

Test Generator Questions, Chapter 1, Psychiatric and Mental Health Nursing: From Past to Present

1. During the 1800s, moral treatment became the influential idea that led to the belief that which was the cure for mental illness?

- A) arrest and confinement
- B) early psychotherapy
- C) humane treatment
- D) the use of chains

Ans: C

Feedback:

During the 1800s, Pinel claimed that the cure for mental illness was humane treatment, defined as kindness, compassion, and a pleasant environment. Pinel opposed earlier strategies such as confinement and chains. Psychotherapy had not yet been introduced at this time.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

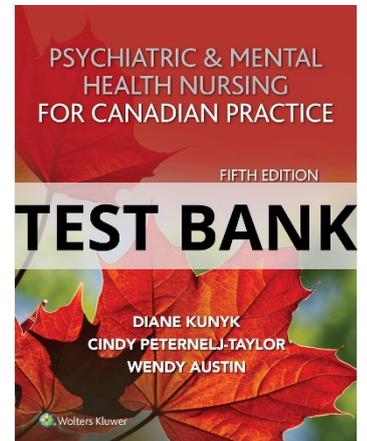
Difficulty: Easy

Header: A Revolutionary Idea: Humane Treatment

Integrated Process: Nursing Process

Objective: 1, 3

Page: 3



2. Who was the psychiatrist who suggested the term "mental hygiene"?

- A) Clarence Hincks
- B) Sigmund Freud
- C) Philippe Pinel
- D) Adolf Meyer

Ans: D

Feedback:

The psychiatrist who suggested the term "mental hygiene" was Adolf Meyer. He chose the term because it was consistent with his view of mental health as the expression of physiologic and emotional "cleanliness."

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Life Within Early Institutions

Integrated Process: Nursing Process

Objective: 1, 3, 4

Page: 6

3. Before the 19th century, seriously mentally ill clients with severely disturbing behaviour were usually cared for by:

- A) family members at home.
- B) spiritual healers in asylums.
- C) laypersons in hospitals.
- D) staff in prisons and poorhouses.

Ans: D

Feedback:

Until the 19th century, mentally ill people were kept mostly at home, cared for by their families. Only the most seriously afflicted people whose behaviour was severely disturbing or dangerous to themselves, their families, or other citizens were locked up often in prisons or a separate wing of a local poorhouse.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Moderate

Header: Introduction

Integrated Process: Caring

Objective: 1, 3, 5

Page: 2

4. Which variable of communities had the **most** influence on the early forms of institutional ways of caring for the mentally ill people?

- A) quality of housing and number of professionals
- B) social stability and availability of resources
- C) political climate and public policy
- D) legal structure and role of nurses

Ans: B

Feedback:

History reflects that, generally, social fears and tolerance for what is deemed as "deviant behaviour" are related to social stability and availability of resources. In periods of relative social stability, individuals with mental disorders often have a better chance to live safely within their communities. Professionalism and nursing were not well-developed at this early stage of care. Public policy was not usually formulated explicitly.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Moderate

Header: Early Forms of Institutional Care

Integrated Process: Nursing Process

Objective: 1, 3, 5

Page: 2

5. Which factor has been historically related to increased intolerance and ill treatment of people with mental disorders?

- A) social change and instability
- B) increased family size and mobility
- C) emphasis on religious beliefs
- D) increased number of asylums treating mentally ill

Ans: A

Feedback:

History reflects that, generally, in periods of relative social stability, there are fewer fears and more tolerances for deviant behaviour, and it is easier for individuals with mental disorders to live safely within their communities. During periods of rapid social change and instability, there are more general anxieties and fears and, subsequently, more intolerance and ill treatment of people with mental disorders.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Difficulty: Moderate

Header: Early Forms of Institutional Care

Integrated Process: Nursing Process

Objective: 1

Page: 2

6. Which effects of industrialization and urbanization contributed positively to the humane treatment of mentally afflicted treatment? Select all that apply.

- A) the growing number of poor and deviant people who were not able to sustain themselves
- B) more general anxieties during a period of rapid social change and instability
- C) moral, pedagogical treatment that would help restore innate capacity for self-control
- D) the Enlightenment, which changed medical and social ideas about mental illness
- E) recognition of mental illness by the medical community

Ans: A, C, D, E

Feedback:

As industrialization and urbanization increased during the 18th and 19th centuries, the rising middle class became concerned about a growing number of poor and deviant people who were not able to work and sustain themselves. At the same time, medical and social ideas about mental illness changed under the influence of ideas associated with the Enlightenment, and medical concerns with the treatment of mental illness increased. The insight gained ground that, rather than being afflicted by loss of reason or evil spirits, people with mental disorders were rational beings with a human nature common to all human beings and should be treated humanely. As a result, the idea of a moral pedagogical treatment emerged that allegedly would help the suffering restore their innate capacity for self-control. During periods of rapid social change and instability, there tended to be more general anxieties about people with mental disorders. This actually led to increased intolerance and maltreatment of persons with mental disorders rather than turning to humane treatment as the primary approach.

Format: Multiple Selection

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Difficult

Header: Early Forms of Institutional Care

Integrated Process: Nursing Process

Objective: 1, 3, 4

Page: 2

7. Which was a primary reform accomplished by Dorothea Lynde Dix?

- A) establishment of "commitment" laws in state legislatures
- B) introducing compassion to the care of mentally ill clients
- C) use of music to treat mentally ill clients
- D) use of exercise therapy to treat mentally ill clients

Ans: B

Feedback:

Dix was outraged at the treatment of mentally ill inmates and advocated for measures that reflected compassionate treatment. She also was instrumental in the establishment of mental hospitals in England, Canada, and Europe in the 19th century. Exercise therapy and music therapy, however, were not yet in existence at this time. She did not contribute to "commitment" laws.

Format: Multiple Choice

Chapter: 1

Client Needs: Psychosocial Integrity

Cognitive Level: Understand

Difficulty: Moderate

Header: A Social Reformer: Dorothea Lynde Dix

Integrated Process: Caring

Objective: 3

Page: 4

8. Which province in Canada was first to open a mental institution in 1835?

- A) Ontario

- B) Nova Scotia
- C) Quebec
- D) New Brunswick

Ans: D

Feedback:

In Canada, New Brunswick was the first of the old British North American provinces to open a mental institution. As the population increased in the early 1800s, so did the number of people with mental disorders who were in need of publicly provided care. In that same year, the provincial government approved the conversion of a building in Saint John, formerly a hospital for cholera clients, to a Provincial Lunatic Asylum until a new facility could be built. By 1848, this new facility was ready for use. During the latter half of the 19th century and beginning of the 20th century, each Canadian province established a publicly funded asylum.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Canadian trends in the 19th and Early 20th Centuries: An Era of Asylum Building

Integrated Process: Nursing Process

Objective: 1

Page: 5

9. When did involuntary confinement and institutional care of mentally ill people begin to be the foremost treatment modality?

- A) the 17th and 18th centuries
- B) end of the 20th century
- C) beginning of the 19th century
- D) last half of the 19th century

Ans: D

Feedback:

During the latter half of the 19th century and beginning of the 20th century, each Canadian province established an asylum. This form of involuntary confinement and institutional care became the most dominant treatment modality for mentally ill people, replacing older forms of familial care and Poor Law-based approaches.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Canadian Trends in the 19th and Early 20th Centuries: An Era of Asylum Building

Integrated Process: Nursing Process

Objective: 1, 3

Page: 5

10. Which was developed in 1909 by the National Mental Health Committee for Mental Hygiene?

- A) mental health nurse training
- B) stress management clinics
- C) prison clinics
- D) hydrotherapy centres

Ans: C

Feedback:

In 1909, the National Mental Health Committee formed by Clifford Beers was responsible for the development of child guidance clinics, prison clinics, and industrial mental health approaches.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: Life Within Early Institutions

Integrated Process: Nursing Process

Objective: 1, 3

Page: 6

11. What superintendent of various Ontario psychiatric hospitals was one of the first healthcare providers who reformed models of care to improve treatment approaches in Ontario?

- A) Adolf Meyer
- B) Clifford Beers
- C) Charles K. Clarke
- D) Charles A. Barager

Ans: C

Feedback:

Psychiatrist Charles K. Clarke (1857–1924) was an influential mental healthcare reformer in Ontario. He is one of the first healthcare providers who reformed models of care to improve treatment approaches in Ontario. None of the other listed individuals served as superintendents of Ontario psychiatric hospitals.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Moderate

Header: Life Within Early Institutions

Integrated Process: Nursing Process

Objective: 1, 3

Page: 6

12. When did psychiatric nursing education in the general hospital training commence in eastern Canada?

A) 1860s

B) 1900s

C) 1930s

D) 1950s

Ans: C

Feedback:

General hospital-based schools of nursing, especially in eastern Canada, began to integrate psychiatric nursing into their curriculum. In Ontario, for example, under the influence of the mental hygiene movement, general hospital nurse training schools had included care of mentally ill clients into their training as early as the 1930s.

Prior to the 1930s, psychiatry education had not been integrated into general nursing education. Around 1950, psychiatric attendants in the province of Saskatchewan took the lead in obtaining political support for a different pattern of nurse education that would lead to a separate Psychiatric Nurses Act and related training acts independent of provincial registered nurse practice acts.

Format: Multiple Choice

Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Remember

Difficulty: Easy

Header: Continued Evolution of Psychiatric and Mental Health Nursing

Integrated Process: Nursing Process