

# TEST BANK

6

EDITION

## Foundations of Mental Health Care

Morrison-Valfre



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# **Test Bank for Foundations of Mental Health Care 6th Edition By Morrison**

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## Chapter 01: The History of Mental Health Care

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#### MULTIPLE CHOICE

1. The belief of the ancient Greek philosopher Plato that the rational soul controlled the irrational soul could be compared with the belief of the more recent psychological theorist:
  - a. Freud
  - b. Pinel
  - c. Fisher
  - d. Rush

ANS: A

Sigmund Freud believed that mental illness was, in part, caused by forces both within and outside the personality. Philippe Pinel advocated acceptance of mentally ill individuals as human beings in need of medical assistance. Alice Fisher was a Florence Nightingale nurse who cared for the mentally ill, and Dr. Benjamin Rush was the author of the book *Diseases of the Mind*.

PTS: 1                      DIF: Cognitive Level: Comprehension      REF: p. 4  
OBJ: 2                      TOP: Early Years of Mental Health  
KEY: Nursing Process Step: Assessment      MSC: Client Needs: Psychosocial Integrity

2. During the mid-1500s, behaviors associated with mental illness were more accurately recorded by professionals. This practice led to \_\_\_\_\_ for different abnormal behaviors.
  - a. Classifications
  - b. Diagnosing
  - c. Treatment
  - d. Education

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ANS: A

Classification of abnormal behaviors did not begin until this time, after the practice of more accurate recording of behaviors was begun. Diagnoses, treatment guidelines, and any education regarding mental health disorders were not available during this period.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: p. 5  
OBJ: 3                      TOP: Mental Illness During the Renaissance  
KEY: Nursing Process Step: Assessment      MSC: Client Needs: Psychosocial Integrity

3. During the latter part of the eighteenth century, psychiatry became a separate branch of medicine, and inhumane treatment was greatly diminished by the French hospital director:
  - a. Dix
  - b. Beers
  - c. Pinel
  - d. Carter

ANS: C

Philippe Pinel advocated acceptance of the mentally ill, as well as proper treatment. Dorothea Dix crusaded for construction of mental health hospitals. Clifford Beers wrote the book *A Mind That Found Itself*. President Jimmy Carter established the President's Commission on Mental Health in 1978.

PTS: 1 DIF: Cognitive Level: Knowledge REF: p. 5  
 OBJ: 4 TOP: Mental Illness in the Eighteenth Century  
 KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

4. In 1841, \_\_\_\_\_ surveyed asylums, jails, and almshouses throughout the United States, Canada, and Scotland and is credited with bringing about public awareness and reform for the care of the mentally ill.
- Sigmund Freud
  - John Cade
  - Florence Nightingale
  - Dorothea Dix

ANS: D

Dorothea Dix spent 20 years surveying facilities that housed mentally ill individuals and is credited with major changes in the care of the mentally ill. Sigmund Freud introduced the concept of psychoanalysis, John Cade discovered lithium carbonate for the treatment of bipolar disorder, and Florence Nightingale trained nurses in England in the 1800s.

PTS: 1 DIF: Cognitive Level: Knowledge REF: p. 6  
 OBJ: 4 TOP: Mental Illness in the Nineteenth Century  
 KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

5. As a direct result of Clifford Beers' work and book, *A Mind That Found Itself*, the Committee for Mental Hygiene was formed in 1909 with a focus on prevention of mental illness and:
- Early detection of symptoms of mental illness
  - Education of caregivers
  - Current treatment options
  - Removing the stigma attached to mental illness

ANS: D

Clifford Beers' book reflected on his attempt at suicide followed by the deplorable care he received for the next 3 years in mental hospitals. Beers' work and book raised the consciousness of people throughout the country regarding prevention and removal of the stigma of having a mental illness. Early detection of symptoms, education of caregivers, and current treatment options regarding mental illness were not the focus of his book, nor were they a priority for the Committee for Mental Hygiene.

PTS: 1 DIF: Cognitive Level: Knowledge REF: p. 6  
 OBJ: 4 TOP: Mental Illness in the Twentieth Century  
 KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

6. During the 1930s, what common treatment for schizophrenia caused clients to fall into a coma that could last as long as 50 hours?
- Electroconvulsive therapy
  - Insulin therapy
  - Humoral therapy

d. Amphetamine therapy

ANS: B

Insulin therapy was believed to successfully treat schizophrenia in the early 1900s.

Amphetamines were used to treat depression, and electroconvulsive therapy was used for severe depression. Humoral therapy, which originated in ancient Greece and Rome, was a belief that mental illness resulted from an imbalance of the humors of air, fire, water, and earth.

PTS: 1

DIF: Cognitive Level: Knowledge

REF: p. 8

OBJ: 5

TOP: Influences of War on Mental Health Therapies

KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

7. In the 1930s, what mental health disorder was electroconvulsive therapy (ECT) most often used to treat?
- Schizophrenia
  - Bipolar disorder
  - Severe depression
  - Violent behavior

ANS: C

ECT was found to be an effective treatment for severe depression in the 1930s. During this period, schizophrenia was treated with insulin therapy, and violent behavior was treated with a lobotomy. In 1949, lithium carbonate was discovered as a treatment for bipolar disorder.

PTS: 1

DIF: Cognitive Level: Knowledge

REF: p. 6

OBJ: 5

TOP: Influences of War on Mental Health Therapies

KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

8. In the early twentieth century, a frontal lobotomy was a common treatment for violent behaviors. Which description of this procedure is accurate?
- A procedure that delivers an electrical stimulus to the frontal lobes of the brain
  - A surgical procedure that drills holes in the front of the skull to drain fluid
  - A surgical procedure that severs the frontal lobes of the brain from the thalamus
  - A surgical procedure that inserts implants into the frontal lobes of the brain

ANS: C

A frontal lobotomy is a surgical procedure in which the frontal lobes of the brain are severed from the thalamus.

PTS: 1

DIF: Cognitive Level: Knowledge

REF: p. 6

OBJ: 5

TOP: Influences of War on Mental Health Therapies

KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

9. Which class of drugs was introduced in the 1930s for the treatment of depression?
- SSRIs
  - Tricyclic antidepressants
  - MAOIs
  - Amphetamines

ANS: D

In the 1930s, amphetamines were found to boost the spirits of depressed people. SSRIs, tricyclic antidepressants, and MAOIs are antidepressant agents, but they were not discovered until much later.

PTS: 1 DIF: Cognitive Level: Knowledge REF: p. 6  
 OBJ: 5 TOP: Influences of War on Mental Health Therapies  
 KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

10. In 1937, Congress passed the Hill-Burton Act, which was significant for the treatment of mental health because it funded:
- Research on drugs for the treatment of mental health disorders
  - Training of mental health professionals
  - Construction of psychiatric units in facilities throughout North America
  - Development of community mental health clinics

ANS: C

The Hill-Burton Act provided money for the construction of psychiatric units in the United States. Research on drugs was not a part of the Hill-Burton Act. Training of mental health professionals was funded by the National Mental Health Act of 1946, and community mental health centers were not instituted until the 1960s.

PTS: 1 DIF: Cognitive Level: Knowledge REF: p. 6  
 OBJ: 5 | 9 TOP: Influences of War on Mental Health Therapies  
 KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

11. The National Mental Health Act of 1946 provided a means for funding of programs that promote research on mental health and:
- Development of mental health clinics in the community
  - Training of mental health professionals
  - Treatment for veterans suffering from mental health disorders
  - Educating the public about mental illness

ANS: B

The National Mental Health Act of 1946 provided much needed training for individuals who cared for patients with mental health disorders. Community mental health clinics were initiated in the 1960s, treatment for veterans was not funded by this act, and education of the public occurred later.

PTS: 1 DIF: Cognitive Level: Knowledge REF: p. 6  
 OBJ: 5 | 9 TOP: Influences of War on Mental Health Therapies  
 KEY: Nursing Process Step: Assessment MSC: Client Needs: Psychosocial Integrity

12. Which of the following best describes the disorder that was first recognized in veterans following the Korean and Vietnam Wars?
- Depression
  - Bipolar disorder
  - Post-traumatic stress disorder
  - Paranoid schizophrenic disorder

ANS: C