

Chapter 1: Mental Health and Mental Illness

MULTIPLE CHOICE

1. The nurse is evaluating a client's ability to engage in adaptive stress management. Which client statement supports the nurse's belief that the client is successfully managing the stress of a recent divorce?
 - A) "Loving someone is no guarantee that they will love you back."
 - B) "I know now that we were never really meant to be together."
 - C) "It's not my fault that I loved someone who was incapable of being faithful."
 - D) "I'm a lovable person who has control over my own happiness."

ANS: C

Feedback: In most situations, the sense of control an individual feels over a particular stressor determines how he or she thinks about or perceives it. Reframing is a way of restructuring our thinking about a stressful event into one that is less disturbing and over which we can have some control such as the belief that one is lovable and in control. The remaining options state feelings that deflect the hurt felt or that provide a rationale for the divorce.

PTS: 1

DIF: Difficult

REF: Header: Promoting Adaptive Coping Strategies | Page: 9 OBJ: 6

NAT: Client Needs: Psychosocial Integrity

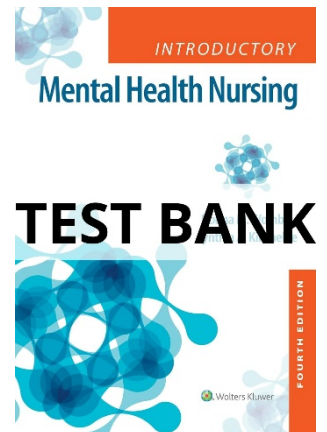
TOP: Chapter 01

KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)

BLM: Cognitive Level: Analyze

2. When working with a client who is grieving, which nursing action **best** demonstrates understanding of the grieving process and the most effective means of facilitating the client's ability to bring about closure and display hope for the future?
 - A) Using open-ended questioning techniques when communicating with the client who is currently in the grieving process
 - B) Sharing with the grieving client that the client's grief is demonstrated in very specific and personal ways that are unique to the person alone
 - C) Devoting time each meeting to discussing the feelings the client has described in daily journal entries
 - D) Assuring the client that while the grieving process has identifiable stages, there is no specific timetable for moving through these stages

ANS: C



Feedback: Interventions that assist individuals with the grieving process should encourage openness and honesty about their feelings, while encouraging expressions of hope for the future and reinvestment in life interests. Journaling, that encourages the expression of grief-related feelings, has proven to be an effective intervention in this process. Open-ended questioning focuses on effective information gathering especially related to the assessment of the grieving client. It is true that the grieving process is an experience that is unique to each individual and not bound by specific timetables; sharing this information with the client does not facilitate the expression of feelings so necessary to the successful management of acute grief.

PTS: 1 DIF: Difficult
REF: Header: Coping with Grief and Loss | Page: 13 OBJ: 9
NAT: Client Needs: Psychosocial Integrity TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Apply

3. When considering the various aspects of stress, which statement would accurately describe eustress?
- A) "I often feel stressed by the end of a very hectic shift here at the clinic."
 - B) "When I'm really stressed, I usually get a severe headache."
 - C) "I generally do my best work when I feel some stress."
 - D) "When you become a nurse, you become familiar with stress."

ANS: C
Feedback: Eustress is positive and motivating, as shown by one's confidence in the ability to master a challenge or stressor. Stress results when a threat or challenge to one's well-being requires the person to adjust or adapt to the environment. Distress in response to a threat or challenge is actually harmful to one's health. This is a negative stress and demands an exhausting type of energy.

PTS: 1 DIF: Moderate REF: Header: Defining Stress | Page: 5
OBJ: 4 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01 KEY: Integrated Process: Communication and Documentation
BLM: Cognitive Level: Analyze

4. Which client statement supports the nurse's suspicions that a client being treated for chronic depression is experiencing severe emotional distress produced by external circumstances?
- A) "I have been depressed ever since I was diagnosed with leukemia."
 - B) "My doctor told me that I have to manage my stress or risk having a heart attack."
 - C) "My professional life is ruined because my boss never recognizes my worth and value."
 - D) "I'm never comfortable when I know that I have to fly for my work."

ANS: C
Feedback: It is important to recognize that many times we view external circumstances as the cause of our stress such as in the case of the client's perception of the boss's viewpoint. The remaining options demonstrate internal or self-perceptions and viewpoints.

PTS: 1 DIF: Difficult
REF: Header: Contributing Factors to Stress and Anxiety | Page: 8
OBJ: 5 NAT: Client Needs: Psychosocial Integrity

TOP: Chapter 01

KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)

BLM: Cognitive Level: Analyze

5. A young adult student recently failed a major exam. While talking with the student, which statement by the student supports the nurse's belief that the client is using reframing to cope with the resulting anxiety?
- A) "That course is taught again next semester; if I fail, I'll take it over then."
 - B) "I've decided to transfer to another section that's taught by an easier teacher."
 - C) "That exam wasn't really that important. I'll do better on the next one."
 - D) "I've arranged to join a study group so I'll do better on the next exam."

ANS: D

Feedback: Reframing is a way of restructuring our thinking about a stressful event into one that is less disturbing and over which we can have some control such as deciding on a plan to improve their next exam grade. Reframing does not involve minimization, transference, or denial of the problem.

PTS: 1

DIF: Difficult

REF: Header: Promoting Adaptive Coping Strategies | Page: 9 OBJ: 6

NAT: Client Needs: Psychosocial Integrity TOP: Chapter 01

KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)

BLM: Cognitive Level: Apply

6. A college student is very anxious about auditioning for the school's famous chorale. Which coping strategy implemented by the student would the nurse recognize as being maladaptive?
- A) Arranging for private voice lessons
 - B) Practicing the songs used in the audition
 - C) Repeatedly telling friends it's okay to fail
 - D) Singing with a group of friends who are also auditioning

ANS: C

Feedback: Maladaptive and dysfunctional strategies usually do not result in a positive outcome. The individual who does not attempt to reduce the anxiety or solve the problem is considered to have dysfunctional coping in response to the stressor and the emotional response. In this scenario, the student does not attempt to reduce the anxiety of auditioning but rather decides that failing will be acceptable. The other options demonstrate some positive action directed toward preparing for the audition and so reducing anxiety.

PTS: 1

DIF: Moderate REF: Header: Coping Strategies | Page: 8

OBJ: 6

NAT: Client Needs: Psychosocial Integrity

TOP: Chapter 01

KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)

BLM: Cognitive Level: Analyze

7. A nurse is preparing to assist a client in dealing with the grief associated with the death of a loved one. Which interventions would the nurse do **first**?
- A) Use open-ended questions to explore the client's feelings about grief and encourage communication.
 - B) Help the client identify the members of the client's support system and the importance of their assistance.

- C) Engage in self-reflection regarding personal beliefs and values associated with death and dying.
- D) Assist the client in creating a letter to the deceased in order to facilitate closure for the relationship.

ANS: C

Feedback: To deal effectively with the client experiencing grief, the nurse must face the reality of his or her own mortality and concept of death. While all the remaining options are appropriate interventions, the process must begin with the nurse working toward an understanding of his or her personal grief beliefs and the ability to provide unbiased support to the client.

PTS: 1 DIF: Moderate
REF: Header: Coping with Grief and Loss | Page: 13 OBJ: 9
NAT: Client Needs: Psychosocial Integrity TOP: Chapter 01
KEY: Integrated Process: Caring BLM: Cognitive Level: Apply

8. The nurse suspects a client is demonstrating signs of dysfunctional grief. Which question would the nurse most likely use to help assess for that disorder?
- A) "How would you define grief?"
 - B) "What gives your life meaning?"
 - C) "Have you ever thought about hurting yourself?"
 - D) "When did you first notice the feelings of grief?"

ANS: B

Feedback: Dysfunctional grief is a failure to complete the grieving process and cope successfully with a loss. If the person experiences a prolonged and intensified reaction, life may become meaningless and a mere existence centered on longing for that which is lost. While the assessment should attempt to identify when the symptoms began and how the client views their condition, this information will not necessarily support a diagnosis of dysfunctional grief. Assessing for suicidal ideations is appropriate for clients experiencing a variety of mental health disorders.

PTS: 1 DIF: Moderate REF: Header: Dysfunctional Grief | Page: 13
OBJ: 8 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Apply

9. A nurse is gathering information about a client who has experienced a loss. Which information would the nurse identify as indicating that the client is experiencing chronic sorrow?
- A) Twelve continuous months of coping with a loss
 - B) Inability to complete the coping process after a loss
 - C) A loss that causes suicidal ideations
 - D) Prolonged and intensified reaction to a loss

ANS: D

Feedback: Dysfunctional grief is a failure to complete the grieving process and cope successfully with a loss. If the person experiences a prolonged and intensified reaction, life may become meaningless and a mere existence centered on longing for that which is lost. These extended feelings a person has while attempting to deal with the loss are described as chronic sorrow. Emphasis is not on how long the process takes but how the process is experienced and managed. Any type of grief may cause suicidal ideations. Unresolved grief describes situations when the grief process is incomplete and life is burdened with maladaptive symptoms continuing months after the loss occurred.

PTS: 1 DIF: Moderate REF: Header: Dysfunctional Grief | Page: 13
OBJ: 8 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Apply

10. A client is explaining a recent stressful experience. Which client statement would indicate to the nurse that the client experienced the fight or flight response?
- A) "When I feel stressed, I get this surge of energy."
 - B) "I find it difficult to make decisions when I'm stressed."
 - C) "I can't remember a time when I didn't feel stressed."
 - D) "I can't seem to relax even after the stress is gone."

ANS: A

Feedback: The fight or flight response is a reaction to an immediate threat (acute stress) in which there is a surge of adrenalin into the bloodstream. It is referred to in this way because it provides the energy or instant strength to either fight or run away from an acute danger or threat. This type of response can occur in situations where there is a sense of imminent danger and the response is usually reversed to a relaxation mode once the danger is past. Poor concentration is characteristic of the moderate level of anxiety. Chronic stress occurs when the situation is ongoing or continuous.

PTS: 1 DIF: Moderate REF: Header: Defining Stress | Page: 5
OBJ: 4 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Analyze

11. A client appears to be denying the finality of a recent terminal diagnosis. The client's daughter expresses concern. Which response by the nurse will **best** serve to explain the therapeutic value of denial?
- A) "Denial allows your mother the time to prepare for her death."
 - B) "Denial is a natural response to bad news and is expected."
 - C) "The first stage of the healthy grief process is denial."
 - D) "Your mother will soon move into the anger stage of the process."

ANS: A

Feedback: The first stage of grief is shock, disbelief, and denial that the event is happening. Denial allows an adjustment period in which to gather coping strategies for the grieving work ahead. While the remaining options are true, none explains the positive purpose of denial associated with the grief process.

PTS: 1 DIF: Moderate REF: Header: Stages of Grief | Page: 12
OBJ: 7 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01 KEY: Integrated Process: Caring
BLM: Cognitive Level: Apply

12. Which statement made by the client supports the nurse's belief that the client understands the concept of being mentally healthy?
- A) "I try to eliminate stress from my life."
 - B) "If I'm physically healthy, I'll be mentally healthy."
 - C) "Mental health is dependent on one's early childhood experience."
 - D) "I make every effort to balance between work, play, and my relationships."

ANS: D

Feedback: It can be said that a person is only in a complete state of health when physical, mental, and social well-being are intact. Mental health encompasses a balance between all these aspects of life. It is not possible or even desirable to eliminate stress from one's life. One can be mentally healthy but be considered physically unhealthy. While being cared for and supported effectively during childhood can have an impact on mental health, there are other factors that must be considered.

PTS: 1 DIF: Moderate REF: Header: Mental Health | Page: 2
OBJ: 1 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Analyze

13. A client is observed pacing back and forth in his room. When the nurse attempts to assess the reason behind the behavior, the client responds, "I don't know why but I'm really feeling uneasy." This response most likely reflects which situation?
- A) Stress
 - B) Anxiety
 - C) Distress
 - D) Grief

ANS: B

Feedback: Anxiety is defined as a feeling of apprehension, uneasiness, or uncertainty that occurs in response to a real or perceived threat whose source is not known. It is an automatic and unconscious biologic response to a stressor that cannot be controlled by our conscious minds. Stress, on the other hand, is the condition that results when a threat or challenge to one's well-being requires the person to adjust or adapt to the environment. Distress is negative stress in response to a threat or challenge that exhausts and drains energy from the individual. Grief is defined as the emotional process of coping with a loss.

PTS: 1 DIF: Easy REF: Header: Defining Anxiety | Page: 6
OBJ: 5 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Apply

14. When gathering data about a client, which question would be **most** appropriate to use to assess a client's current state of mental health?

- A) “Do you feel that your life has value in spite of its stressors?”
- B) “Do you feel equally comfortable with both your family and strangers?”
- C) “How pleased are you with both yourself and your life?”
- D) “What was happier; your childhood or your present life?”

ANS: C

Feedback: Mental health can be viewed as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” How we feel about ourselves and those around us has an influence on how we cope with life and meet the expectations it creates. The remaining options focus on only specific aspects of what creates mental health.

PTS: 1 DIF: Moderate REF: Header: Mental Health | Page: 2
OBJ: 1 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Apply

15. A student has been ill and unable to properly prepare for an exam scheduled in 3 days. This situation has resulted in an elevated stress level. The student demonstrates palliative coping by which action?
- A) Study but accept the fact that this is only one grade.
 - B) Ask the instructor for a week's postponement of the exam.
 - C) Decide that studying is useless and anticipate a failing grade.
 - D) Join a study group that meets daily until the day of the exam.

ANS: B

Feedback: If the solution temporarily relieves the anxiety but the problem still exists and must be dealt with again at a later time, the strategy is termed palliative coping. While postponing the exam doesn't eliminate the stress entirely, doing so allows the student to prepare more effectively. Studying is an adaptive strategy but as described, it may not bring about successful management of the stress but rather exacerbate the existing degree of stress. Accepting that one poor grade is not necessarily catastrophic is a realistic and healthy way to manage the stress. Assuming the grade will be a failing one is a dysfunctional strategy and likely to also increase the stress already being experienced.

PTS: 1 DIF: Moderate REF: Header: Coping Strategies | Page: 8
OBJ: 6 NAT: Client Needs: Psychosocial Integrity
TOP: Chapter 01
KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)
BLM: Cognitive Level: Apply

16. A client being treated for chronic stress and moderate anxiety questions the usefulness of relaxation techniques. Which response by the nurse will **best** explain the benefit of relaxation techniques?
- A) “Relaxation techniques are universally taught to clients with diagnoses like yours.”
 - B) “Each time you successfully use the techniques, you increase your chances of being able to manage those feelings.”
 - C) “These techniques don't produce the side effects often associated with antidepressant and anti-anxiety medications.”

D) “These techniques are easy to learn and can be used as often as you need them.”

ANS: B

Feedback: Relaxation techniques can momentarily allow a reprieve from the stress. The escape provides a temporary defense withdrawal from the anxiety, giving the individual renewed energy. Each time we are successful in dealing with an anxiety-producing situation, there is a better chance that we will manage to control the anxiety the next time. While the other options are true, none adequately explain their usefulness in managing stress and anxiety.

PTS: 1

DIF: Moderate

REF: Header: Promoting Adaptive Coping Strategies | Page: 9 OBJ: 6

NAT: Client Needs: Psychosocial Integrity TOP: Chapter 01

KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)

BLM: Cognitive Level: Apply

MULTIPLE RESPONSE

17. Which statement demonstrates the **best** understanding of the complex process used to define the term mental illness? Select all that apply.
- A) There are universally accepted behaviors and thoughts that contribute to the definition of mental illness.
 - B) The definition of mental illness is based on one's inability to regulate emotions and behaviors.
 - C) Mental illness can be and is often defined differently based on specific views, beliefs, and behaviors.
 - D) Impaired developmental processes are the foundation upon which the definition of mental illness is based.
 - E) Mental illness can be described by problems involving the same areas as mental health.

ANS: C, E

Feedback: Defining mental illness or disorders is complicated because there are various views and interpretation. A currently accepted definition states that it is a “clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biologic, or developmental processes underlying mental functioning.” Causes and descriptions of mental disorders are many and varied. However, by comparison with the indicators of mental health, a state of mental illness might be characterized by disarray in these same areas of the persona. The remaining options address specific but limited areas that are considered and fail to state the basic truth concerning its varied nature.

PTS: 1

DIF: Moderate

REF: Header: Mental Illness | Page: 2

OBJ: 1

NAT: Client Needs: Psychosocial Integrity

TOP: Chapter 01

KEY: Integrated Process: Clinical Problem-Solving Process (Nursing Process)

BLM: Cognitive Level: Understand

18. When gathering data about a person's cultural identity, which information would the nurse most likely identify as reflecting this concept? Select all that apply.
- A) Naming children to honor family elders