
Chapter 2, Mental Health and Mental Disorders: Fighting Stigma and Promoting Recovery

MULTIPLE CHOICE

1. As part of a class activity, nursing students are engaged in a small-group discussion about the epidemiology of mental illness. Which statement best explains the importance of epidemiology in understanding the impact of mental disorders?
 - a. Epidemiology helps promote understanding of the patterns of occurrence associated with mental disorders.
 - b. Epidemiology helps explain research findings about the neurophysiology that causes mental disorders.
 - c. Epidemiology provides a thorough theoretical explanation of why specific mental disorders occur.
 - d. Epidemiology predicts when a specific psychiatric client will recover from a specific mental disorder.

ANS: A

Epidemiology is the study of patterns of disease distribution and determinants of health within populations. It contributes to the overall understanding of the mental health status of population groups, or aggregates, and it examines the associations among possible factors. Epidemiology does not explain research findings about neurophysiology, provide theoretical explanations for why specific disorders occur, or predict recovery.

PTS: 1 REF: p. 18, Summary of Key points OBJ: 4
NAT: Client Needs: Safe, Effective Care Environment: Management of Care
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Understand NOT: Multiple Choice

2. A nurse is working in a community mental health center that provides care to a large population of people of Asian descent. When developing programs for this community, which would be most important topic for the nurse to address?
 - a. public stigma
 - b. self-stigma
 - c. label avoidance
 - d. negative life events

ANS: C

Although public stigma and self-stigma may be areas needing to be addressed, in this cultural group, label avoidance would be most important. Label avoidance or avoiding treatment/care so as not to be labeled mentally ill is a type of stigma that influences why so few people with mental health problems actually receive assistance. Asian cultures commonly have negative views of mental illness that influence the willingness of members to seek treatment; they possibly ignore the symptoms or refuse to seek treatment because of this stigma. Negative life events affect anyone, not just those of the Asian culture.

PTS: 1 REF: p. 16, Label Avoidance OBJ: 5
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

NOT: Multiple Choice

3. A nursing student is assigned to care for a client diagnosed with schizophrenia. When talking about this client in a clinical post-conference, the student would use which terminology when referring to the client?
- Committed client
 - Schizophrenic
 - Schizophrenic client
 - Person with schizophrenia

ANS: D

Just as a person with diabetes should not be referred to as a “diabetic” but rather as a “person with diabetes,” a person with a mental disorder should never be referred to as a “schizophrenic” or “bipolar,” but rather as a “person with schizophrenia” or a “person with bipolar disorder.” Doing so helps to counteract the negative effects of stigma.

PTS: 1

REF: p. 15, Stigma

OBJ: 5

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Apply

NOT: Multiple Choice

4. A nurse is reviewing journal articles that discuss the occurrence of major depression. One of the articles describes the number of persons newly diagnosed with the disorder during the past year. The nurse interprets this as which type of data?
- rate
 - prevalence
 - point prevalence
 - incidence

ANS: D

The article is describing incidence, which refers to a rate that includes only new cases that have occurred within a clearly defined time period. The most common time period evaluated is 1 year. Rate reflects the proportion of cases in the population compared with the total population. Prevalence refers to the total number of people with the disorder within a given population at a specified time, regardless of how long ago the disorder started. Point prevalence refers to the proportion of individuals in the population who have a disorder at a specific point in time.

PTS: 1

REF: p. 18, Summary of Key Points

OBJ: 4

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

NOT: Multiple Choice

5. While working in a community mental health treatment center, a nurse overhears one of the receptionists saying that one of the clients is “really psycho.” Later in the day, the nurse talks with the receptionist about the comment. This action by the nurse demonstrates an attempt to address which issue?
- lack of knowledge
 - public stigma
 - label avoidance

d. self-stigma

ANS: B

The receptionist's statement reflects the negative effects of stigmatization—more specifically, public stigma. Self-stigma reflects a person's internalization of a negative stereotype; that is, the person with the mental illness begins to believe that he or she is what the public thinks he or she is. Label avoidance refers to avoiding treatment or care so as not to be labeled mentally ill. Lack of knowledge is often the underlying theme associated with any type of stigma.

PTS: 1

REF: p. 16, Public Stigma

OBJ: 5

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Communication/Documentation

BLM: Cognitive Level: Apply

NOT: Multiple Choice

6. After educating a group of students on mental health and mental illness, the instructor determines that the education was successful when the group identifies what as reflecting mental disorders?
- capacity to interact with others
 - ability to deal with ordinary stress
 - alteration in mood or thinking
 - lack of impaired functioning

ANS: C

Mental disorders are health conditions characterized by alterations in thinking, mood, or behavior and are associated with distress or impaired functioning. Mental health is the emotional and psychological well-being of an individual who has the capacity to interact with others, deal with ordinary stress, and perceive one's surroundings realistically.

PTS: 1

REF: p. 18, Summary of Key Points

OBJ: 3

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Understand

NOT: Multiple Choice

7. A nurse is preparing a presentation for a local community group about mental disorders and plans to include how mental disorders are different from medical disorders. Which statement would be most appropriate for the nurse to include?
- "Mental disorders are defined by an underlying biological pathology."
 - "Numerous laboratory tests are used to aid in the diagnosis of mental disorders."
 - "Clusters of behaviors, thoughts, and feelings characterize mental disorders."
 - "Manifestations of mental disorders are within normal, expected parameters."

ANS: C

Unlike many medical disorders, mental disorders are defined by clusters of behaviors, thoughts, and feelings, not underlying biological pathology. The alterations in thoughts, behaviors, and feelings are unexpected and outside normal, culturally defined limits. Laboratory tests are not used in diagnosing mental disorders.

PTS: 1

REF: p. 14, Overview of Mental Health Disorders

OBJ: 1

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply

NOT: Multiple Choice

8. A nurse is explaining recovery to the family of a client diagnosed with a mental disorder. Which statement about this process would be most appropriate for the nurse to include?
- "It is a step-by-step process from being ill to being well."
 - "The client focuses mainly on the emotional aspects of his condition."
 - "The client is helped to live a meaningful life to the fullest potential."
 - "Although peer support is important, the self-acceptance is essential."

ANS: C

Recovery from mental disorders and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It is a nonlinear process with setbacks. It also is strength-based. Peer support is important, but so is respect by the community and consumers, along with self-acceptance to ensure inclusion and participation in all aspects of life.

PTS: 1

REF: p. 18, Summary of Key Points

OBJ: 6

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Analysis

NOT: Multiple Choice

9. A psychiatric-mental health nurse is preparing a presentation about recovery for a group of newly hired nurses at a mental health facility. Which concept would the nurse identify as crucial to recovery?
- self-direction
 - peer support
 - respect
 - hope

ANS: D

Although self-direction, peer support, and respect are fundamental components of recovery, hope (the catalyst of the recovery process) is a crucial concept. It is through hope that individuals and families can overcome the barriers and obstacles facing them.

PTS: 1

REF: p. 17, Box 2.4 Guiding Principles of Recovery

OBJ: 6

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Understand

NOT: Multiple Choice

10. After teaching a group of nursing students about recovery, the instructor determines that more education is needed when the group identifies what as a characteristic?
- self-direction in life
 - improvement in health and wellness
 - achievement of full potential
 - one-time change situation

ANS: D

Recovery from mental disorders and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

PTS: 1 REF: p. 18, Summary of Key Points OBJ: 6
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

11. The nurse is describing the treatment of mental illness with a client's family members. What would a nurse identify as the primary goal?
- functional status
 - stigma reduction
 - stress reduction
 - recovery

ANS: D

Although reducing stigma, reducing stress, and improving functional status are important components involved in the treatment of mental illness, recovery is the single most important goal for individuals with mental disorders.

PTS: 1 REF: p. 16, Recovery from Mental Illness
OBJ: 6 NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Understand NOT: Multiple Choice

12. A nurse is working as part of a multidisciplinary team and developing a plan of care for a client who is receiving recovery-oriented treatment. Which would the nurse integrate into this plan?
- Focusing primarily on the mind
 - Limiting support from others
 - Using hope as motivation
 - Avoiding underlying trauma

ANS: C

Recovery emerges from hope. The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Recovery is also holistic, addressing an individual's whole life, including body, mind, spirit, and community. Recovery is supported by peers and allies and through relationships and social networks. Finally, recovery is supported by addressing trauma, such that services and supports should be informed by trauma to foster safety.

PTS: 1 REF: p. 17, Box 2.4 Guiding Principles of Recovery
OBJ: 6 NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

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13. A nurse is assessing a client to evaluate the client's mental health and wellness. Applying the eight dimensions of wellness, which would the nurse identify as reflecting emotional wellness?
- Finding ways to expand creative abilities
 - Recognizing the need for sleep and nutrition
 - Searching for meaning in life
 - Developing skills for dealing with stress

ANS: D

The emotional dimension of wellness focuses on developing skills and strategies to cope with stress. The intellectual dimension focuses on recognizing creative abilities and finding ways to expand one's knowledge and skills. The physical dimension focuses on recognizing the need for physical activity, diet, sleep, and nutrition. The spiritual dimension focuses on the search for meaning and purpose in the human experience.

PTS: 1 REF: p. 16, Mental Health and Wellness OBJ: 2
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

14. Which would be a major barrier affecting the treatment of individuals diagnosed with mental health problems?
- lack of diagnostic criteria
 - inability to obtain epidemiologic data
 - stigma associated with mental health problems
 - limited hope for recovery

ANS: C

Stigma is one of the major treatment barriers facing individuals with mental health problems and their families. Diagnostic criteria have been established for mental disorders, and evidence through epidemiologic research provides valuable information about the mental health status of population groups and associated factors. A guiding principle of recovery is hope, the belief that recovery is real and that people can and do overcome the internal and external challenges, barriers, and obstacles confronting them.

PTS: 1 REF: p. 15, Stigma OBJ: 5
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

15. The nurse understands the need to use appropriate language to help address public stigma surrounding mental health issues. Which statement best reflects this understanding?
- "The client diagnosed with schizophrenia needs additional assistance."
 - "The bipolar in room 222 is really out of control today."
 - "That client down the hall is a raving maniac."
 - "That hyperactive client is acting like a psycho."

ANS: A

One way to reduce public stigma is to use non-stigmatizing language. Rather than referring to the client as schizophrenic or bipolar, it is more appropriate to say “the client diagnosed with schizophrenia” or “the client diagnosed with bipolar disorder.” Terms such as maniac and psycho reinforce the negative images of mental illness.

PTS: 1 REF: p. 16, Label Avoidance OBJ: 5
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Communication/Documentation
BLM: Cognitive Level: Apply NOT: Multiple Choice

16. Which The nurse is documenting a specific pattern of symptoms that occurs within a community. What term will the nurse use?
- stigma
 - wellness
 - stereotype
 - cultural syndrome

ANS: D

A cultural syndrome refers to a specific pattern of symptoms that occurs within a specific cultural group or community. Stigma refers to a mark of shame, disgrace, or disapproval that results in an individual being shunned or rejected by others. A stereotype is a mistaken or oversimplified representation of a group held by those outside that group. Wellness is a purposeful process of individual growth, integration of experience, and meaningful connection with others. It reflects personally valued goals and strengths, and results in being well and living by values.

PTS: 1 REF: p. 18, Summary of Key Points OBJ: 3
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Understand NOT: Multiple Choice

17. The nurse is interviewing a client diagnosed with a mental illness. The nurse determines that the client is experiencing label avoidance when the client makes what statement?
- “I’m at the cause of my illness.”
 - “I’ll never be able to function in the world.”
 - “I’m as crazy as everybody thinks I am.”
 - “I really don’t need professional help.”

ANS: D

Label avoidance involves an individual not seeking treatment so as not to be labeled as mentally ill. The statement about not really needing to see anyone suggests label avoidance. The statements about being the cause of the illness, not being able to function in the world, and being as crazy as everyone says reflect self-stigma, the internalization of negative stereotypes by individuals with mental illness.

PTS: 1 REF: p. 16, Label Avoidance OBJ: 5
NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Understand NOT: Multiple Choice

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18. A nurse is describing the four dimensions of recovery to a group of new psychiatric– mental health nurses. Which dimension is the nurse describing when addressing relationships and social networks?
- a. health
 - b. home
 - c. purpose
 - d. community

ANS: D

Four dimensions support recovery: health (managing disease and living in a physically and emotionally healthy way), home (a safe and stable place to live), purpose (meaningful daily activities and independence, resources, and income), and community (relationships and social networks).

PTS: 1

REF: p. 17, Recovery-Oriented Care and Trauma-Informed Care

OBJ: 6

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply

NOT: Multiple Choice

Chapter 3, Cultural and Spiritual Issues Related to Mental Health Care

MULTIPLE CHOICE

1. When reviewing several studies about the use of mental health care facilities among Latinx Americans, the nurse notes that this cultural group tends to use all other resources before seeking help from mental health professionals. Which of the following would the nurse identify as a reason for this belief about many mental health facilities?
 - a. They require periods of hospitalization.
 - b. They do not provide 24-hour emergency services.
 - c. They are not reimbursed by third-party payers.
 - d. They do not accommodate their cultural needs.

ANS: D

Studies reveal that Latinx Americans are reluctant to seek mental health services, possibly because they believe that those services do not accommodate their cultural needs (e.g., language, beliefs, values), because of the cost of care, and because of concerns regarding immigration status. Many instead seek help through supportive family services and the church. Required hospitalization, lack of 24-hour emergency services, and lack of reimbursement do not play a role.

PTS: 1 REF: p. 22, Hispanic Americans OBJ: 2

NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understanding NOT: Multiple Choice

2. A nurse is preparing a presentation about mental health problems associated with specific ethnic and cultural groups. When describing mental health problems associated with American Indian/Alaska Native adolescents, the nurse would address high rates of which of the following?
 - a. Schizophrenia
 - b. Manic disorders
 - c. Dementia
 - d. Suicide

ANS: D

Research regarding specific mental health problems suggest that rates of suicide for American Indian/Alaska Native adolescents are higher than those of other adolescents in the United States . The data doesn't support the other options.

PTS: 1 REF: p. 23, Asian Americans, Polynesians, and Pacific Islanders

OBJ: 2 NAT: Client Needs: Psychosocial Integrity

KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Understanding NOT: Multiple Choice

3. A psychiatric–mental health nurse is conducting an in-service program about health literacy among clients. The nurse determines that additional teaching is needed when the group identifies which action as addressing health literacy needs?
 - a. Using only medical terminology to ensure accuracy and consistency of

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- communication
- b. Verifying that clients understand information that is communicated to them
 - c. Assuming that all clients may have difficulty understanding health information
 - d. Ensuring clarity of communication in both spoken and written forms

ANS: A

Health literacy is an individual's ability to process and understand health information to make care decisions. It can vary among clients based on reading, verbal, and numerical skills. To ensure that clients receive and understand all important information, nurses should assume that all clients and caregivers may have difficulty understanding health information. Nurses should communicate in ways that anyone can understand; using only medical terminology is likely to confuse clients and caregivers, leaving them poorly informed and inadequately equipped to make decisions. Clarity and ease of understanding are required in both spoken and written communication, and nurses should verify that clients and caregivers understand the information they are given.

PTS: 1 REF: p. 21, Box 3.1 Health Literacy Universal Precautions
OBJ: 1 NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

4. A psychiatric–mental health nurse is interviewing a client who emigrated from an Asian country to the United States as a child. What client statement would the nurse recognize as illustrating a challenge specific to some traditional Asian cultures regarding mental health care?
- a. "I'm worried about how much treatment is going to cost."
 - b. "My parents don't know that I'm seeking professional help."
 - c. "My siblings have been pressuring me to start treatment."
 - d. "My job doesn't leave me much time to attend therapy sessions."

ANS: B

Although beliefs regarding mental health issues and treatment can vary among individuals, some Asian cultures have a tradition of denying or disguising the existence of such disorders. Families may be embarrassed to have a member treated for mental illness, which may explain the extremely low utilization of mental health services. Issues of cost and access apply to most cultural groups and are of particular concern to individuals living in poverty or with lower incomes.

PTS: 1 REF: p. 23, Asian Americans, Polynesians, and Pacific Islanders
OBJ: 2 NAT: Client Needs: Psychosocial Integrity
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Analyze NOT: Multiple Choice

5. A psychiatric–mental health nurse is working with a client who is being treated for depression. Which statement by the client would indicate that the client's spirituality is intact?
- a. "My church friends came to visit me this past Sunday afternoon."
 - b. "Nothing will ever be the same again; my life is not worth living."
 - c. "I know I am as well off as I can be under the circumstances."
 - d. "I know God must be punishing me for all my sins."