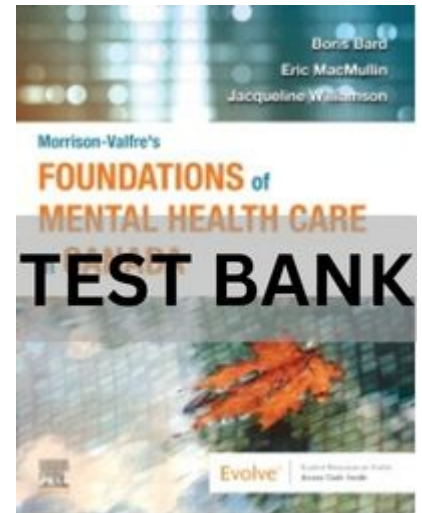


## Chapter 1: The History of Mental Health Care

### **Morrison-Valfre's Foundations of Mental Health Care in Canada, First Edition**



#### **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 which 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 nurse who trained at the Florence Nightingale Training School and cared for the mentally ill. Dr. Benjamin Rush was the author of the book *Diseases of the Mind*.

PTS: 1                      DIF: Cognitive Level: Comprehension                      REF: Early Years  
OBJ: 1                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

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

ANS: A

Classification of abnormal behaviours did not begin until this time, after the practice of more accurately recording behaviours had started. Diagnoses, treatment guidelines, and education regarding mental health disorders were not available during this period.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: The Renaissance  
OBJ: 1                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

3. During the latter part of the eighteenth century, psychiatry became a separate branch of medicine, and inhumane treatment was greatly diminished by which 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: Eighteenth Century  
OBJ: 4                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

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.
- a. Sigmund Freud
  - b. John Cade
  - c. Florence Nightingale
  - d. Dorothea Dix

ANS: D

Dorothea Dix spent 20 years surveying facilities that housed mentally ill individuals and is credited with ushering in 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: Nineteenth Century  
OBJ: 4                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

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

ANS: D

In his book, Clifford Beers reflected on his suicide attempt followed by the deplorable care he received for the next 3 years in mental hospitals. His work and book raised the consciousness of people throughout the country regarding the prevention and removal of the stigma of having a mental illness. Early detection of symptoms, education of care providers, 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: Twentieth Century  
OBJ: 4                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

6. During the 1930s, what common treatment for schizophrenia caused patients to fall into a coma that could last as long as 50 hours?

- a. Electroconvulsive therapy
- b. Insulin therapy
- c. 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 based on the belief that mental illness resulted from an imbalance of the humors of air, fire, water, and earth.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Influences of War  
OBJ: 5                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

7. In the 1930s, which mental health disorder was electroconvulsive therapy most often used to treat?
- a. Schizophrenia
  - b. Bipolar disorder
  - c. Severe depression
  - d. Violent behaviour

ANS: C

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

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Influences of War  
OBJ: 5 | 6                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

8. In the early twentieth century, a frontal lobotomy was a common treatment for violent behaviours. Which description of this procedure is accurate?
- a. A procedure that delivers an electrical stimulus to the frontal lobes of the brain.
  - b. A surgical procedure that drills holes in the front of the skull to drain fluid.
  - c. A surgical procedure that severs the frontal lobes of the brain from the thalamus.
  - d. 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: Influences of War  
OBJ: 5                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

9. Which class of drugs was introduced in the 1930s to treat depression?
- a. SSRIs
  - b. Tricyclic antidepressants
  - c. MAOIs
  - d. Amphetamines

ANS: D

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

PTS: 1 DIF: Cognitive Level: Knowledge REF: Influences of War  
OBJ: 5 | 6 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

10. During World War I, the federal government called on Beers' Committee for Mental Hygiene to develop a master plan for which of the following?
- Training of mental health professionals
  - Educating the public about mental illness
  - Confining mentally ill soldiers to asylums
  - Screening and treating mentally ill soldiers

ANS: D

During World War I, men were drafted into military service as rapidly as they could be processed. Many, however, were considered too "mentally deficient" to fight. As a result, the federal government called on Beers' Committee for Mental Hygiene to develop a master plan for screening and treating mentally ill soldiers. The completed plan included methods for early identification of mental challenges, removal of mentally troubled personnel from combat duty, and early treatment close to the fighting front.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Influences of War  
OBJ: 5 | 9 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

11. In \_\_\_\_\_, in New Brunswick, a provincial lunatic asylum was established, making it the first dedicated mental health facility in British North America.
- 1731
  - 1794
  - 1835
  - 1909

ANS: C

In 1835, in New Brunswick, on the site of a former cholera hospital, a provincial lunatic asylum was established, making it the first dedicated mental health facility in British North America.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Eighteenth Century  
OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

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

Post-traumatic stress disorder was initially discovered in veterans who had been involved in armed conflicts. The other disorders also occur in veterans but were not first recognized in soldiers who were fighting wars.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Influences of War

OBJ: 5 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

13. The introduction of \_\_\_\_\_ in the 1950s led to the deinstitutionalization of many mentally ill individuals.
- Psychotherapeutic drugs
  - Community mental health clinics
  - Residential treatment centres
  - Provincial/territorial mental health facilities

ANS: A

During the 1950s, psychotherapeutic drugs allowed for better control of behaviours than did other therapies alone. Patients were being released from state mental health facilities as a result of psychotherapeutic drug therapy. Community mental health clinics and residential treatment centres resulted from the deinstitutionalization of patients.

PTS: 1 DIF: Cognitive Level: Knowledge  
REF: Introduction of Psychotherapeutic Medications OBJ: 6  
KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

14. In 1949, an Australian physician discovered which therapy to be an effective treatment for bipolar (manic–depressive) illness?
- Insulin therapy
  - Water/ice therapy
  - Lithium carbonate therapy
  - Electroconvulsive therapy

ANS: C

To this day, lithium carbonate is a treatment that is used to effectively balance the manic and depressive states of bipolar disorder. None of the other therapies listed are effective treatments for bipolar disorder.

PTS: 1 DIF: Cognitive Level: Knowledge  
REF: Introduction of Psychotherapeutic Medications OBJ: 6  
KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

15. The term “lunacy” means:
- A mentally ill person
  - A disorder caused by a lunar body
  - The inability to think or act in a normal way
  - A disturbance of normal bodily functioning or operation in the secretion of adaptive hormones

ANS: B

Throughout history, the moon and its cycles were often associated with aberrant behaviour; thus, the term **lunacy** was coined, meaning “a disorder caused by a lunar body.”

PTS: 1 DIF: Cognitive Level: Knowledge REF: Dark Ages  
OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

16. In the 1800s, the cause and treatment of mental illness in primitive societies was suggested to be caused by:
- Poor diet
  - Demonic possession

- c. Punishment from God
- d. Lack of access to psychological services

ANS: B

In primitive societies and into the 1800s, the causes and treatments of mental illness were based in superstition, magical beliefs, and demonic possession.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Dark Ages  
OBJ: 3                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

17. The first psychiatric text, *Diseases of the Mind*, was written by:
- a. Rush
  - b. Pinel
  - c. Beers
  - d. Freud

ANS: A

One of the most important figures in nineteenth-century psychiatry was Dr. Benjamin Rush (1745–1813). His book *Diseases of the Mind* was the first psychiatric text written in the United States. It advocated clean conditions (good air, lighting, and food) and kindness in the treatment of mentally ill people. As a result of Rush's efforts, mentally troubled people were no longer caged in the basements of general hospitals.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Nineteenth Century  
OBJ: 4                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

18. Until the 1800s, the most common treatment for the mentally ill was to:
- a. Confine people to asylums
  - b. Treat people with psychoanalysis
  - c. Treat people with insulin therapy
  - d. Treat people with electroshock therapy

ANS: A

Treatments for the mentally ill included confinement to asylums until the late eighteenth century. In the twentieth century, treatments primarily consisted of psychoanalysis, insulin therapy, electroconvulsive (shock) therapy, and water/ice therapy.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Nineteenth Century  
OBJ: 4                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

19. In 2006, the National Alliance on Mental Illness (NAMI) conducted a comprehensive survey and grading of:
- a. Mental illness
  - b. Mental health care systems
  - c. Deinstitutionalization of patients
  - d. Community mental health care centres

ANS: B

NAMI's survey of mental health care systems revealed a fragmented system that was poorly equipped to meet the needs of its target population. Its recommendations focused on increased funding, availability of care, access to care, and greater involvement of consumers and their families.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Twenty-First Century  
OBJ: 9 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

20. Which of the following people has the greatest risk for developing ineffective coping behaviours?
- A middle-aged man whose diet is high in saturated fat and who has a 20-year history of tobacco use
  - A single 30-year-old female facing the death of her father
  - A 19-year-old community college student with a family history of schizophrenia
  - A 9-year-old whose parents are nurturing but provide chores and responsibilities

ANS: C

Mental health is influenced by three factors: inherited characteristics, childhood nurturing, and life circumstances. The risk of developing ineffective coping behaviours increases when challenges exist in any one of these areas.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Introduction  
OBJ: 2 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

21. In the early 1900s, the first theory of mental illness that showed that behaviour could be changed is attributed to:
- Beers
  - Dix
  - Freud
  - Pinel

ANS: C

Freud was the first person who succeeded in explaining human behaviour in psychological terms and demonstrating that behaviour can be changed under the proper circumstances.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Psychoanalysis  
OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

## **MULTIPLE RESPONSE**

1. The humoral theory of disease embraced by Hippocrates required a balance of which elements? (*Select all that apply.*)
- Fire
  - Water
  - Light
  - Air
  - Earth

ANS: A, B, D, E

Hippocrates viewed mental illness as a result of an imbalance of humors—the fundamental elements of air, fire, water, and earth. Each basic element had a related humor or part in the body.

PTS: 1 DIF: Cognitive Level: Knowledge REF: Greece and Rome  
OBJ: 1 KEY: Nursing Process Step: Assessment MSC: Foundations of Practice

2. Which aspects of adult mental health care systems did the National Alliance on Mental Illness survey focus on? (*Select all that apply.*)

- a. Availability of care
- b. Access to care
- c. Regulation of medications
- d. Increased funding

ANS: A, B, D

In 2006, the National Alliance on Mental Illness (NAMI) conducted the “first comprehensive survey and grading of state adult mental health care systems conducted in more than 15 years” (NAMI, 2006). Their results revealed a fragmented system with an overall grade of D. Recommendations focused on increased funding, availability of care, access to care, and greater involvement of consumers and their families.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Twenty-First Century  
OBJ: 9                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

3. Mental health is said to be influenced by which of the following factors? (*Select all that apply.*)
- a. Diet and nutritional intake
  - b. Inherited characteristics
  - c. Activities of daily living
  - d. Childhood nurturing
  - e. Life circumstances

ANS: B, D, E

Mental health is influenced by three factors: inherited characteristics, childhood nurturing, and life circumstances. The risk of developing ineffective coping behaviours increases when challenges exist in any one of these areas.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Introduction  
OBJ: 2                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

4. The original goals of comprehensive mental health care included: (*Select all that apply.*)
- a. Screening
  - b. Education
  - c. Prevention
  - d. Treatment
  - e. Rehabilitation

ANS: B, C, E

The original goals of comprehensive mental health care included education, prevention, and rehabilitation. However, many adult community mental health centres have closed their doors or drastically reduced their services. Therefore, the original goals of comprehensive care, education, rehabilitation, prevention, training, and research were lost in the efforts to curtail costs.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Twenty-First Century  
OBJ: 9                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

## **Chapter 2: Current Mental Health Care Systems**

### **Morrison-Valfre's Foundations of Mental Health Care in Canada, First Edition**

#### **MULTIPLE CHOICE**



1. Because mental health care is not covered under the basic health plan in Australia, which citizens are more likely to receive mental health care?
  - a. Wealthy people
  - b. Homeless people
  - c. Disabled people
  - d. Low-income people

ANS: A

Wealthy citizens, as well as those with private insurance, are more likely to receive mental health care in Australia because they are better able to afford the care than are homeless, disabled, or low-income citizens on the basic health plan with no mental health care coverage.

PTS: 1                      DIF: Cognitive Level: Comprehension                      REF: Australia  
OBJ: 1                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

2. Mental health care is available under the universal health care system in Britain, which is funded primarily by:
  - a. Employers
  - b. Private donations
  - c. Small businesses
  - d. Tax revenues

ANS: D

Tax revenues are the primary funding source for Britain's universal health care system. All aspects of health care, except for eye care and limited dental care, are covered under the standard benefit package for citizens of Britain.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: The United Kingdom  
OBJ: 1                      KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

3. The \_\_\_\_\_ model views patients holistically with the goal of creating a support system designed to encourage independence in patients with a mental health disorder.
  - a. Community support systems
  - b. Case management
  - c. Multidisciplinary health care team
  - d. Patient population

ANS: A

The community support systems model works by coordinating social, medical, and psychiatric services. Case management refers to individual management of patients and takes into consideration psychosocial rehabilitation, consults, referrals, therapy, and crisis intervention. A multidisciplinary health care team is made up of all the professionals who work within a mental health care system, and patient population refers to individuals who may potentially seek mental health care.

PTS: 1                      DIF: Cognitive Level: Knowledge  
REF: Community Support Systems Model                      OBJ: 3  
KEY: Nursing Process Step: Assessment                      MSC: Foundations of Practice

4. The home mental health nurse visits a female patient to assess her ability to care for herself at home after discharge from an inpatient setting. Which component of the case management system does this demonstrate?
  - a. Consultation

- b. Crisis intervention
- c. Resource linkage
- d. Psychosocial rehabilitation

ANS: D

Psychosocial rehabilitation assists patients in gaining independence in the activities of daily living to the best of their individual capabilities. Consultation refers to assistance obtained from specialists, such as a psychiatrist; crisis intervention refers to care provided during a crisis event; and resource linkage indicates referral to community resources.

PTS: 1                      DIF: Cognitive Level: Comprehension      REF: Psychosocial Rehabilitation  
OBJ: 5                      KEY: Nursing Process Step: Intervention      MSC: Foundations of Practice

5. A patient with a severe, treatment-resistant mental illness has been assigned to an assertive community treatment (ACT) team. According to the ACT treatment strategy that helps to prevent recurrent hospitalizations for mental health reasons, the ACT team will meet with the patient in the community setting:
- a. Once per week
  - b. Two to four times per week
  - c. Five to six times per week
  - d. Seven to eight times per week

ANS: B

When the continuous care team meets with patients two to four times per week, it has been found to be effective in directing patients' treatment on a more continuous basis, resulting in greater stability for patients who live in the community and have appropriate support.

PTS: 1                      DIF: Cognitive Level: Knowledge                      REF: Crisis Intervention  
OBJ: 5                      KEY: Nursing Process Step: Intervention      MSC: Foundations of Practice

6. Which member of the multidisciplinary mental health care team is primarily responsible for evaluating the family of the patient, as well as the environmental and social surroundings of the patient, and plays a major role in the admission of new patients?
- a. Psychiatric nurse
  - b. Clinical psychologist
  - c. Psychiatrist
  - d. Psychiatric social worker

ANS: D

These are the primary responsibilities of the psychiatric social worker. The psychiatric nurse's primary responsibilities include assisting with the patient's activities of daily living and managing individual, family, and group psychotherapy. The clinical psychologist is involved in the planning of treatment and diagnostic processes, and the psychiatrist is the leader of the team.

PTS: 1                      DIF: Cognitive Level: Comprehension      REF: Care Team  
OBJ: 6                      KEY: Nursing Process Step: Intervention      MSC: Professional Practice

7. According to the Canadian Mental Health Association, 1 in \_\_\_\_\_ people in Canada will experience a mental health challenge.
- a. 3
  - b. 5
  - c. 7