achieved state of relaxation
- B. An achieved insight into one's feelings
- C. A demonstration of appropriate role behaviors
- D. An enhanced ability to problem-solve

**ANS: A**

Meditation produces relaxation by creating a special state of consciousness through focused concentration.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Psychosocial Integrity

10. A distraught, single, first-time mother cries and asks a nurse, "How can I go to work if I can't afford childcare?" What is the nurse's initial action in assisting the client with the problem-solving process?

- A. Determine the risks and benefits for each alternative.
- B. Formulate goals for resolution of the problem.
- C. Evaluate the outcome of the implemented alternative.
- D. Assess the facts of the situation.

**ANS: D**

Before any other steps can be taken, accurate information about the situation must be gathered and assessed.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

11. A nursing instructor is asking students about diseases of adaptation and when they are likely to occur. Which student response indicates that learning has occurred?

- A. When an individual has limited experience dealing with stress
- B. When an individual inherits maladaptive genes
- C. When an individual experiences existing conditions that exacerbate stress
- D. When an individual's physiological and psychological resources have become depleted

**ANS: D**

During the stage of exhaustion of the general adaptation syndrome, the individual loses the capacity to adapt effectively because physiological and psychological resources have become depleted. This is the time when diseases of adaptation may occur.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Health Promotion and Maintenance

12. When an individual's stress response is sustained over a long period of time, which physiological effect of the endocrine system should a nurse anticipate?

- A. Decreased resistance to disease
- B. Increased libido
- C. Decreased blood pressure
- D. Increased inflammatory response

**ANS: A**

In a general adaptation syndrome, prolonged exposure to stress leads to the stage of exhaustion at which time the body's compensatory mechanisms no longer function effectively and diseases of adaptation occur. A decreased immune response is seen at this stage.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Physiological Integrity

13. Which symptom should a nurse identify as typical of the fight-or-flight response?

- A. Pupil constriction
- B. Increased heart rate

- C. Increased salivation
- D. Increased peristalsis

**ANS: B**

During the fight-or-flight response, the heart rate increases in response to the release of epinephrine. Pupils dilate to enhance vision. Salivation and peristalsis decrease as the body slows unessential functions. OK

**KEY: Cognitive Level:** Comprehension | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Physiological Integrity

14. A nurse is evaluating a clients response to stress. What would indicate to the nurse that the client is experiencing a secondary appraisal of the stressful event?

- A. When the individual judges the event to be benign
- B. When the individual judges the event to be irrelevant
- C. When the individual judges the resources and skills needed to deal with the event
- D. When the individual judges the event to be pleasurable

**ANS: C**

When the individual judges the resources and skills needed to deal with the event, the individual is conducting a secondary appraisal. There are three types of primary appraisals: irrelevant, benign-positive, and stressful.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Psychosocial Integrity

15. Research undertaken by Miller and Rahe in 1997 demonstrated a correlation between the effects of life change and illness. This research led to the development of the Recent Life Changes Questionnaire (RLCQ). Which principle most limits the effectiveness of this tool?

- A. Specific illnesses are not identified.
- B. The numerical values associated with specific life events are randomly assigned
- C. Stress is viewed as only a physiological response.
- D. Personal perception of the event is excluded.

**ANS: D**

Individuals differ in response to life events. The RLCQ uses a scale that does not take these differences into consideration.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Health Promotion and Maintenance

16. A client who experiences stress on a regular basis asks a nurse what causes these feelings. Which is the most appropriate nursing response?

- A. Genetics have nothing to do with your temperament.
- B. How you reacted to past experiences influences how you feel now.
- C. If youre in good physical health, your stress level will be low.
- D. Stress can always be avoided if appropriate coping mechanisms are employed.

**ANS: B**

Past experiences are occurrences that result in learned patterns that can influence an individual's current adaptation response. They include previous exposure to the stressor or other stressors in general, learned coping responses, and degree of adaptation to previous stressors.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

Multiple Response

17. A nurse is interviewing a distressed client, who relates being fired after 15 years of loyal employment. Which of the following questions would best assist the nurse to determine the client's appraisal of the situation? **Select all that apply.**

- A. What resources have you used previously in stressful situations?
- B. Have you ever experienced a similar stressful situation?
- C. Who do you think is to blame for this situation?
- D. Why do you think you were fired from your job?
- E. What skills do you possess that might lead to gainful employment?

**ANS: A, B, E**

These questions specifically address the client's coping resources and encourage the client to apply learning from past experiences. These questions also encourage the client to consider alternative methods for dealing with stress. Asking who is to blame does not assess coping abilities but, rather, encourages maladaptive behavior. Requesting an explanation is a nontherapeutic block to communication.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Psychosocial Integrity

18. A nurse is working with a client who has recently been under a great deal of stress. Which nursing recommendations would be most helpful when assisting the client in coping with stress? **Select all that apply.**

- A. Enjoy a pet.
- B. Spend time with a loved one.
- C. Listen to music.
- D. Focus on the stressors.
- E. Journal your feelings.

**ANS: A, B, C, E**

Focusing on the stressors is more likely to increase stress in the client's life. However, pets, music, journaling feelings, and healthy relationships have all been shown to decrease amounts of stress.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

19. A nurse is conducting education on anxiety and stress management. Which of the following should be identified as the most important initial step in learning how to manage anxiety?

- A. Diagnostic blood tests

- B. Awareness of factors creating stress
- C. Relaxation exercises
- D. Identifying support systems

**ANS: B**

Although all of the above answers may be useful in the comprehensive management of stress, the initial step is awareness that stress is being experienced and awareness of factors that create stress.

**KEY: Cognitive Level:** Analysis | **Integrated Processes:** Teaching/Learning | **Client Need:** Psychosocial Integrity

20. A patient presents in the Emergency Department immediately following a shooting incident in a school where she has been teaching. There is no evidence of physical injury, but she appears very hyperactive and talkative. Which of these symptoms manifested by the patient are common initial biological responses to stress? **Select all that apply.**

- A. Constricted pupils
- B. Watery eyes
- C. Unusual food cravings
- D. Increased heart rate
- E. Increased respirations

**ANS: B, D, E**

Increased lacrimal secretions, increased heart rate, and increased respirations are identified as initial biological responses to stress. Since dilated pupils rather than constricted pupils are related to Fight or Flight syndrome, this symptom should be assessed for other potential causes. Unusual food cravings have not been identified as a typical biological response to stress.

**KEY: Cognitive Level:** Analysis | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Physiological Integrity

## Chapter 02. Mental Health/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 clients appetite, sleep patterns, and daily routine have not changed. How should the nurse interpret the clients behaviors?

- A. The clients behaviors demonstrate mental illness in the form of depression.
- B. The clients behaviors are extensive, which indicates the presence of mental illness.
- C. The clients behaviors are not congruent with cultural norms.
- D. The clients behaviors demonstrate no functional impairment, indicating no mental illness.

**ANS: D**

The nurse should assess that the clients daily functioning is not impaired. The client who experiences feelings of sadness after the loss of a pet is responding within normal expectations. Without significant impairment, the clients distress does not indicate a mental illness.

**KEY: Cognitive Level:** Analysis | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Psychosocial Integrity

2. At what point should the nurse determine that a client is at risk for developing a mental disorder?

- A. When thoughts, feelings, and behaviors are not reflective of the *DSM-5* criteria
- B. When maladaptive responses to stress are coupled with interference in daily functioning
- C. When the client communicates significant distress
- D. When the client uses defense mechanisms as ego protection

**ANS: B**

The nurse should determine that the client is at risk for mental disorder when responses to stress are maladaptive and interfere with daily functioning. The *DSM-5* indicates that in order to be diagnosed with a mental disorder, 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. These disorders are usually associated with significant distress or disability in social, occupational, or other important activities. The clients ability to communicate distress would be considered a positive attribute.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Psychosocial Integrity

3. A nurse is assessing 15-year-old identical twins who respond very differently to stress. One twin becomes anxious and irritable, while the other withdraws and cries. How should the nurse explain these different responses to stress to the parents?

- A. Reactions to stress are relative rather than absolute; individual responses to stress vary.
- B. It is abnormal for identical twins to react differently to similar stressors.
- C. Identical twins should share the same temperament and respond similarly to stress.
- D. Environmental influences weigh more heavily than genetic influences on reactions to stress.

**ANS: A**

Responses to stress are variable among individuals and may be influenced by perception, past experience, and environmental factors in addition to genetic factors.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

4. A client has a history of excessive drinking, which has led to multiple arrests for driving under the influence (DUI). The client states, I work hard to provide for my family. I dont see why I cant drink to relax. The nurse recognizes the use of which defense mechanism?

- A. Projection
- B. Rationalization
- C. Regression
- D. Sublimation

**ANS: B**

The nurse should recognize that 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.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Assessment | **Client Need:** Psychosocial Integrity

5. Which client should the nurse anticipate to be most receptive to psychiatric treatment?

- A. A Jewish, female journalist
- B. A Baptist, homeless male
- C. A Catholic, black male
- D. A Protestant, Swedish business executive

**ANS: A**

The nurse should anticipate that the client of Jewish culture would place a high importance on preventative health care and would consider mental health as equally important as physical health. Women are also more likely than men to seek treatment for mental health problems.

**KEY: Cognitive Level:** Comprehension | **Integrated Processes:** Nursing Process: Planning | **Client Need:** Psychosocial Integrity

6. A new psychiatric nurse states, This clients use of defense mechanisms should be eliminated. Which is a correct evaluation of this nurses statement?

- A. Defense mechanisms can be self-protective responses to stress and need not be eliminated.
- B. Defense mechanisms are a maladaptive attempt of the ego to manage anxiety and should always be eliminated.
- C. Defense mechanisms, used by individuals with weak ego integrity, should be discouraged and not eliminated.
- D. Defense mechanisms cause disintegration of the ego and should be fostered and encouraged.

**ANS: A**

The nurse should know that 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.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Psychosocial Integrity

7. During an intake assessment, a nurse asks both physiological and psychosocial questions. The client angrily responds, Im here for my heart, not my head problems. Which is the nurses best response?

- A. Its just a routine part of our assessment. All clients are asked these same questions.
- B. Why are you concerned about these types of questions?
- C. Psychological factors, like excessive stress, have been found to affect medical conditions.
- D. We can skip these questions, if you like. It isnt imperative that we complete this section.

**ANS: C**

The nurse should attempt to educate the client on the negative effects of excessive stress on medical conditions. It is not appropriate to skip either physiological or psychosocial questions, as this would lead to an inaccurate assessment.

**KEY: Cognitive Level:** Analysis | **Integrated Processes:** Nursing Process: Implementation | **Client Need:** Health Promotion and Maintenance

8. Which statement reflects a student nurses accurate understanding of the concepts of mental health and mental illness?

- A. The concepts are rigid and religiously based.
- B. The concepts are multidimensional and culturally defined.
- C. The concepts are universal and unchanging.
- D. The concepts are unidimensional and fixed.

**ANS: B**

The student nurse should understand that mental health and mental illness are multidimensional and culturally defined. It is important for nurses to be aware of cultural norms when evaluating a clients mental state.

**KEY: Cognitive Level:** Application | **Integrated Processes:** Nursing Process: Evaluation | **Client Need:** Safe and Effective Care Environment

9. A mental health technician asks the nurse, How do psychiatrists determine which diagnosis to give a patient? Which of these responses by the nurse would be most accurate?

- A. Psychiatrists use pre-established criteria from the APAs Diagnostic and Statistical Manual of Mental Disorders (*DSM-5*).
- B. Hospital policy dictates how psychiatrists diagnose mental disorders.
- C. Psychiatrists assess the patient and identify diagnoses based on the patients unhealthy responses and contributing factors.
- D. The American Medical Association identifies 10 diagnostic labels that psychiatrists can choose from.

**ANS: A**