



1. During the 1800s, Pinel believed that the cure for mental illness was:
  - A) Arrest and confinement
  - B) Placement outside of the community
  - C) Moral treatment
  - D) Use of chains
  
2. Who was the psychiatrist who suggested the term “mental hygiene”?
  - A) Clarence Hincks
  - B) Sigmund Freud
  - C) Philippe Pinel
  - D) Adolf Meyer
  
3. Before the 19th century, seriously mentally ill patients 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
  
4. Which variable of communities had the most influence on the early forms of institutional ways of caring for the mentally ill people?
  - A) Available housing and professional care
  - B) Perceived notions and fears
  - C) Political climate
  - D) Public policy
  
5. Which has been historically related to increased tolerance and ill treatment of people with mental disorders?
  - A) Social change and instability
  - B) Family intolerances
  - C) Religious beliefs
  - D) Number of asylums treating mentally ill
  
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) Enlightenment, which changed medical and social ideas about mental illness
  - E) Medical concern with the treatment of mental illness

7. Which was a primary reform accomplished by Dorothea Lynde Dix?
  - A) Establishment of “commitment” laws in state legislatures
  - B) Establishment or enlargement of state hospitals
  - C) Use of music to treat mentally ill clients
  - D) Use of exercise therapy to treat mentally ill clients
  
8. Which province in Canada was first to open a mental institution in 1835?
  - A) Ontario
  - B) Nova Scotia
  - C) Quebec
  - D) New Brunswick
  
9. When did involuntary confinement and institutional care of mentally ill people stop being the foremost treatment modality?
  - A) Latter half of the 19th century
  - B) End of the 20th century
  - C) Beginning of the 19th century
  - D) Mid-20th century
  
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
  
11. Who was one of the first physicians 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
  
12. When did psychiatric nursing education in the general hospital training commence in eastern Canada?
  - A) 1920s
  - B) 1930s
  - C) 1940s
  - D) 1950s

13. Which level of legislation supported confinement of mentally ill patients in Canada in the late 19th century?
  - A) Provincial
  - B) National
  - C) Municipal
  - D) State
  
14. Which was characteristic of life within early institutions?
  - A) Treatment focus
  - B) Pleasant alternative to living in the community
  - C) Rehabilitation focus
  - D) Deplorable living conditions
  
15. Who was the psychiatrist who had a strong belief in the ability of female compassion and established a new diploma in Alberta for mental health nurses?
  - A) Adolf Meyer
  - B) Charles K. Clarke
  - C) Clarence Hincks
  - D) Charles A. Barager
  
16. Which new type of therapy instituted in the 1930s and 1940s made skilled nursing essential?
  - A) Group therapy
  - B) Coma therapy
  - C) Medication therapy
  - D) Recreational therapy
  
17. Which socioeconomic classes had new opportunities to pursue careers as psychiatric nurses due to the change in climate? Select all that apply.
  - A) Elite-class
  - B) Impoverished-class
  - C) Unemployed-class
  - D) Working-class
  - E) Middle-class
  
18. What was the root of the psychosocial theory, which was proposed in the early 1900s?
  - A) Biologic disorders
  - B) Dysfunctional family systems
  - C) Environmental and social deprivation
  - D) Unconscious motivators for behaviour
  
19. Which is the best definition of the term “psychiatric pluralism,” introduced by Adolf Meyer?
  - A) Integration of the human biologic functions with the environment

- B) Psychoanalysis integrated with daily activities of living
  - C) Biologic science integrated with blood-letting treatments
  - D) Determining the drives behind the person's behaviours
20. Which factor would lead to the development of a psychosis or neurosis in an individual according to the theory proposed by Sigmund Freud?
- A) A chemical imbalance in the brain
  - B) Social deprivation occurred late in adolescence
  - C) An interference in normal development
  - D) A child developed an oedipal relationship
21. Who promoted university-based scientific research to influence change and find better treatment and support for mentally ill patients?
- A) Charles K. Clarke
  - B) Clifford Beers
  - C) Adolf Meyer
  - D) Clarence Hincks
22. Which type of treatment was most responsible for the understanding of mental illness and the focus on treating the brain, which facilitated discharges from institutions during the mid-20th century?
- A) Psychopharmacology
  - B) Insulin shock therapy
  - C) Psychosurgery
  - D) Hydrotherapy
23. Which supported the paradigm shift and public policy changes from the Canadian Mental Health Association in the 1960s?
- A) Deinstitutionalization
  - B) Increased psychiatric admissions to provincial psychiatric hospitals
  - C) Psychiatric nursing education
  - D) Psychiatric pluralism
24. Which theorist's work influenced psychiatric mental health nursing theory by emphasizing building therapeutic nurse-patient relationships and holistic nursing approaches?
- A) Benner
  - B) Peplau
  - C) Freud
  - D) Dix

25. Which theorist's work was the basis of the Canadian Federation of Mental Health Nurses' published Canadian Standards of Nursing Practice reflected in nursing practice today?
- A) Patricia Benner
  - B) Hildegard Peplau
  - C) Sigmund Freud
  - D) Dorothy Dix
26. Which is the percent of hospitalizations for mental illness that occurred in general hospitals in 2002, according to a report that was published by the Canadian Alliance on Mental Illness and Mental Health?
- A) 36%
  - B) 56%
  - C) 76%
  - D) 86%
27. Which different model and strategy to provide treatment did provinces developed as a result of the shift of federal funding in the early 1970s?
- A) Criminal code changes for the not criminally responsible patients
  - B) Specialized care for children and geriatric services
  - C) Diagnosis-specific care
  - D) Day treatment programmes
28. Which had the most influence on education preparation for psychiatric mental health nurses in Canada during the 20th century?
- A) Colleges and universities
  - B) Federal government
  - C) Regional models
  - D) Hospital-based training

## Answer Key

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

1. Which statement about the relationship between mental and physical health is most accurate?
  - A) Mental health and physical health are the same.
  - B) There is no health without mental health.
  - C) Mental health is always considered in global health policies.
  - D) Mental health and physical health are distinct.
  
2. Which statement describes the most important reason that mental health and physical health should not be considered distinct?
  - A) Mental health has been excluded too often from key global health policies.
  - B) Mental health and physical health are the same.
  - C) Mental illness and physical illness do not coexist in people.
  - D) Physical health takes priority over mental health.

3. What is the position of the International Council of Nurses' (ICN) regarding mental health?
  - A) All nurses must have knowledge and skills to respond to mental health needs, including their own.
  - B) Only psychiatric–mental health (PMH) nurses need to have knowledge and skills related to mental health.
  - C) It is necessary for psychiatric–mental health (PMH) nurses to have knowledge and skills to respond to mental health needs of their patients only.
  - D) Psychiatric–mental health (PMH) nurses should be more concerned about their own mental health needs than those of their clients.
  
4. Which are signs of mental health? Select all that apply.
  - A) The individual does not recognize his or her potential.
  - B) The individual can cope with the normal stresses of life.
  - C) The individual is able to work productively and fruitfully.
  - D) The individual is able to make a contribution to the community.
  - E) The individual is consistently happy.
  
5. Which statement about mental health is most accurate?
  - A) Mental health is the polar opposite of mental illness.
  - B) One can experience mental health while living with a severe mental disorder.
  - C) The level of mental health stays the same over a person's lifetime.
  - D) It is best to view mental health and mental disorders on the same continuum.
  
6. Which situations are possible? Select all that apply.
  - A) A person without mental disorder can experience minimal mental health.
  - B) A person without mental disorder can experience optimal mental health.
  - C) Mental disorder cannot coexist with mental illness.
  - D) A person with no mental disorder can experience lack of mental health.
  - E) A person can experience both absence of mental health and maximal mental disorder.
  
7. Which is the proper medical term for mental illness and refers to a diagnosable health condition, based on an accepted classification system with criteria related to alterations in mood and affect, behaviour, and thinking and cognition?
  - A) Mental illness
  - B) Mental disorder
  - C) Cultural disorder
  - D) Mental health
  
8. Which factors must be considered when determining if a person has a mental disorder to rule out a possible normal reaction? Select all that apply.
  - A) Presence of symptoms such as speaking in tongues
  - B) Coping with life with a positive attitude
  - C) Whether the nurse feels uncomfortable in the presence of the patient

- D) Alterations beyond the parameters of psychological states such as sadness and grief encountered in life
  - E) Cultural definitions of responses
9. Which situation might be more likely considered mental illness?
- A) A person who is a member of a certain religious group who begins to “speak in tongues” during worship services
  - B) A person talking aloud as if to another person when there is no one else present
  - C) A person who has recently experienced the sudden death of a loved one who cries intermittently
  - D) A person who has recently experienced the expected death of a loved one from a terminal disease who cries intermittently
10. Which statement about well-being is most accurate?
- A) Well-being is an outcome.
  - B) Well-being lies on the journey through life events.
  - C) Well-being is not possible for the terminally ill.
  - D) Well-being refers to physical health only.
11. Which is the best measure of quality of life for Canadians?
- A) Gross National Happiness Index
  - B) Gross Domestic Product Index
  - C) Canadian Index of Wellbeing
  - D) Social Progress Index
12. Which is a possible outcome of a large gap between the richest and poorest in a society?
- A) It may negatively affect the health and well-being outcomes for all people.
  - B) It is a cause for concern for the well-being of the wealthy only.
  - C) It is a cause for concern for the well-being of impoverished persons.
  - D) There is no cause for concern from a large gap between richest and poorest.
13. Which statement about recovery is accurate?
- A) It occurs naturally over time.
  - B) It is a passive process.
  - C) It is the same for all persons.
  - D) It is a cornerstone of Canada's approach to mental health.
14. Which are key directions of Canada's national mental health strategy that are most focused on prevention? Select all that apply.
- A) Promoting mental health across the lifespan
  - B) Fostering recovery for those living with mental health problems
  - C) Reducing disparities in access to appropriate services
  - D) Providing appropriate treatment services
  - E) Promoting mental health in the workplace

15. Which concepts are the cornerstone of Canada's mental health strategy? Select all that apply.
- A) Mental health
  - B) Well-being
  - C) Mental illness
  - D) Recovery
  - E) Physical health
16. Which are primary purposes of the *DSM-5*? Select all that apply.
- A) Identify the criteria required for a particular conditions to be diagnosed
  - B) Describe treatment modalities for psychiatric disorders and mental illnesses
  - C) Identify various aetiologies for mental disorders based on family histories
  - D) Provide optimal outcomes for treatment for individuals with mental illnesses
  - E) Provide a common language for health care professionals to use
17. Which is a negative consequence of diagnosing and labelling a particular person's illness?
- A) Helping the client understand the symptoms, signs, and behaviour
  - B) Meaning disease-specific treatment can begin
  - C) Loss of personal identity if the labelled person becomes viewed as the diseased
  - D) Helping the client's family to understand the symptoms, signs, and behaviour
18. Which concepts are used by the *DSM-5* to point to ways culture influences the illness experience? Select all that apply.
- A) Cultural syndrome
  - B) Cultural idiom of distress
  - C) Cultural explanation or perceived cause
  - D) Cultural centrism
  - E) Cultural diagnoses
19. Which is the result of an effort to revise the *DSM-5* and *ICD-10* to harmonize them as much as possible?
- A) Inclusion of *ICD-10* codes for reference in the *DSM-5*
  - B) Inclusion of gender differences
  - C) Inclusion of cultural influences
  - D) Differences in historical and committee processes
20. What information is contained in section II of the *DSM-V*?
- A) An introduction and explanation of its use
  - B) A caution regarding its forensic use
  - C) Diagnostic criteria and codes
  - D) Emerging measures and models

21. Which are components of the Social Progress Index (SPI) that indicate the level of social advancement in terms of basic human needs? Select all that apply.
- A) Nutrition and basic medical care
  - B) Access to basic knowledge
  - C) Water and sanitation
  - D) Shelter
  - E) Personal safety
22. In which component of the Social Progress Index (SPI) does Canada perform particularly well?
- A) Tolerance and inclusion
  - B) Ecosystem sustainability
  - C) Obesity
  - D) Foundations of well-being
23. Which index complements the Gross Domestic Product (GDP) index to give a more holistic picture of a country's overall performance in delivering social and environmental value?
- A) Canadian Index of Wellbeing (CIW)
  - B) Gross National Happiness (GNH) Index
  - C) Social Progress Index (SPI)
  - D) Human Development Index
24. Which are examples of research-based care that has improved psychiatric and mental health nursing? Select all that apply.
- A) Decreasing the use of seclusion and restraint
  - B) The need to determine an individual's trauma-related experiences when diagnosing
  - C) The distinctness of mental illness from physical illness
  - D) Research showing the efficacy of new approaches to mental health community services
  - E) Research showing that it is more important to address mental illness before addressing homelessness