

1. The goal of the 1963 Community Mental Health Centers Act was to
  - A) Ensure patients' rights for the mentally ill
  - B) Deinstitutionalize state hospitals
  - C) Provide funds to build hospitals with psychiatric units
  - D) Treat people with mental illness in a humane fashion
2. The creation of asylums during the 1800s was meant to
  - A) Improve treatment of mental disorders
  - B) Provide food and shelter for the mentally ill
  - C) Punish people with mental illness who were believed to be possessed
  - D) Remove dangerous people with mental illness from the community
3. A major problem with large state institutions was that they
  - A) Could not find enough qualified staff for therapy programs
  - B) Had difficulty providing treatment to all who needed it
  - C) Kept clients geographically isolated from family and community
  - D) Used clients as research subjects to develop neuroleptic drugs
4. A significant change in the treatment of people with mental illness occurred in the 1950s when
  - A) Community support services were established
  - B) Legislation dramatically changed civil commitment procedures
  - C) The Patient's Bill of Rights was enacted
  - D) Psychotropic drugs became available for use
5. The “revolving-door” concept in mental health care has evolved primarily due to
  - A) Disinterest in caring for people with mental illness
  - B) Lack of funding for adequate community services
  - C) Outpatient treatment becoming more effective
  - D) The disintegration of supportive nuclear families in the United States
6. Which of the following statements is true of mental health care in the United States today?
  - A) At least 75% of the homeless population has a severe and persistent mental illness.
  - B) Managed care has effectively reduced the cost of mental health treatment by one third.
  - C) Only 25% of people needing mental health services are receiving those services.
  - D) One fourth of people who are incarcerated have a major mental illness.
7. Before the period of the Enlightenment, treatment of the mentally ill included
  - A) Creating large institutions to provide custodial care
  - B) Focusing on religious education to improve their souls
  - C) Placing the mentally ill on display for the public's amusement
  - D) Studying the mentally ill in early research projects

8. Which of the following is the priority of the Healthy People 2010 objectives for mental health?
  - A) Improved inpatient care
  - B) Primary prevention of emotional problems
  - C) Stress reduction and management
  - D) Treatment of mental illness
9. The *Diagnostic and Statistical Manual of Mental Disorders, 4th edition, Text Revision (DSM-IV-TR)* classifies mental illness based on which of the following?
  - A) Descriptive symptomatology
  - B) Qualitative research methods
  - C) Research-based scientific studies
  - D) Subjective symptomatology
10. Which of the following is defined as an advanced-level function in the practice area of psychiatric mental health nursing?
  - A) Case management
  - B) Counseling
  - C) Evaluation
  - D) Psychobiologic interventions
11. The nurse is assessing factors contributing to the well-being of a newly admitted patient. Which of the following would the nurse identify as having a positive impact on the individual's mental health?
  - A) Not needing others for companionship
  - B) The ability to effectively manage stress
  - C) A family history of mental illness
  - D) Seeking approval from others
12. A patient grieving the recent loss of her husband asks if she is becoming mentally ill because she is so sad. The nurse's best response would be,
  - A) "You may have a temporary mental illness because you are experiencing so much pain."
  - B) "You are not mentally ill. This is an expected reaction to the loss you have experienced."
  - C) "Were you generally dissatisfied with your relationship before your husband's death?"
  - D) "Try not to worry about that right now. You never know what the future brings."
13. The nurse consults the DSM-IV-TR for which of the following purposes?
  - A) To devise a plan of care for a newly admitted patient
  - B) To predict the patient's prognosis of treatment outcomes
  - C) To document the appropriate diagnostic code in the patient's medical record
  - D) To serve as a guide for patient assessment
14. In which *DSM-IV-TR* axis would a person with an IQ of 50 be located?
  - A) I
  - B) II
  - C) III
  - D) IV

15. The legislation enacted in 1963 was largely responsible for which of the following shifts in care for the mentally ill?
- A) The development of community-based services
  - B) The advancement in pharmacotherapies
  - C) Increased access to hospitalization
  - D) Improved rights for patients in long-term institutional care
16. One of the unforeseen effects of the movement toward community mental health services is:
- A) fewer patients suffering from persistent mental illnesses.
  - B) an increased number of hospital beds available for patients seeking treatment.
  - C) an increased number of admissions to available hospital services.
  - D) longer hospital stays for people needing mental health services.
17. A patient diagnosed with a mild anxiety disorder has been referred to treatment in a community mental health center. Treatment most likely provided at the center includes:
- A) Medical management of symptoms
  - B) Daily psychotherapy
  - C) Constant staff supervision
  - D) Psychological stabilization
18. A patient being referred to a community-based day treatment program is expressing hesitation about the program. The nurse accurately educates the patient about community treatment by stating:
- A) "You will not be allowed to go out with your friends while in the program."
  - B) "You will have to have supervision when you want to go anywhere else in the community."
  - C) "You will be able to live in your own home while you still see a therapist every day."
  - D) "You will have someone in your home at all times to ask questions if you have any concerns."
19. The nursing role most specifically designed to assist in containing healthcare costs is that of:
- A) Crisis management
  - B) Health education
  - C) Psychosocial support
  - D) Case management
20. The first training of nurses to work with persons with mental illness was in 1882 in which state?
- A) California
  - B) Illinois
  - C) Massachusetts
  - D) New York
21. A client diagnosed with schizophrenia has recently dropped out of high school and is homeless. Which *DSM-IV-TR* axis incorporates housing and social environment?
- A) I
  - B) II
  - C) III
  - D) IV

22. A new graduate nurse has accepted a staff position at an inpatient mental health facility. The graduate nurse can expect to be responsible for:
- A) Providing clinical supervision
  - B) Using effective communication skills
  - C) Adjusting patient medications
  - D) Directing program development
23. Which of the following is the initial intervention for the nurse to complete when caring for a client with mental illness?
- A) Offering sound advice on the problem
  - B) Limit-setting in the relationship
  - C) Providing a friendly atmosphere
  - D) Establishing trust and rapport
24. A student appears very nervous on the first day of clinical in a psychiatric setting. The student reviews the instructor's guidelines and appropriately takes the following actions. Select all that apply.
- A) Tells the patient about personal events and interests
  - B) Discusses the anxious feelings with the instructor
  - C) Leaves the room if no patient is willing to talk
  - D) Builds rapport with the patient before asking personal questions
  - E) Consults the instructor if a shocking situation arises
  - F) Gravitate to patients that the student may know personally
25. Anxiety disorder would be placed on which of the following *DSM-IV-TR* axes?
- A) Axis I
  - B) Axis II
  - C) Axis III
  - D) Axis IV
26. The U.S. Census Bureau estimates that approximately what percentage of the population has European origins?
- A) 40%
  - B) 50%
  - C) 60%
  - D) 70%
27. Which of the following is inaccurate regarding the *DSM-IV-TR*?
- A) It identifies treatment for various disorders.
  - B) It defines characteristics of disorders.
  - C) It provides a standard nomenclature of mental disorders.
  - D) It assists in identifying underlying causes of disorders.
28. Psychiatric nursing became required in nursing education in which year?
- A) 1930
  - B) 1940
  - C) 1950
  - D) 1960
29. Which of the following is a standard of professional performance?
- A) Assessment
  - B) Education
  - C) Planning
  - D) Implementation
30. Which of the following is a standard of practice?
- A) Quality of care
  - B) Outcome identification
  - C) Collegiality
  - D) Performance appraisal

## Answer Key

1. B
2. B
3. C
4. D
5. B
6. C
7. C
8. D
9. A
10. C
11. B
12. B
13. D
14. B
15. A
16. C
17. A
18. C
19. D
20. C
21. D
22. B
23. D
24. B, D, E
25. A
26. C
27. A
28. C
29. B
30. B